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ENGAGE *at every age!*

2018 • WELLNESS FAIR • JULY 20

Brewster is committed to wellness — for both residents and staff. This commitment shapes programming and guides us as we strive to increase whole-person wellness for everyone in our community. As part of our Five to Thrive focus on wellness, a new Wellness Committee was formed and has worked hard to simplify the concept of wellness into everyday actions and programs that support whole-person wellness. Part of every wellness journey is education, and we are excited to invite you to attend the **Engage at Every Age Wellness Fair**. Take a look at what we have planned!

Schedule of Events

Gregg Fox Healthy Cooking
10:00 am | Klinge Activity Center
Door Prize: Gift Certificate to Rowhouse Restaurant

Vendor Fair | Campus Wide
1:00—3:00 pm
Redwood, The Evergreens and Brewster Health Center

Celebration with Ice Cream Truck and Prize Winners Announced
3:30 pm | New Parking Garage

Our Mission

Brewster Place is a retirement community providing all of its residents opportunities for an optimal quality of life.

Five to Thrive



dimensions of wellness



The Brewster Health Center is accredited by The Joint Commission.

Prizes | Wellness BINGO | Ice Cream Truck | Giveaways | T-Shirts
The Brewster shuttle will run every 15 minutes.

Wellness Fair Participants

- Amber Wadley | Reiki
- Neat Feet by Dan Byl, RN
- Family Service and Guidance Center
- Gary Gribbles Running Sports
- Energy Shakes
- Kaw Valley Bank
- Lava Yoga
- Pinnacle Fitness
- A Helping Hand Caregivers
- Alzheimer's Association
- KU Audio Reader
- Edward Jones Financial
- Great Lakes Hospice
- Hamilton Relay Telecommunications
- Home Instead Senior Care
- Interim Health Certified Home Health
- Penwell Gable
- Topeka & Shawnee County Library
- Valeo Behavioral Health
- Pedego Electric Bicycles
- American Cancer Society
- Cornerstone, Inc. Transitional Housing
- ICare, Inc. Food Pantry
- Stormont-Vail Healthwise 55
- Topeka Symphony Orchestra
- Topeka Performing Arts Center
- Davidson Funeral Home
- Rick's Dermatology
- Kelly Sundbye Yoga
- Neat Method Downsizing
- Brewster Therapy Services
- Brewster Community Health Nurse
- Brewster Dining Services
- Brewster Environmental Services
- Brewster Human Resources
- Brewster Finance
- Brewster Sales and Marketing
- LiveWell at Home by Brewster
- Brewster Wellness Team
- Brewster Resident Services
- Brewster Foundation ■

Gray Matters Educational Series

Gray Matters is an educational series for Brewster residents and members who have noticed a change in their memory. This 10-week series focuses on brain changes as we age, causes of memory problems and strategies to improve our memory and overall brain health. Group discussion is highly encouraged.



Gray Matters

Wednesdays, July 11 — Sept. 12

10:00 am – 11:00 am

Redwood Founders Room

Schedule and Topics:

July 11

Understanding Memory Loss

July 18

Exercise Your Mind/Memory Aids

July 25

Get Moving

August 1

Brain Healthy Diet

August 8

Impact of Stress on Memory

August 15

The Role of Sleep in Memory

August 22

Coping and Keeping

August 29

Routines and Schedules

September 5

Managing Your Wellness and Talking with Your Doctor

September 12

What We Know About Living Well

Register now for the new session beginning July 11 by contacting Debbie Holroyd, Wellness Case Manager, at 274-3348.

(Class size is limited to 15) ■



Construction Update

Tuesday, July 24

10:00 am | Klinge Activity Center

Come hear about the progress on several projects!

You are invited to join Vice President and Chief Operating Officer Claudia Larkin and Director of Environmental Services Matt Burns for a construction update. With so much happening on our campus — garage, Cottonwood Villas, roads, Cultural Arts Center — you'll want to know the latest timelines and happenings. ■

Opportunities for You! How to Stay Up-to-Date and In the Know!

If you live at Brewster Place, you know that we have a plethora of program, activities and events planned each month. We work hard to plan a variety of opportunities that adhere to the Five to Thrive wellness dimensions.

