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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.

Creating Community Connectedness

Brewster is proud to announce that we have partnered with Bloomerang Studios to collaborate on a unique art project for our new Main Street area that is set for completion in early 2016. As you know, the lower level of the Assisted Living building is currently undergoing construction and renovation that will include a new and improved market, wellness center, beauty shop, chapel and more. In addition, a beautiful, bright new gathering place will be added so residents and friends have a comfortable place to grab a bite to eat, play cards or visit with friends. As with any renovation, it is important to create an inviting space that is welcoming, comfortable and pleasing to the eye.

Our partnership with Bloomerang Studios and artist Carol Bradbury will be a collaborative art experience for residents, staff, and family members (including children and grandchildren). This collaborative experience is a way for us to express our community connectedness, build community pride, and celebrate all that Brewster means to us.

Brewster will host a **Drop-In Event** on July 23 and 24 in the Klinge Activity Center. A **Drop-In Event** makes it easy for everyone to be involved — no set schedules, just “drop-in” as your schedule allows. Participants will use markers, paints and other media to create images on panels — no experience is necessary and there are no mistakes! Once our Drop-In Event is over, Bloomerang artist, Carol Bradbury, will use the group artworks as a medium to create brand-integrated, ready-to-hang banners and artworks that reveal our community connection. The end result is bright, beautiful pieces of art that will adorn our new Main Street. ■

Collaborative Art Experience



Drop-In Event July 23 and 24

“ *Creativity is contagious. Pass it on.* ”
-Albert Einstein

Getting to Know Our Residents

By Phyllis McMahan, Resident Volunteer

Jean Grecian moved to Brewster Place in January. She was born and raised in Kansas City, Kansas. Named Juanita Jean, she has always been called Jean. Jean met her future husband through a blind date set up by a friend. The friend's cousin, Bill, lived in Salina, Kansas and during World War II Jean and Bill wrote "friendly" letters back and forth. Bill was in the infantry and fought in many battles throughout Europe. After the war Bill went to business college in Salina. Jean and Bill were married a year after his return home. The couple owned acreage on Hope Street in Topeka. Bill secured house plans and built the basement and framed the house. Jean says, "The house is still there, and is still square."



Jean Grecian

1205 SW 29th St., Apt. 419
Ph. 272-4201

Bill owned the River Sand Company near the water works. He spent many nights watching the river. During the 1951 flood, the river absorbed all the sand that had been pumped out. The company had to be rebuilt after the flood.

Jean enjoyed making clothes for their two daughters. She also enjoyed counted cross stitch and has several samplers she has completed. Her projects include a beautiful cross stitch of butterflies as well as a cathedral quilt and pillow.

Jean has a love for butterflies and since moving to Brewster Place, she has ordered butterflies by mail. They live in a plastic box until hatching and then they have a cage for flying. Jean and her daughter took the butterflies out to the Veranda of the Main Building and released them. Interestingly, they all flew to the same bush.

Jean chose Brewster Place after having some health problems. She and her children investigated several places and decided Brewster Place was the place to be. Jean's husband, Bill, is deceased. Jean has four children — two sons and two daughters. She also has eight grandchildren and eleven great grandchildren. ■

L Leona Brinkmeyer moved to Brewster Place in January. She was born on a farm between Haviland and Greensburg, Kansas, with her grandmother the only one assisting the birth. Leona went to school in Haviland, Kansas and to church and shopping in Greensburg, Kansas.



Leona Brinkmeyer

1205 SW 29th St., Apt. 520
Ph. 272-4698

After high school Leona went to Southwestern College in Winfield, Kansas. There she met her future husband, Dean. Leona majored in home economics while Dean majored in accounting. After graduating college, Leona taught one year in Moline, Kansas. She and Dean were married the following September at the Methodist church in Greensburg.

Dean was a medic during World War II. He then worked at the Winfield State Hospital with the physically and mentally disabled. Two years later they moved to Topeka where Dean did the same type of work at the Vocational Rehabilitation Barracks. Dean loved to hunt, especially geese, quail and pheasant. They had many Britany dogs that he trained to hunt.

Leona worked for Hussy Insurance for over 29 years. Dean was in the National Guard for almost 40 years. He passed away in 2008.

