



In this issue:

- 2 Getting to Know Our Residents
Osher Lifelong Learning Summer Series
- 3 Getting to Know Our Residents
Massage Therapist
- 4 Mulvane Art Fair: We Support the Arts
- 5 Chaplain's Message
Page one cont.
- 6 Brewster at Home
Wellness Wednesday: Vocational Wellness
- 7 Brewster Foundation
Events and Programs
- 8 Camera Day | A Day in the Life of Brewster
Photos

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



Motorcyclist BACK in Action After Rehab

An exciting day at the race track riding dirt bikes last October turned ugly for Scott Sewell, admissions coordinator for the Rehab Center at Brewster Place. Scott was enjoying the Sunday at a track in Salina with his son and several of his son's college-age friends. They joked about Scott being the oldest rider in the group, but the younger riders thought it was cool that he was out doing something fun rather than sitting on a couch at home watching TV.

On one of his final laps around the track, Scott lost control of his motorcycle while landing a jump and he was slammed into the dirt flat on his back. The mishap knocked the wind out of him, and he knew he was going to be very sore, but he was able to walk and move so he thought he would be fine. Little did he know he had broken several vertebrae in his back, along with cracks in his pelvis and hips.

Scott spent five days in the hospital, then had to wear a back brace for two of the three months he was out of work. Once he was out of the brace and could begin rehab, he knew the therapy pool at Brewster was going to be a huge benefit.

"I had never been in the pool before, but once my neurologist said he was going to order outpatient aqua therapy, I was very excited to be able to use the pool for my therapy," Scott said. "I never imagined how effective and incredible that pool can be for someone with an injury like mine."

Once he was out of the back brace and could start his therapy, his core strength was very poor. He couldn't bend over or rotate the trunk of his body, and he could barely lift anything.

"The buoyancy of the water made it feel as though I weighed much less than I actually do, and that allowed me to regain my core strength," he said. "As my core strength started to come back, I could begin to work on



Scott Sewell with Brewster's Jane Anderson, PT. Jane is holding an image of Scott's x-ray before rehab. Thank you Scott for sharing your wonderful Brewster Rehab success story! We are happy to see you BACK in action!

Continued on page 5...

Getting to Know Our Residents

by Phyllis McMahon, Brewster Historian

Carlene Allen moved to Brewster Place in September 2013. Born in Scandia, Kansas, she started first grade at County 99 School. When it closed she attended Kackley School through the



eight grade. Carlene's dad carried her to school if the snow was too high. Needless to say, she graduated with perfect attendance!

In 1951 Carlene went to a dance with her best friend at the National Guard Armory in Bellville. It is there she met her friend's cousin, Mel-

vin (Mel) Allen. They married two years later.

Mel was in the Navy for four years, going out to sea for six months and then back to the States for six months. Carlene moved to California where he was stationed. After Mel's discharge he worked at a Standard station in Topeka. Then he worked at Goodyear.

Carlene worked for Victory Life Insurance Company for 22 years. She retired as Assistant Vice President in benefits.

The Allen family enjoyed camping at Lake Perry and Lake Pamona. After retirement Carlene and Mel enjoyed traveling. They took bus trips to Florida, South Carolina and Mississippi. They went to Niagara Falls and Boston.

Carlene has four children. Her daughter, Teresa, works in the business office at Brewster. Her daughter, Pam, works at the Juvenile Detention Center and another daughter, LaDonna, works for a private company that processes checks through the Federal Reserve. Carlene's son, Steven, works for Pylor Properties Maintenance. He remodeled a house on Western that is now on the National Registry. Carlene has seven grandchildren and eight great grandchildren. ■

Carlene Allen

1205 SW 29th Street, Apt. 319
Ph. 274-5533

Churchill and His Personal War on Behalf of the British Empire

Tuesdays, June 10, 17, and 24
6:30 pm Lobbies

While most people know the important role Winston Churchill played during WWII, few know what was so special about this privileged but lonely boy at an English boarding school in the late 1800's. Or why 50 years later, King George asked him to form a government tasked with winning a war and saving his country. And, having achieved victory, how could his countrymen immediately vote him out of office? Join us to explore the myths and the behind-the-scenes stories about one of the greatest national leaders of modern times.

Instructor

Jeremy Taylor is an Englishman who was raised near Churchill's home but is now living in Lawrence. He has a 50-year-long interest in Churchill and an extensive personal reference library on him.