Many times after an event occurs, we hear “Why didn’t I know about that event?” Coordinating and communicating the varied activities on campus is a big job and we want to remind you of the many places you can learn about what is happening on campus. **Stay up-to-date and in the know by reviewing these things:**

- Brewster News
- Monthly Calendar
- Weekly Life Enrichment Bulletin
- Weekly Menus
- BPTV 1960 Audio Announcements at 8:00 am (Mon-Fri)
- BPTV 1960 Daily Screens
- Bulletin Boards
- Brewster Website (BrewsterLiving.org)
- Brewster Facebook Page (Facebook.com/brewsterplace.org)

If you have an idea for an activity, please call:

Jamie Fritz

Activities Coordinator

274-3398 ■

Creative Arts Upcoming Events

with Kris Saia, Arts & Crafts Coordinator



Life Figure Drawing

Monday, July 16

1:30 pm

Klinge Activity Center

Whether you are a beginning artist or were born with a pencil in your hand, this one-hour workshop is for you! We will practice capturing quick gesture sketches of Ballet Midwest dancer, Sydney Frantz, in a number of beautiful dance positions. This is a real treat! Sydney has danced for 14 years, and recently won Topeka's Young Artist Award in Ballet. No drawing experience needed, and we will have supplies on hand. ■

Make-It Monday

Christmas in July Party!

Monday, July 23

1:00 pm | Redwood Lounge

It's hot, so let's think cool! Join us in the Redwood Lounge for a **Christmas in July Party!** We will be making some quick and easy ornaments to sell at the Brewster Place Bazaar, so come chill with us and get crafty! ■

Volunteers Needed!

sewers **Find out how YOU can help by attending...**

quilters **Open House in the**

knitters **Penthouse Art Studio**

crocheters **Friday, July 27 | 3:00 pm**

painters **Redwood Penthouse (6th floor)**

embroiderers **You** are invited to come to the
card makers **Penthouse** to see the cool stuff
stuffers that we are making for the November
taggers **Annual Brewster Place Charity Bazaar!** Your friends have been busy sewing, quilting, knitting, crocheting, painting, embroidering, card-making, and more. We are always overjoyed to have an extra pair of hands to help. Join us for a sneak-peek, have a cookie, or two — and maybe even volunteer! ■

Trip to Branson September 12—14

The trip to Branson is filling up fast but there are a few spaces left. The deadline to sign up is July 15. To learn more please join Jamie for:

Branson Trip Informational Meeting

Monday, July 9

1:00 pm

Evergreens Community Room

Trip Details

Two night stay

\$100 per night

Tickets

\$225 (see list below)

Transportation

- \$150 Brewster residents and BrewsterConnect or Live Well members
- \$175 non-Brewster residents

Tickets Include:

Wednesday, September 12

5:30 pm — Landry's Restaurant Plated Dinner

7:30 pm — *Samson* at Sight & Sound Theatre

Thursday, September 13

9:30 am — Butterfly Palace & Rainforest
Adventure Guided Tour

11:30 am — Uptown Café Lunch

4:00 pm — Showboat Branson Belle Dinner,
Show & Cruise

Friday, September 14

10:00 am — *Oh Happy Day* at Hughes Brothers
Theatre ■



facebook.com/brewsterplace.org



From the Chaplain | I Pledge Allegiance to the Lamb

by Chaplain Roger Jackson, M. Div.

This month we will celebrate the 4th of July, our nation's Independence Day. Many will celebrate with picnics and barbeques, playing horseshoes and corn hole, watching parades and marching bands, setting off fireworks and being mesmerized by the city firework display. I remember growing up in Indiana where we celebrated July 4th beginning two weeks before when the carnival came to town and ending on that night with a fireworks extravaganza.

We enjoy our freedom as Americans, in part, because of the men and women of our Armed Forces who paid a dear price. We enjoy the right as Americans to: own our own land, own our own home, pursue our dreams and make them a reality. All of this, in part, is due to the brave souls who fought and some that died for this great Country. But men and women of our Armed Forces were not all who died for us. There was another Independence Day that began long before July 4, 1776. The Greatest Independence Day began at Calvary. John 3:16 says, "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life." (NKJV)

Several years ago, Christian music artist, Ray Boltz, wrote a song entitled, "I Pledge Allegiance to the Lamb."