After some health issues, Leona moved to Brewster Rehab and then to the Main Building. She had seen in the newspaper about Brewster Place and its reputation and she also had three friends who had lived here and liked it. Leona has a cat named Missy who lives with her. Leona enjoys collecting stuffed owls, figurines and framed paintings. Leona's daughter, Denise, and her husband live in Frederick, Maryland with their two daughters. ■

Singing Cowboys, Their Sidekicks and Their Horses

Wednesdays, July 15, 22 and 29

2:00—4:00 pm

Klinge Activity Center

Westerns have been a part of the movie industry from its beginning. We'll briefly examine the early history of singing cowboys when movie studios discovered the economic benefits of adding music to their pictures. The late 1930s saw many attempts to add singing to Westerns. But the genre took off when Gene Autry starred in his first Western. We'll spend time talking about Gene Autry, Roy Rogers and Dale Evans, their movies—complete with DVD clips, and their lives. Other singing cowboys and cowgirls plus sidekicks and “wonder” horses will share in a fun tour of B-Westerns of the era. Join us for a nostalgic look back. Wearing of cowboy hats and boots optional.



Instructor

Larry Nokes is a long-time collector of singing cowboy lore and memorabilia. He has presented programs on singing cowboys, singing cowgirls and sidekicks throughout eastern Kansas and northern Oklahoma. ■

The Forum | All Are Welcome

Patty Bottorff, Heartland Civitan
“Fundraising Plus Fun During Retirement”

Thursday, July 2

10:00 am

Brewster East Community Room

Robin Gilbert, LBSW, House Manager/Case Manager
“Hope House”

(Hope House is a 40 bed residence for homeless vets)

Thursday, July 23

10:00 am

Brewster East Community Room

A Brewster “A Fair”

A County Fair Like No Other!

September 23, 24 and 25

We hope you will mark your calendars for September 23, 24 and 25 because the Brewster County Fair will be the place to be! The planning committee has been meeting and they have three exciting days of contests, entertainment, activities and events in the works. The possibilities are endless and just might include the following:

- Cow Patty Toss
- Corn Hole Toss
- Collectors Parade
- Fish Casting Contest
- Rolling Pin Toss
- Jigsaw Puzzle Contest
- Watermelon Seed Spitting Contest
- Magic Act
- Square Dance Show
- Dedication of Veterans Wall of Honor
- Outstanding Citizen Awards
- King and Queen Coronation
- Cup Cake Walk
- Petting Zoo
- TCT Radio Players
- And much more!



No matter what is planned, you can count on building some great memories and remembering those of the past. If you are interested in being on the planning committee or have ideas to add to the festivities, please call Nancy Park, Executive Assistant, at 274-5050. ■



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.

News from Wellness | Foot Care for Aging Feet

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

There is nothing quite like coming home from a busy day and putting your feet up. Our feet carry us through our lives and often don't get the care and respect they deserve! Did you know that when we walk we are placing one and one half times our body weight of pressure with each step? The average number of steps we take each day range from 6,000 to 10,000 steps. Our feet really do take a beating!

Let's consider the anatomy of our feet. Feet are flexible structures of bones, joints, tendons and soft tissues. Their structure allows us to stand upright and walk, run and jump. The forefoot contains the phalanges and the five longer bones called metatarsals. The midfoot contains the arch forming bones. The hindfoot forms the heel and ankle. The talus supports the tibia and fibula. The heel bone, or calcaneus, is the largest bone in the foot. All of these bones are supported by muscles, tendons and ligaments running along the surfaces of the feet and are important for moving and balance. The large Achilles tendon connects the heel bone to the calf muscle and allows for running, jumping and standing on toes to reach items.

During our annual physical, physicians assess our feet as they can provide a "window" of our overall health. Disorders of circulation, infections, swelling and inflamed joints of our feet, all give clues to other disease

processes such as diabetes, infection, compromised heart health and rheumatoid arthritis. Common foot problems include bunions, hammer toes, corns, ingrown toenails, heel spurs and plantar fasciitis. These disorders are often related to improperly fitted shoes, gait disturbance, poor toenail care, overuse due to excessive exercise and obesity. Here are some tips to keep your feet in shape. Wear properly fitting shoes. As we age our foot anatomy changes and we need different sizes and widths. Ask to be measured at a reputable shoe store that serves seniors. Choose low heeled shoes with comfortable toe boxes. Make sure they have adequate cushioning and non-slip soles. Walk around as you try on shoes. If they don't feel fantastic, do not buy them with the hope they will stretch, or form to your foot. Ladies should be very careful of any heel.