Triumph Over Terror: How Two Men Survived Nazi Horrors

Wednesdays, June 24; July 2 and 9
2:00 pm KAC

Two Holocaust survivors, one a young Jewish boy, the other a Catholic teenage Polish Resistance fighter, would meet years later as professors at KU and form a strong bond of friendship. The story of Lou Frydman explores the Holocaust and his eyewitness account of Jewish resistance in the concentration camps. Jarek Piekalkiewicz's story as a Polish resistance fighter illustrates the mistakes, triumphs, history and organization of the Polish Resistance—the most effective underground movement to challenge the Nazis. We'll also discuss what it means to lose not just one's family, but one's whole community and way of life, and the subsequent challenge of creating a new life in a new land.

Instructor

Caryn Mirriam-Goldberg is the author of 19 books. This course is based on her book "Needle in the Bone: How a Holocaust Survivor and a Polish Resistance Fighter Beat the Odds and Found Each Other." ■

Getting to Know Our Residents

Fran Olin moved to Brewster Place in November 2013. She was born in Birmingham, Alabama,



Fran Olin

2933 SW Brewster Ct.
Ph. 274-5388

but only remained there for six weeks until she and her mother returned to Honduras, Central America. Fran's father was a graduate of the University of Florida with degrees in agriculture and soils chemistry and he managed a banana company in Honduras and other central American countries.

During World War II, the banana business was certainly put on hold, if not destroyed. The ships used for

transporting the fruit were either confiscated for the war or torpedoed by German submarines in the Caribbean. Fran's father joined the State Department and flew to Peru, South America. Fran and her mother joined him there after several months in the United States. After the war her father rejoined the banana business.

Fran attended Florida State University and majored in international affairs. She wasn't able to do much internationally after moving to Kansas, but

by Phyllis McMahon, Brewster Historian

she worked for the Kansas Legislature, was secretary to two Attorneys General, worked for the Kansas Supreme Court and the Kansas Court of Appeals. For 12 years she commuted to Lawrence where she worked for a judge of the United States Tenth Circuit Court of Appeals. Fran was active in the community and served as President of the League of Women Voters and the Topeka Woman's Club. Fran's husband, Jim Olin, worked for Homer McElroy, of McElroy's, Inc. for 33 years.

Fran enjoys playing bridge and she and her husband enjoyed dancing. They had (and she still has) a cabin at Lakeview in Lawrence, where her husband loved to fish and where she enjoys meeting her son, Michael, and his family on the weekends. Michael, and his wife, Linette, live in Olathe. Mike and Linette have two children, Jordan and Kelsey. Jordan is a student minister at the University of Missouri and is married to Macie. They have a brand new son, Anderson. Kelsey is an economist and works for State Street Bank.

Fran's mother-in-law, Gladys Olin, lived at Brewster Place for many years and was very happy here. Fran visited her mother-in-law often and "never thought of moving anywhere else." Her dog, Mac, likes his fenced-in backyard where he can chase cars (within his fence, of course) going by. ■



To make your appointment:

Please call Kathy Harrington, CMT
785-236-6453

1/2 hour June special is
30 minutes for \$30
1 hour massage is \$55

Invest in Your Wellness | Massage Therapist at Brewster Place

Massage is considered to be among the oldest of all treatments used by man. Today, massage is an accepted part of many physical rehabilitation programs and has proven beneficial to many chronic conditions such as low back pain, arthritis and bursitis. Senior massage encompasses basic relaxation and stress relief and is also a beneficial tool in fighting many of the symptoms of aging. It can increase blood circulation, combat depression, improve balance and flexibility, reduce the pain of arthritis, increase joint mobility, improve posture and encourage overall wellness.

Certified massage therapist, Kathy Harrington, will be at Brewster East in the Men's Hobby Room on Mondays and Wednesdays by appointment. She can do chair or table massage and is willing to make arrangements to come to your Brewster home as well. ■

Brewster | Friends of the Arts in Topeka Since 1964

Brewster is honored to serve as the sponsor for the 2014 Mulvane Art Fair patron breakfast this year. Now in its 22nd year, the annual Mulvane Art Fair will be held June 7 and 8, 2014, on the beautiful campus of Washburn University.

The champagne breakfast event is one of the perks for art fair patrons along with a special morning performance by the Topeka Symphony Youth Orchestra's small ensemble and the opportunity to shop before the art fair opens to the public.