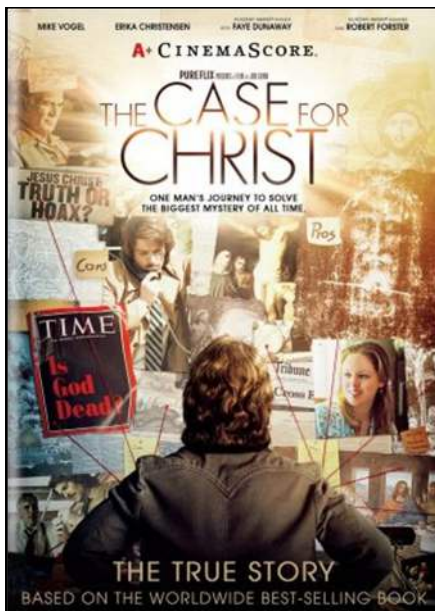
One of the verses says:

*Now the years have come, and the years have gone,
but the cause of Jesus still goes on.
Now our time has come to count the cost,
to reject this world, to embrace the cross.
And one by one let us live our lives
for the one who died to give us life.
Till the trumpet sounds on the final day,
let us proudly stand and boldly say.*

Then the chorus goes:

*I pledge allegiance to the Lamb.
With all my strength, with all I am.
I will seek to honor His commands.
I pledge allegiance to the Lamb.
To the Lamb of God who bore my pain.
Who took my place, who wore my shame.
I will seek to honor His commands.
I pledge allegiance to the Lamb.*

I hope that on this July 4th and throughout the month, you will celebrate not only the birth of our wonderful Nation and the freedom we have, but also the freedom God gives us because of the cross at Calvary. "I pledge allegiance to the Lamb. To the Lamb of God who bore my pain." Happy Independence Day! ■



MOVIE AND DISCUSSION

The Case for Christ

Monday, July 16

2:00 pm | Main Street Chapel

An award-winning investigative journalist and avowed atheist who applies his well-honed journalistic and legal skills to disprove the newfound Christian faith of his wife....with unexpected, life-altering results.

Intermission—Refreshments

Discussion Following

Facilitated by Chaplain Roger Jackson

Join us for this powerful and inspiring movie! ■

Red, White and Blue-ster 4th of July Celebration! (on July 3rd!)

Join us for this festive and fun celebration of our nation's independence! Wear your red, white and blue to show your American pride!

Tuesday, July 3

2:00 pm

Klinge Activity Center

Schedule of Events

2:00 pm

Paint Simple Flags with Kris Saia
and Ice Cream Sundaes

2:15 pm

Egg Russian Roulette
with Julie Schmanke
and Kenny Nitsche

2:30 pm

Patriotic Sing-along with JoLana Pinon

2:45 pm

Generations Game
Testing the generations with fun questions!



Don't miss this "fun for all" event! ■

Brewster Dining Celebrates July 4th! All-American Lunch



Greenleaf Restaurant

Grilled Hamburgers and Hotdogs
Pasta Salad
Baked Beans
Jell-O with Whipped Cream



AUDIO-READER
The University of Kansas

Now on Brewster TV
Tune to channel 1961



KU Osher Lifelong Learning Series

Irish, German and Italian Immigrants in 19th and 20th Century America

Wednesdays, July 11, 18 and 25

2:00—4:00 pm | Main Street Chapel

What caused massive numbers of Irish, Germans and Italians to come to our shores in the 19th and early 20th centuries? What was the reaction of the native born to these strangers? To what extent did the newcomers try to stick together, blend in, advance or return to their old country? What contributions did these immigrants and their offspring make to this country? To answer these and other questions, we will read excerpts from historians and the immigrants themselves, view portions of relevant documentaries, listen to music by or about these ethnic Americans, and share our own immigration family stories.

Instructor

Carl Graves holds a master's degree in U.S. history from KU and a doctorate from Harvard. He has taught at the university and community college levels and at Kansas City's Pembroke Hill School. He had both German and English immigrant grandparents.

Upcoming Fall Classes at Brewster Place Six Drinks that Changed the World (Part 1)

Wednesdays, September 19, 26 and October 3

2:00—4:00 pm | Main Street Chapel

Instructor

Tom Schmiedeler

Apocalypse — Wow!

Wednesdays, October 10, 17 and 24

2:00—4:00 pm | Main Street Chapel

Instructor

Dr. Barry Crawford ■

Thank you to those who came out and visited with me at Topeka Gives. This yearly event hosted by the Topeka Community Foundation was



another wonderful success for philanthropic giving in Topeka. In one day of giving, over \$516,000 was received by the Topeka

Community Foundation for disbursement to the many non-profit organizations who participated. After the matching funds from the Topeka Community Foundation, a total of \$597,421.19 was distributed to Topeka and Shawnee County not-for-profits.

The Brewster Foundation has participated in every Topeka Gives event to date, and we had a wonderful day interacting with people that had a story to tell about a past experience at Brewster, and others who hope to join us someday on our Brewster campus. Donors supported us by giving gifts in total of \$1,795. We then received, from the Community Foundation, an additional \$292.19

in matching funds.