Make sure you provide proper care to your toenails. Regular trimming is essential. If unable to do it yourself, ask your doctor if a Podiatrist appointment is necessary. (Brewster Place can assist through Home Health for nail care services or BrewsterConnect for our at home members.) Keep feet clean and dry at all times and change socks and hosiery daily. Lastly, communicate with your doctor any changes to your feet or concerns you may have. ■



WELLNESS Wednesday

Ask a Speech Therapist with Valerie Huss, MS, CCC-SLP
Brewster Speech Therapist | Wednesday, July 1
11:00 am | Main Lounge

Have you ever wondered why your spouse always asks you to repeat what you just said....again? Have you ever wondered why you've started to cough when you are drinking the last bit of your coffee? Have you ever wondered if you are losing your mind because you've lost your keys three times this week?

If you answered yes, or even if you answered no, please come to this month's Wellness Wednesday to hear from Valerie Huss, Speech Therapist. Valerie brings a wealth of experience to Brewster. Many times seniors have health issues that can be helped with speech therapy. ■

TUNE-UP Tuesday

Tuesday, July 7

11:00 am—12:00 pm

Brewster East Wellness Center

Once again Brewster's Therapy Team would like to invite you to Tune-Up Tuesday. This event gives you the opportunity to have your canes, walkers and wheelchairs adjusted to the proper height, check and fix the brakes and change tennis balls or skis.

The Therapy Team will also conduct a senior fitness test which consists of arm curls, sit to stand, sit and reach, back scratch and timed up and go. Results are compared to an average. Therapists will assess if you might need a more extensive physical tune-up to help keep you strong and well. ■

From the Chaplain | Are You Healthy?

by Chaplain Roger Jackson, M.Div.

"They were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."
-Acts 2:42

Health — it's a topic both residents and staff have heard a lot about around Brewster recently. Changes came to the Market and to the menu in the dining rooms; Weight Watchers programming began; opportunities were available to try healthy smoothies and take home recipes; and also, numerous exercise classes for every fitness level continue to be offered. In the last year I, too, have worked to become healthier. One thing I learned early on was that simply changing my eating habits was not enough to produce the results I desired. I would have to eat right and also exercise daily to meet my goals.

The same thing holds true for our spiritual health. If we really want to deepen our Christian faith and become the person God wants us to be, we must do more than simply go to church or Vespers on Sunday. We need to exercise daily in order to get the results we want.

What are four signs a Christian possesses spiritual health and vitality, a life nourished and illuminated by God? Acts 2:42 gives us the answer, "They were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."

This Scripture serves as a key guide for examining ourselves. A person who is following Christ needs to be devoted to teaching, to fellowship, to breaking of bread, and to prayer. All healthy things show signs of life. If a Christian is not growing, that Christian is not healthy.

A key sign of a healthy Christian is that he/she devotes themselves to these four truths. Notice that this verse says, "They were continually devoting themselves...." Devote means to continue, persevere, stick to, and persist. A healthy Christian will not quit, back off from truth, fade away, or slip back. The important thing here is that you make a commitment to these four truths if you want to be a healthy Christian. The first step toward spiritual health is to ask and answer the following question for yourself: Am I committed to learning about and practicing these four truths? If you answered no, I encourage you to make the commitment and follow through.

Over the next few months, we'll continue our spiritual health check-up by exploring and examining the four signs of spiritual vitality. Keep watching the Brewster News, and commit to being healthy in every area of your life. ■

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!

At the Movies BPTV 23 Thursdays at 2:00 pm

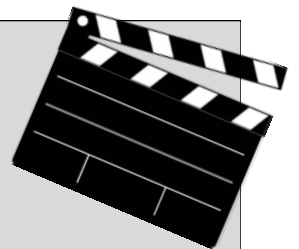
July 2
"1776" (classic musical)

July 9
"Big Eyes" (2014 biography)

July 16
"Alexander and the Terrible, No Good, Very Bad Day (2014 family comedy)

July 23
"Broadcast News" (1987 comedy)

July 30
"August Rush" (2007 drama)



BrewsterConnect

Why join BrewsterConnect?

BrewsterConnect is a fabulous way to get connected to the benefits of Brewster Place while maintaining your current home! Give us a call at 274-3303 for membership information!

BrewsterConnect Members Please Join Us!

