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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.

## Annual Report Highlights Our Mission

*“Go into the world and do well, but more importantly, go into the world and do good.” -Dr. Minor Meyers*

Brewster’s 2014 Annual Report is now available in print and online. As we compiled statistics and evaluated our progress in 2014 we were reminded that it all started with seeing a need and an opportunity to do good. Our founders’ vision was never to build a retirement community — that was just the path they chose to meet the needs they saw in our community at that time. Our mission, then and now, is to meet needs rather than to provide services, a distinction that is fundamental to everything we do. That’s the Brewster difference.



**Meeting needs.**

We are an organization doing our best to meet the needs of the greatest generation as well as their baby boomer children. We want to have an excellent continuing care retirement community and serve those who don’t choose to move in with us. We also strive to meet the needs of our employees, our partners, our donors and the greater community as well.

We can do that only to the extent that we do well financially. As the old saying goes, “No margin, no mission.” The Annual Report shows we are a strong, values-driven, not-for-profit provider of senior services and a leader in our field. We decided early on to be innovative in service delivery and engage our community in new and different ways and we continue to follow that model. We are moving forward by forming strong partnerships with other non-profits that share our values, rallying volunteers and members of the faith community to serve in new and different ways, and partnering and collaborating for real solutions for all those whose current needs, not the business models of the past, should define our relationship with them.

Continues on page 5...

# Getting to Know Our Residents

By Phyllis McMahan, Resident Volunteer

**D**orothy Dalton moved to Brewster Place in January. Dorothy was born and lived in Russell, Kansas. She met her future husband, Bill, through friends when she was a junior in high school. As seniors they would go into geography class and sit side by side in the front row. When the teacher came in, he would have one of them move to the back of the classroom. After graduation this same teacher presided over their wedding as he was also their minister.



**Dorothy Dalton**

1205 SW 29th St., Apt. 512  
Ph. 274-5590

When Bill was drafted during World War II, Dorothy and three month old son, John, accompanied him to Illinois, staying there until Bill was sent to the South Pacific. Dorothy and John returned to Russell where they shared an apartment with a friend and her infant daughter. The friend took care of the children and Dorothy worked as a telephone operator. Bill was a non-combat engineer serving on Guam and then Manila in the Philippines. These engineers repaired and rebuilt the destruction caused by the war.

When Bill returned from the war, the family moved to Hays, Kansas. Dorothy again worked for the telephone company and Bill worked for a consulting engineering company. The company expanded and came to Topeka with Bill and Dorothy moving here with the company. Dorothy and Bill have two sons. John and his wife live in Topeka. He is retired from driving a large semi-truck for Blue Bell Ice Cream. Their son, Bob, is an electrical engineer and is semi-retired. He and his wife live in Lone Tree, Colorado which is a suburb of Denver. Dorothy and Bill have two grandchildren and three great grandchildren.

Dorothy enjoyed playing in her bridge club. She has been very active at Community Church at 21st and Washburn and was ordained by Max Manning. For 16 years Dorothy taught cake decorating at the Cake and Candy Supply in Fairlawn Plaza. She is proud to say that 750 people took her classes. Dorothy also enjoys crewel embroidery, crocheting and likes to work with Joline in the Arts and Crafts department at Brewster Place. Dorothy moved to Brewster Place to have more daily assistance. She has settled in and is very happy. Her husband, Bill, prefers to “stay home and look after things” there. ■

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## Support Groups at Brewster Place | You Are Not Alone

**E**ach month the following support groups meet at Brewster Place. The purpose of each group is to allow Brewster Place residents who face similar issues to come together to share coping strategies, to feel more empowered and for a sense of community. Groups are led by Brewster Place staff and discussions are confidential. If you find yourself needing support, please think about attending one of these groups — you are not alone!