The yearly Topeka Gives event raises awareness of philanthropic giving and promotes discussion of giving opportunities. The Brewster Foundation uses this support to fund employee loans for staff that have an emergency need, benevolent care for residents that have paid an initial investment at Brewster and have outlived their resources, training programs for staff, events and programs for residents, subsidized insurance co-pays for some staff, art and other campus beautification, and also special projects such as the ***New Opportunities for a Thriving Community NOW*** campaign.

Although Topeka Gives is over for this year, it is still not too late to support the Brewster Foundation and all of the programs, projects, and activities. We would love to discuss the right gift for you—one that works with your specific situation. Brewster works to take care of the needs of our residents, and we are thankful for those that provide support so that the Brewster Foundation can meet those needs. ■

Sara Pendant Update

To promote awareness of the importance of wearing your SARA pendant, last month we shared with you that a donor had pledged money to support the Foundation based on the number of those who were wearing their SARA pendant at certain events. Several of the events we counted happened at the end of June (too late to include in this issue). So, please be safe, keep wearing your SARA pendant, and get ready for the results of the SARA pendant awareness campaign! ■

Foundation Forum

Due to the July 4th holiday, the Foundation Forum is cancelled for July 5. Please look for information about the next forum in the August *Brewster News*. ■

Coming Soon Mark Your Calendars!

National Night Out
August 11

Trip to Branson
September 12—14

Trash & Treasure Sale
September 29 and 29

Alzheimer's Walk
September 29

Trunk or Treat!
October 31

Brewster Bazaar
November 9 and 10

For more information, please stop by our office or give us a call!

Brewster Foundation | Redwood Info Center

Jeremy R. Hall, Director: 274-3327

Gaylene Dibbern, Associate: 274-3328

2018 YWCA Leadership Honoree

Congratulations to Eileen McGivern Cain, Vice President Wellness and Community Initiatives, for being one of 30 women honored on June 19 at the 30th Annual Leadership Luncheon hosted by the Topeka YWCA. Honorees came from a cross-section of women who serve in all areas in our community including business, education and non-profit organizations.



President and Chief Executive Officer David Beck nominated Eileen for this distinction. He wrote, "Eileen serves on Heartland Healthy Neighborhood Leadership Team (a consortium of community based organizations whose goal is to work together to increase the health and wellness of all citizens of Shawnee County). This group assists the local hospitals when every three years they are required to complete the Community Health Assessment and with its data, develop the Community Health Improvement Plan. From this assessment, work groups are assigned to work on improving the identified indicators; the current groups include obesity, infant mortality, health access/equity. Eileen serves on the Health Equity/Access Group and provides perspective for Senior and Elder care issues and population health.

Eileen was appointed to the Douglas County Senior Resource Council by the Douglas County Commission in January 2018. As Live Well at Home by Brewster serves members in Douglas County, this networking opportunity provides an opportunity for Brewster to be known more regionally and allows Live Well to connect to services for its members.

Eileen also was appointed to the AARP Kansas State Executive Council in May of 2018. As a member of the council, she increases the exposure of Brewster as a leader in senior issues and seeks to connect our residents and community based members (Brewster Connect and Live Well at Home by Brewster) to offerings and resources of AARP. Eileen provided key testimony for AARP in the 2017 Kansas Legislative session in support of the Care Act. This bill ensures that seniors who are admitting to a hospital are asked for a designated person who will be contacted and included in discharge planning and care transitions. The bill was signed into law in July 2017.

Eileen is a member of the Friends of the Mulvane Board. Brewster has a long standing relationship with Washburn University including many retired professors taking up residence. Brewster has a six year tenure with sponsoring the Mulvane Art Fair Patron breakfast. Eileen seeks to provide collaborations with Mulvane for residents. In addition, in October Eileen will complete her yearlong national LeadingAge Leadership Fellowship in Philadelphia. Congratulations! ■

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At the Movies!

Thursdays at 2:00 pm | BPTV 1960

July 5

"Jane Got a Gun" (2016 western)

July 12

"Only the Brave" (2017 drama based on real life)

July 19

"Marshall" (2017 biography)

July 26

"The Leisure Seeker" (drama based on a book)



Your source for:
audio announcements
daily schedule
church services
movies and music
photos and more!