The Mulvane Art Fair is a juried art fair that features nearly 100 artists of various media from across the state, region and country. The event also features a live music stage and food vendors. Proceeds from the art fair support the programs and mission of the Mulvane Art Museum.

Brewster and Washburn share common roots as both were founded by Topeka's Congregational Churches. Washburn was founded in 1865 and will celebrate 150 years in the coming year.

Brewster Place opened its doors in 1964 and is celebrating 50 years of service to Topeka seniors this year.

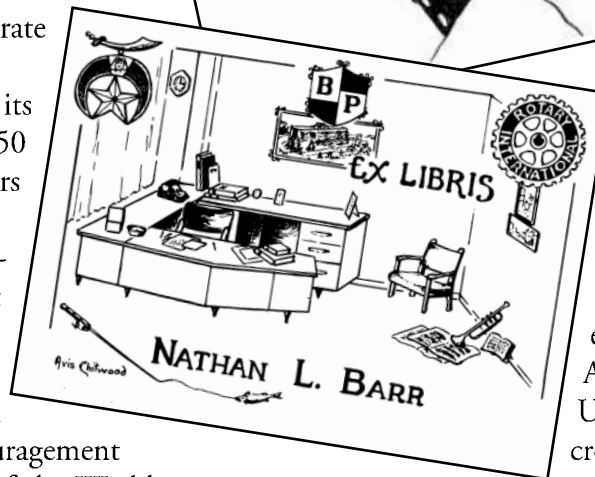
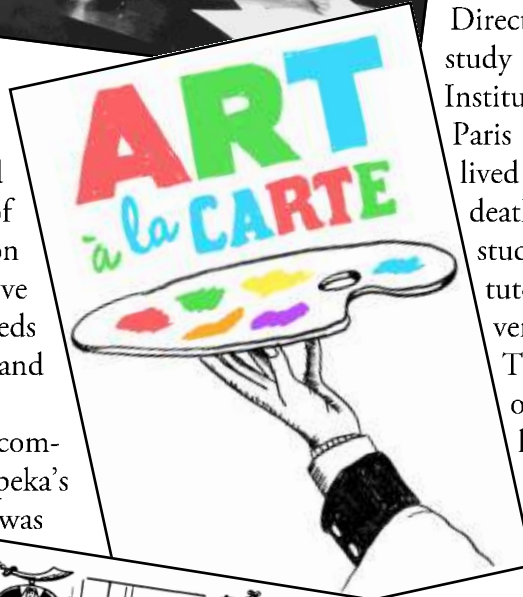
Brewster has had deep connections with the Mulvane Art Museum through the years. The Mulvane Art Museum opened its doors to the citizens of Topeka in 1924. In 1946, through the encouragement of Alexander Tillotson, Director of the Washburn Art Department, the Topeka Junior League spearheaded the formation of a group now known as the friends of the Mulvane Art Museum. Through the years Brewster Place residents, board members and employees have served on the Friends of Mulvane board and as faculty of the Washburn University

Art Department, benefactors and patrons.

Of special note are the following Brewster Place residents: Esther Wagner Peers' family was one of founders of the City of Topeka. Esther's father, Theodore Peers, taught at the Washburn Medical College which closed in 1913. Esther's sister, Adeline Peers, and brother, Frank Wagner Peers, were artists. Frank, a student at Washburn who studied under Margaret Whittemore, founding Director of the Mulvane, went on to study Architecture at Massachusetts Institute of Technology and Art in Paris at the Fontainebleau. He later lived in New York City until his death at age 46. Adeline Peers studied at the Chicago Art Institute, Taos and Washburn University with Professor Alexander Tillotson. She painted using oils. She passed away in England while on a holiday. Esther Peers was a librarian at Topeka High School. She lived at Brewster Place until her death in 1979. Her estate provided substantial funds for the Adeline Peers Gallery at the Mulvane Art Museum.

Avis Chitwood, Brewster Place resident from 1964 until her death in 1994, taught etching and watercolor in the Art Department of Washburn University. Avis continued to create, using a variety of mediums, well into her late nineties.

She was best known for her etchings, printmaking and illustrations. She died at Brewster Place at the age of 100. The photos are of Avis Chitwood working in her studio and a book plate created by Avis for the first Executive Director of Brewster Place, Nathan Barr. ■



From the Chaplain | A Father's Touch

by Chaplain Roger Jackson, M.Div.



**Chaplain Roger's
Office Hours are:**

**Monday and
Wednesday mornings
Tuesday and Thursday
afternoons
(these may vary)**

For an appointment,
please call 274-3349.