### **Grief Support Group**

Meets the first and third Wednesday of the month  
Wednesday, June 3 and 17  
3:00 pm Monarch

### **Alzheimer's Support Group**

Meets the second Saturday of each month  
Saturday, June 13  
10:00 am BHC

### **Caregiver's Support Group**

Meets the third Tuesday of each month  
(please note change of time and day)  
Tuesday, June 16  
2:00 pm MB FR

### **Tremor/Parkinson Support Group**

Meets the fourth Wednesday of each month  
Wednesday, June 2  
2:00 pm Monarch

If you would like to speak to someone one on one, please call our **BeWell** staff at 274-3395. They will connect you with staff who can help. ■



# Getting to Know Our Residents

By Phyllis McMahan, Resident Volunteer

Rose Alberg moved to Brewster Place in February. She was born in Niangua, Missouri. After moving to Topeka she graduated from Topeka High School. At Emporia State University she majored in English. While there she met her husband, Wiley Alberg. Wiley served in the military in the South Pacific from 1942—1945. He was injured in his left chest and arm by a shell that entered his chest. His shoulder blade was shattered, and after much rehabilitation, he still could only raise his left arm 50%. This didn't get in his way as he still played basketball and was on the A Team at Emporia State University.

After graduation and marrying, the couple moved to Scranton, Kansas. Rose taught school for two years. Wiley coached basketball and taught social studies. They then moved to Topeka where Wiley taught and was head basketball coach at Topeka West High School for 20 years. They moved

back to Emporia and to Emporia State University where Wiley served as Dean of Men until he had to retire due to health reasons.

Rose enjoyed playing bridge and attended many basketball games. She has been very active at First Lutheran church. Rose has two children — daughter Susan graduated from Emporia State University. She just retired from teaching at Topeka West High School for 30 years. Her school dance teams were well known in northeast Kansas. Rose's son, Sam, lives in Wichita where he works for Spear Air Company. Rose's granddaughter is a medical doctor in Salt Lake City, Utah. Her grandson, Josh, is a veterinarian in Wichita. Rose also has two great grandchildren. ■

**Rose Alberg**

1205 SW 29th St., Apt. 210

Ph. 273-4303

## Osher LIFELONG LEARNING INSTITUTE

AT THE UNIVERSITY OF KANSAS

**Charlie Chaplin: Cinema's First Genius**  
Wednesdays, June 10, 17 and 24  
2:00 pm KAC

Born into poverty and hardship, Chaplin became part of London's music-hall tradition as a teenager. In his early twenties Chaplin left for Hollywood and became one of the richest, most famous men in the world. A director and actor, his life was full of scandal and controversy. We will watch several of his short classic films as well as insightful documentaries about **The Little Tramp** and the making of his films.

### **Instructor**

**Cynthia Haines** is a film critic and a scholar. Retired as Associate Professor of Film Studies at the University of Texas, El Paso, she is a member of the Broadcast Film Critics Association and reviews films for KCUR, the NPR affiliate in Kansas City. ■



## Coming Soon!



### **Brewster Place County Fair**

Do you remember participating in or attending the county fair?

A committee to plan and coordinate the first ever **Brewster Place County Fair** has been formed and they need YOU!

The committee is in the preliminary stages of planning, and they are looking for resident volunteers to join the committee to share ideas.

**The Brewster Place County Fair will take place late summer or early fall.**

If you are interested, please call Nancy Park, Executive Assistant, at 274-5050. ■

# News from Wellness | National Men's Health Month

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

June is **National Men's Health Month** so it is fitting for us to focus on men and their special health needs. Did you know men are two times more likely to avoid annual physicals than women? Annual physicals are important so your physician can help you monitor ongoing health concerns and set yearly goals for your health maintenance.

When you go to your annual physical a variety of screenings might be ordered. A blood work-up to evaluate your blood sugar, PSA and cholesterol are standard. Your blood pressure will be studied and trends over the years will be evaluated. In addition, your doctor may have you continue colonoscopy screenings if you are at risk or have a family history. Often though, based on your age and lower risk, these are discontinued. Depression screening in senior men is also very important, as depression can have disastrous effects on your physical health. Your emotional health is as important as your physical health!

Health maintenance goals should also be discussed with your doctor. These include keeping yourself at a healthy weight based on your Body Mass Index (BMI), limiting alcohol use to no more than one drink per day for those 65 years or older, participating in regular exercise, making healthy food choices and maintaining healthy sleep patterns. Immunization records should also be reviewed. Shingles, flu and pneumonia vaccinations are of particular importance.