Do you feel like you need a “refresher” regarding your BrewsterConnect membership benefits? Do you want to get more involved in activities and wellness initiatives, but you’re not sure how to do so? We have a wonderful new opportunity for you to learn, socialize and get connected all at the same time. Please join us every Friday at 3:00 pm at the Stone House for a BrewsterConnect Orientation. This will allow you to meet new members as well as receive an update about your membership benefits and upcoming events and activities. When we are finished, we will join in the fun of our weekly Social. The Social is a great time to meet new friends and visit with those you already know. Enjoy soft drinks, cocktails and light snacks as well. We hope to see you on Fridays! Please RSVP to Nancy Park at 274-3303. ■

Summer Safety Reminders

Summer has arrived and with it the extreme heat is upon us as well. We want to remind you of a few things to remember to have a safe and enjoyable summer:

- Drink plenty of water to stay hydrated.
- Use sunscreen and wear a hat if you’re going to be outside.
- Apply bug spray, especially if you’re outside gardening.
- Exercise smart. Don’t be outside for long periods of time and enjoy walks early in the morning or late evening when the sun is not at its peak.
- Check on your friends and neighbors. If you haven’t seen a neighbor or friend for a few days, please call security at 274-5000 and we will check on them.
- Call Transportation at 274-5000 anytime for a ride.
- Don’t forget about your pets. Please make sure they have plenty of water and a cool place to stay.



If you think you might be experiencing any heat related issues, remember to **press your SARA pendant** or call security, we will be there to help. Have a great summer and stay safe! ■



The next Trash & Treasure Sale will be Friday and Saturday, August 7 and 8. Please have your items to the Klinge Activity Center by Friday, July 17. Clothes will still be accepted but will not be sold at the Sale. Clothing will be sorted and given to the Topeka Rescue Mission or God’s Store House. If you have any questions about the Sale, please call Joline Kovarik at 274-3317. If you need any assistance bringing donated items to the Klinge Activity Center, please call the Work Order Hotline at 274-3399. ■



Lunch Specials

MONDAY	
Hamburger	\$3.50
Cheeseburger	\$4.00
Turkey Burger	\$3.50
TUESDAY	
Taco Salad	\$4.00
WEDNESDAY	
Wraps (Chicken, Ham, Turkey or Roast Beef)	\$2.50
THURSDAY	
Veggie & Fruit Platter (with Ham, Tuna or Chicken Salad)	\$4.00
FRIDAY	
Pizza (Veggie, All Meat, Supreme)	\$1.75
Pizza (Pepperoni, Cheese)	\$1.50

Your Foundation at Work

by Jeremy Hall, Vice President
Development and Community Relations

Topeka Gives Update

The Topeka Community Foundation held its third annual Topeka Gives on June 2 at Fairlawn Plaza. The Brewster Foundation again participated in this exciting event. A total of 131 nonprofit organizations participated. The event includes games, activities and treats for people who attend. It was fun to see some of our residents enjoying time strolling through the mall and visiting with representatives of different nonprofits.

At Topeka Gives donors are given the opportunity to give to the nonprofit or nonprofits of their choice, and these gifts are proportionally matched by the Topeka Community Foundation. This year the Community Foundation had \$60,000 in matching dollars to provide. All gifts have to be given the day of Topeka Gives to qualify for matching funds.

This year an incredible total of \$434,016 was received for nonprofit organizations of Topeka and Shawnee County. What a wonderful show of support for important causes and organizations in our area. We are pleased to announce that the Brewster Foundation was fortunate enough to receive \$2739.50 in donations which includes \$454.50 in matched dollars from the Topeka Community Foundation. Thank you to everyone who donated and we look forward to seeing you at the 2016 Topeka Gives!

Division of Assets Program Held

On May 28, the Brewster Foundation sponsored an hour long presentation on Division of Assets. Emily Donaldson, from the law firm of Stevens and Brand, LLP, spoke with about 40 of our residents. Ms. Donaldson gave information for couples to consider in order to protect their assets should one spouse require long-term care. It was an informative hour and residents had many questions. This was definitely a topic that could not be addressed in one short hour, but much information was garnered. If you have any questions about giving, or if you have an idea for other programs, please give the Brewster Foundation a call at 274-3327.

Books for Kids Update

In June we sponsored our fourth Books for Kids during on a Tuesday afternoon and it was a huge success. Approximately 75 staff members and kids attended and over 400 books were given away. We thank our resident donor for making this possible. Both parents, grandparents and kids were all smiles as they chose books to read during the summer months. What a wonderful gift to share with others. ■



The Wizard of Oz
July 10—August 15

Brewster is pleased to once again serve as an Associate Co-Producer of Topeka Civic Theatre's summer musical. This year the production is The Wizard of Oz. We have a trip planned for Thursday, August 6 to see the production. Please give Jeanene a call at 274-3398 to reserve your tickets. ■

BPtv 23

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



Monday, July 20
9:30 am Lobbies

Tickets \$15
Transportation \$13

Please call Jeanene
at 274-3398 for
reservations.