We celebrated Mother's Day last month, and this month we celebrate Father's Day. I read a story about one father with a three-year-old daughter who was having trouble sleeping through the night. She would often wake up several times in the night because she was afraid. Each time as he re-tucked her into bed, he would remind her that Jesus was with her and that he would keep her safe. Several nights in a row, she did this over and over again. Finally, one night the dad asked her if she had prayed to Jesus to take her fear away and help her fall asleep. "Oh, yes," she assured him. "I prayed to Jesus... and He told me to come and get you!"

I read another true story about a little girl who was frightened by a fierce thunderstorm. She cried out in fear and her father rushed to her bedside. As he held her in his arms, he explained that she didn't need to fear. God would take care of her because God loved her greatly. "I know God will take care of me and love me," she replied. "But right now, Daddy, I want someone with skin on."

Each of those children was afraid. And each of them sought comfort from their fathers. In our lives, there are many times when we are afraid. We are afraid because we are in trouble. We are afraid because we are being threatened. We are afraid because we are about to lose something or someone we care about. In times like these, we most need a "father" figure to step into our lives to help us and protect us because everyone under-

stands that the father in our family should comfort us when we are afraid.

Just like the children calling out to their fathers when they were afraid, we can call out to God when we are afraid. When David was being attacked he called out to God in Psalm 56:3-4 saying, "When I am afraid, I keep on trusting you. I praise your promises! I trust you and am not afraid. No one can harm me." The Psalm teaches us that when we are afraid of what life brings our way we can trust in God and not be afraid. We can stand on the promise that God will comfort us and protect us. Happy Father's Day! ■

Summer Solstice Picnic

Saturday, June 21

5:15 pm

Brewster East Dining Room

Menu

Honey Glazed Chicken Wings

and BBQ Ribs

Pasta Salad

Corn on the Cob

Baked Beans

Fresh Watermelon

Ice Cream Bars



Please call
274-3359 for
reservations.
Seating is limited
to 80.

continued from page 1...

regaining strength in my legs, shoulders and arms. Besides all that, it's fun!"

"Being in the water puts much less stress on a person's joints and muscles," said Jane Anderson, the Brewster therapist who worked with Scott. "For someone who had back issues similar to Scott—or patients with knee and hip issues—the therapy pool can be very beneficial."

The pool features a zero-entry deck, which means the patient walks onto the deck of the pool, and it is then lowered into the water for therapy. It also features an underwater treadmill and resistance jets, which can be used individually or collectively to help a patient. The jets can also be used for special, targeted aqua massage on specific parts of the body."

"Once I started getting my strength back, I was able to use the treadmill and the resistance jets to get a really good workout," Scott added. "An hour in that pool with the treadmill and resistance jets going is very much like a workout at a gym."

If you or someone you know needs out-patient therapy, please call Brewster Rehab at 274-3336. ■

BPtv 23

Our Brewster at Home featured member this month is Dr. Sharon McKinney. We found her story to be very interesting and think you will to. Sharon spent a good amount of her early years growing up in Africa with her missionary parents and sister. She actually attended two years of high school in Africa and then two years in Geneva, Switzerland. When it came time to choose a college, she came back to the United States and attended the University of Colorado where she earned a degree in physical therapy and met her future husband, Joseph McKinney. They were married in 1964 and also came to Topeka that year. Joe was in the Air Force. Sharon attended medical school and eventually became Sharon McKinney, DO. Sharon worked in all the hospitals in Topeka in some capacity or another and was even the head of the physical therapy department at Memorial Hospital. Sharon retired at the age of 60 after a rewarding career. She and her husband had three children, two of which were twins, (a boy and a girl) and another daughter. Sharon has 10 grandchildren.



When asked why she joined Brewster at Home, she said it was after a program we did for her post-polio group where she saw demonstrations of some of our fitness classes. She felt she could keep up and needed to start a fitness program. Sharon is now a regular in a variety of classes. She has also helped at Workshop and Quilting with Joline. Sharon plans on attending some KU Osher programs in the future. She is a marvelous addition to the Brewster community! ■

Vocational Wellness | Give Your Life Meaning and Purpose

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

Wellness has many different components including physical, emotional, spiritual and vocational. Vocational wellness is often under emphasized and refers to the ability to match your core values with interests, hobbies, or volunteer work. Participating in meaningful and purposeful activity gives one a sense of accomplishment and productivity. Seniors, especially after many years of working and earning a living, find that volunteering fulfills a real need to be productive and part of something bigger than themselves!