Attending live theatrical performances can be part of our wellness journey. We are so lucky to live in



the
performing
ARTS
connect
us to our
shared
humanity

the Topeka community where we can easily attend live performances at Topeka Civic Theatre as well as making the short trip to New Theatre in Kansas City. Attending a live performance of a musical or play can enhance our intellectual, emotional and spiritual wellness. As an audience member, our emotions, senses, intellect and empathy can be enhanced because of the connection we feel toward the actors, story, and music. Laughter is the best medicine, and many performances allow us to laugh

and escape even when life seems difficult. The theatre arts allows us to broaden our horizons and expand our knowledge. Try something new and sign up today by calling Jamie Fritz, Activities Coordinator, at 274-3398. ■

Topeka Civic Theatre Upcoming Shows

(The dates listed are the opening night of each play. They are not the specific dates that Brewster Place will attend. More will be announced closer to each show.)

- September 7 | Steel Magnolias
- October 19 | Witness for the Prosecution
- November 23 | Elf the Musical
- January 18 | Ken Ludwig's The Fox on the Fairway
- March 1 | In the Heights
- April 19 | The Diary of Anne Frank
- May 31 | The Explorers Club
- July 5 | Singin' in the Rain

New Theatre Restaurant in Kansas City

(The dates listed are Brewster's reserved dates.)

- October 17 | Always...Patsy Cline
- February 13 | Shear Madness
- March 20 | Biloxi Blues
- May 22 | Buddy — The Buddy Holly Story
- August 28 | Joseph and the Amazing Technicolor Dreamcoat

Connecting Generations Creates Good In the World!

Right: Jo Ann Kemp was one of several residents who volunteered their time at the Quincy STEAM Camp in June. Activities focused on science, technology, engineering, arts and math. The end result was joy, laughter and building friendships!



Right: Marge Robards also volunteered at the Quincy Camp. You can tell by the smiles that everyone had a great time while learning together. No matter our age, we can all be teachers and students!



Above: Betty Fenton attended the National Donut Day event in the Main Street Pavilion. Team members from the Kansas Crush 10u softball team came to serve and visit with residents. You can't go wrong sharing donuts and conversation!

Birthdays

Lillie Dametz	2
Barbara Larson	5
June Golden	6
Merlin Johnson	7
Gary McGinness	7
Polly Collins	9
Mary Petrik	9
Mary Allen	10
Magdalene Kovach	11
Don Dawson	13
Alice Sundermeyer	13
Ann Cousins	14
Helen Petterson	14
Virginia Mansfield	15
Marilyn Hypse	16
Jim Banks	17
June Cunningham	20
Garland Roseberry	20
Dick Nichol	21
Daisy Douthett	22
Joyce Harbaugh	22
Tom McMahon	22
Harold Hula	23
George Mergenmeier	23
Betty Bulkley	24
Reeta Akins	25
Don Finson	26
Erma Lee Nuss	26
Patsy Brewster	27
Judy Cutright	27

Staff Anniversaries

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

Department	Location	Years
<u>Administration</u>		
Melissa Reynolds	EV	15
<u>Community Relations</u>		
Carol Bradbury	SH	2
<u>Environmental Services</u>		
Michael Brown	BHC	3
Michael Tetuan	BS	2
Jordan Downs-Bugg	BS	4
Mary Stephens	RW	13
<u>Health Services Administration</u>		
Gwen Courter	BHC	2
<u>Health Services</u>		
Sandy Guzman-Soto	BHC	1
Agustina Santiz Giron	BHC	1
Brenda Patterson	BHC	2
Rosanna Bradford	BHC	3
Cassie Lester	BHC	3
Jaimie Casto	BHC	8
Mary Tenbrink	BHC	1
Cierra Quiring-Johnson	AL	1
<u>Rehab</u>		
Crystal Fosdick	BHC	5
<u>Security/Transportation</u>		
Helen Paxson	Campus	3
Larry Maddux	Campus	10
Steven Neske	Campus	1

Anniversaries

Lawrence and Tina Heide	7/04/1945
Jack and Gloria Barron	7/12/1948
Bill and Rosemary Harlow	7/26/2016
David and Suzanne Smith	7/26/1952

In Memoriam

Mrs. Suellen Wood	5/29/2018
Mrs. Kathryn Laird	5/30/2018
Mrs. Alice McMurdo	5/31/2018
Mr. Gene Foltz	6/03/2018

New Residents

Beth Neuer	Redwood 405
Don Dawson	Evergreens 133
John and Helen Petterson	Evergreens 208
Roy and Gerry Browning	Evergreens 226
Don and Jackie Buchanan	Cedar 204

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

Janis.Swanson@BrewsterLiving.org