The Brewster bus will be headed west on July 20 for a wonderful day-trip to **Rolling Hills Zoo**. Once there we will take a narrated tram ride around the zoo where you can come face-to-face with a rare white camel, an Indian rhino, a curious orangutan, an ornery armadillo or many other animals of the 100+ species of wildlife at the zoo. Great care has been taken to provide the animals spacious and naturalistic environments throughout the 60 acres of beautifully landscaped land.

Most of the animals come from other zoos and conservation parks. The majority of the animals were born in captivity. The Zoo itself consists of 145 acres of Kansas prairie with 65 acres of exhibits that are open to the public. Future construction of an additional 40 acres could include an Indian rhino exhibit, a mixed African species exhibit and much more!

Our day-trip will also include visiting the 64,000 square foot museum that takes you around the world to experience the delicate symmetry between humans, animals and nature in seven unique regions from the arctic to the rain-forest. The state-of-the-art animatronic human robots narrate stories of how they weave the thread of their existence into the delicate balance of life.

(borrowed from rollinghillswildlife.com) Join Jeanene Johnson, Activities Coordinator, for this summer excursion. ■

Puzzles, Pencils, Paintings, Parties and Positivity!



Above: Mildred Stone loves to work puzzles in the sun room at Brewster Health Center. Puzzles are a great way to exercise your brain to keep it healthy and you happy!

Above Right: Jack and Gloria Barron joined Joline Kovarik and her other art students at an En Plein Air art trip to the Zoo at Gage Park. The artists sketched scenes that will become paintings once back in the studio. **Right:** Betty Fenton and her granddaughter enjoyed BBQ, drinks, dancing, cotton candy and music at the Brewster Place Block Party in June. What a great time for all!



Resident Birthdays

Lillie DaMetz	2
Alberta Cowles	4
Carl Roney	4
Don Brock	5
Barbara Larson	5
Merlin Johnson	7
Polly Collins	9
Joyce Gartner	9
Mary Petrik	9
Mary Allen	10
Ann Cousins	14
Max Kiene	15
Virginia Mansfield	15
Jim Banks	17
Al Morris	19
Lola Parkerson	19
June Cunningham	20
Laura Hill	20
Garland Roseberry	20
Dick Nichol	21
Wendell Yockey	21
Daisy Douthett	22
Tom McMahan	22
Jean McKenzie	23
Betty Jo Morris	23
Betty Bulkley	24
Milton Jackson, Sr.	24
Reeta Akins	25
Don Finson	26
Nancy Toedman	27
Nolan McKenzie	31

Anniversaries

Al and Betty Jo 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
David and Sue Smith	7-26-52
Cliff and Mary Lou Heckathorn	7-31-49

In Memoriam

Mrs. Betty Harlow	5-31-15
Mrs. B Horne	6-1-15
Mrs. Irma Johnson	6-7-15

Staff Anniversaries

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

Department	Location	Years
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Administration

Melissa Reynolds	BE	12
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BeWell

Dee Moore	SH	2
Ken Schmanke	SH	2

Dining Services

Anna Powell	MB	2
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Environmental Services

Larry Maddux	Campus	7
Michael Brown	MB	1
Vanesa Munoz	BS	2
Jordan Downs-Bugg	BHC	1
Mary Stephens	Campus	10

Health Services Administration

Barb Kemble	BHC	12
Carol Degenhardt	BHC	2

Health Services

Ashley Escobar	BHC	1
Sierra Morgison	BHC	1
Jonathan Snyder	BHC	1
Fina O'Brien	BHC	7
Joanna Crawford	BHC	1
Kendra Besenyi	BHC	2
Amanda Saylor	BHC	2
Bill Bation	BHC	3
Marilyn Liby	BHC	27
Jaimie Casto	BHC	5
Samuel Mwangi	BHC	7
Crystal Fosdick	BHC	2
Monique Wright	AL	2
Michelle Ideker	AL	3

Rehab

Deborah Barnett	Rehab	1
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Security/Transportation

Alfred Tetuan	Campus	1
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Therapy Services

Carla Bryant	BHC	1
Jane Anderson	BHC	6

New Residents

Marilyn Hypse	MB 102
Kay Moser	MB 409
Jeanne Reynolds	BE 127
Don and Shirley Moses	BE 319