As members of Brewster at Home, we invite you to invest in your vocational wellness. If you are new to our program, volunteering at Brewster Place will allow you to meet new friends and provide a needed service. We have a variety of options from clerical to working in the Market to assisting with activities and providing needed assistance to our Trash & Treasure Sales and Bazaar. If you are interested in a volunteer opportunity at Brewster, please call our Volunteer Hotline at 274-3320 and leave a message for Maxine Gilbert. ■

Wellness Wednesday

Wednesday, June 4

11:00 am Main Lounge

In the spirit of vocational wellness, we have invited Christina Turner, MS, Director of the Manchester School for Young Children in Topeka. Christina

vocational

WELLNESS

earned her master's degree in early childhood education with an emphasis in special education. Christina

has directed the Manchester School in its inaugural year and she comes to us with information about the Manchester School curriculum and opportunities for Brewster to support their mission. ■



facebook.com/brewsterplace.org

Topeka Gives Event

Tuesday, June 3

7:00 am—6:00 pm

Brewster bus will provide transportation at 10:00 am and return to campus around noon

A very exciting event is happening in Topeka on June 3, 2014. The Topeka Community Foundation is hosting “Topeka Gives: a fun day of giving” at Fairlawn Plaza. From 7:00 am until 6:00 pm, 111 non-profit organizations from the Topeka and Shawnee county area will be represented. The Brewster Foundation will be there as well to promote all the great things happening at Brewster.

Possibly the greatest thing about this event is that the Topeka Community Foundation will have \$35,000 that they will use to match gifts that are given during that day. They have some limits and require a minimum \$25 donation per charity. The matching funds they offer will increase gifts to the charities you value and stretch your dollar.

This is a great chance to take a walk at Fairlawn Plaza and see some of the great charitable projects happening around Topeka. We hope to see you there!

Economic Trends with Bill Greiner

Wednesday, June 11

12:30—1:30 pm KAC

In a time when the world’s economic growth is at risk, it is good to sit and have a conversation about the economic trends that are driving the world’s markets. Bill Greiner, CFA, (and most notably, resident Jan Burnett’s son) has been investing clients’ money for 35 years and currently serves as Chief Investment Officer for Mariner Wealth Advisors in Leawood. Please join us for a presentation on his long and short-term views on economic activity and capital markets’ potential.

For more information about *Brewster Place* or *Brewster at Home* please contact our Marketing Office at 785-274-3350. Or visit us online at www.BrewsterLiving.org

Employee Books Program

Brewster is starting a new books program for employees. An anonymous donation was received to start a program with the purpose of promoting reading. Reading is the cornerstone of education and should be a vital part of the lives of our children. This reading program was created with that in mind — getting books in the hands of kids.

The Brewster Foundation, along with our Human Resources department, will create events and a process to provide books to the dependents of staff at no charge. With all the distractions for kids these days, sometimes reading is left behind. This purpose of this program is to spark a lifelong love of reading in young people. This is one more reason Brewster is both a great place to live and a wonderful place to work!

The Charitable Gift Annuity

Have you been thinking of giving a gift but are not sure of the best way to do it? Have you considered a Charitable Gift Annuity? This is a great giving product that provides a great gift to the Brewster Foundation, a fabulous incentive for you and also pays you back for life!

The rates and tax incentives depend upon your specific situation. Please call Jeremy Hall at 274-3327 to find out all the information and see if this is right for you. ■



At the Movies
BPTV 23
Thursdays
2:00 pm

- June 5**
“At Middleton” (2013 romance)
- June 12**
“The Dish” (2000 independent comedy)
- June 19**
“About Time” (2013 romantic comedy)
- June 26**
“The Monuments Men” (2014 war drama)

A Day in the Life of Brewster

Did you know that each year on June 29 “National Camera Day” is observed? This day celebrates photographs, the camera and its invention. As you may know, the camera was made popular by a man named George Eastman, also called “The Father of Photography.” While he did not invent the camera, he did invent many additions that improved the use, ease and production of a camera, making it widely available to homes around the world.

The original camera was large and bulky, but has now evolved into something that can be as small as a pen. Today the camera is an irreplaceable tool used to record and replicate memories, events, people and places. At Brewster our history has been recorded since 1964 with photographs, slides, newspaper clippings and video. Photographs have played an especially important role in helping us tell the Brewster story for the past 50 years.

To celebrate National Camera Day, the **Brewster Diversity Team** is sponsoring a “**Day in the Life of Brewster**” **Camera Day** event. On Friday, June 27 (a couple of days before the actual Camera Day), we are asking residents, staff, board members and Brewster at Home members to snap a few shots that tell the story of your day at Brewster or how the Brewster community is part of your day.

After taking the photos, we ask that you submit them to Janis Swanson, Communications Coordinator and Diversity Team member. She will edit the photos and prepare a digital display of “A Day in the Life of Brewster.” We hope to accumulate a cross-section of campus life and all the opportunities and events we offer. More details will be shared closer to this special day. If you have questions, please call Janis at 274-3389 or email her at janiss@BrewsterLiving.org. ■



Celebrate National Camera Day!

Sponsored by the Brewster Diversity Team

Celebrations Galore!

“Life is a great big canvas and you should throw all the paint on it you can.”

-Danny Kaye



Above: Tom and Marlene Remmel enjoyed the National Nursing Home Week Ice Cream Social in May with their wonderful family. **Above Right:** Dean Rinner and Dick Nichol not only participated in the Hip Hop dance at the 50th Birthday Bash and Block Party, but they enjoyed a great meal and fellowship with Brewster staff, residents, family and friends. **Right:** Mary Petrik volunteers at Workshop & Quilting and took part in the Arts & Crafts Open House. The Penthouse Art Studio is a great space for creativity and conversation!



Resident Birthdays

Erna Nichol	1
Janet Bair-Rost	3
Bette Anton	4
M.L. Davis	7
Dorothy Beverly	8
Otis Bricker	9
Betty Gilbert	9
June Pringle	9
Jack Renander	10
Hazel Cramer	12
Gerry Hinton	12
Winnie Kingman	13
Dottie Harder	14
Paul "Pete" Metzger	14
Freida Schriener	14
Louise Smith	15
Celia Eddy	16
Clyde Burton	17
Dorothy Prager	19
Margaret Senne	20
Bob Sparling	23
Bill Koehn	24
Dick King	25
Myrna Wegner	25
Annalee Barnett	26
Lois Fensler	28
Eugene Halbert	28

Anniversaries

Benny and Wanda Meyer	6-2-57
Paul and Beverly Hammond	6-5-60
John and Lonna Reinecke	6-6-65
Don and Nadine Manley	6-7-59
Tom and Phyllis McMahon	6-10-50
Bart and Harriette Ramsey	6-10-50
Chuck and Sally Henson	6-17-67
Adrian and Mary Allen	6-27-53

New Residents

Lila Rice	MB 526
-----------	--------

Transfers

Mary Lou Cox	AL 29
Beth Hiller	BHC
Jim Krieg	BHC
June Pringle	BHC
Bette Anton	Off-campus
Matt Tomlinson	Off-campus
Betty Whitney	Off-campus
Keith Kappelmann	Off-campus

Staff Anniversaries

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

Department	Location	Years
-------------------	-----------------	--------------

Administration

John Long	MB	3
Rhonda Burns	MB	5

Dining Services

Joane Williams	BHC	3
Jocelyn Barngrover	MB	4
Darlene Dillner	MB	1
Romel Rodriguez	MB	1

Environmental Services

Gerry Hutley	Campus	11
Joshua Carter	BE	1
Richard Wilson	BHC	5
Donnica McCants	BE	1
Dorothy Arnold	BS	34
Bertha Cavens	BS	1

Health Services

Jessica Lozano	BHC	1
Cheyenne Plank-Scott	BHC	1
Deb Rennie	BHC	8
Lissa Mehmel	BHC	6
Danielle Gull	BHC	1
Louis Greer	BHC	3
Brandi Kelly	BHC	4
Tina Oliver	AL	2
Diana Guyton	HH	1

Rehab

Maria Prater	Rehab	2
Abbie Schmelzle	Rehab	3

Therapy Services

Dorene Dodson	BHC	2
Jill Heinen	BHC	4

Security/Transportation

Arthur Wiseman	Campus	3
Rosa Ransom	Campus	8

In Memoriam

Mrs. Jo Richardson (former resident)	4-26-14
Mrs. Alice Myers	5-2-14
Mrs. Mary Ruehlen	5-9-14
Mr. John Koger	5-15-14
Mrs. Gloria Appleton	5-16-14
Mrs. Virginia Crider	5-17-14
Dr. William "Bill" Roy	5-26-14