Lastly, get involved in your health care by asking questions. Understand and inform yourself about any chronic conditions you have and learn about what options are available to maintain your health. If you have any questions or need assistance with any of your activities of daily living, we urge you to call **BeWell** at 274-3395 and visit with a care coordinator. You may also call Eileen McGivern at 274-3393 to get you started on your path to staying healthy. ■

## WELLNESS

### Wednesday

**Healthy Fats**  
with **Jeanne Mackay**  
from **Tasteful Olives**

**Wednesday, June 3**  
**11:00 am**  
Main Lounge



Jeanne Mackay is the owner of Tasteful Olive stores in Topeka and Overland Park. The Topeka Brookwood Shopping Center location offers fresh olive oils and aged natural balsamic vinegars. Jeanne will bring samples of olive oils and we will conclude our study of healthy fats. ■

## Brewster Website

Did you know you can access the **Brewster News, Monthly Calendar, Weekly Bulletin and Weekly Menus** on the Brewster website?

Just go to [BrewsterLiving.org](http://BrewsterLiving.org) and click on the "Happenings" tab on the top menu.

You can also learn about all the services provided by Brewster, apply for employment and request information or a personal tour. Visit us today at:

[BrewsterLiving.org](http://BrewsterLiving.org)

**BPtv 23**

Activities  
Special Events  
Updates  
Music  
Movies  
Worship Services



[facebook.com/brewsterplace.org](http://facebook.com/brewsterplace.org)

# 2015 Sunflower Music Festival | A Unique Musical Experience



**E**ach year the Sunflower Music Festival presents an annual series of orchestra concerts, chamber music evenings, educational projects and other artistic events of the highest caliber. These events occur throughout a two week period in June at White Concert Hall on the Washburn University campus.

The Festival was organized in the spring of 1987 and the first concert was presented in June of that same year. The concerts are sponsored by leading area businesses, generous private donors and philanthropic foundations. The concerts are offered to the public free of charge.

Participating musicians come from national and international symphonies and musical institutions. The Blanche Bryden Institute was developed by the Festival musicians for the advanced study of chamber music. Both high school and college musicians, ages 14-26, come together for a week of learning and performance coached by these Sunflower Orchestra musicians. (borrowed from sunflowermusicfestival.org) ■

## 2015 Concert Schedule

**Friday, June 5 | Chamber Orchestra**  
6:45 pm Lobbies

**Saturday, June 6 | Chamber Ensembles**  
6:45 pm Lobbies

**Sunday, June 7 | Atrium Quartet**  
6:45 pm Lobbies

**Monday, June 8 | Sean Jones Quartet**  
6:45 pm Lobbies

**Tuesday, June 9 | Chamber Ensembles**  
6:45 pm Lobbies

**Wednesday, June 10 | Chamber Orchestra**  
6:45 pm Lobbies

**Thursday, June 11 | Blanche Bryden Collegiate String Quartets**  
6:45 pm Lobbies

**Friday, June 12 | Chamber Ensembles**  
6:45 pm Lobbies

**Saturday, June 13**  
**Blanche Bryden High School Concert**  
2:30 pm Lobbies  
**Chamber Orchestra**  
6:45 pm Lobbies



*continued from page 1*

This unique combination of anticipating and meeting needs in an innovative way is a big part of who we are at Brewster. 2014 was a year in which we evaluated what we are doing, studied what we should be doing, and sought out new ways to better serve Brewster Place residents as well as others we have not traditionally served. Needs are ever changing, and we must be able to respond to those changing needs. And while that can create some unknowns, we strive to accept uncertainty as opportunity and to be entrepreneurial in the spirit of continuous quality improvement.

In short, 2014 was a year in which Brewster did well but also did good. ■

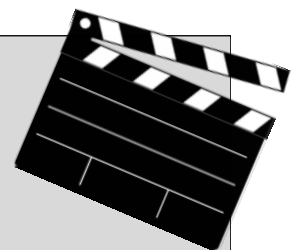
### **At the Movies BPTV 23** **Thursdays at 2:00 pm**

**June 4**  
"Unbroken" (2014 drama)

**June 11**  
"Selma" (2014 drama)

**June 18**  
"Conagher" (1991 western)

**June 25**  
"Still Alice" (2014 drama)



# Don't miss these special events in June...

## Brewster Place



**Wednesday, June 3 PARTY!**

**4:30—6:30 pm**

Parking lot east of  
Main Building

### Menu

BBQ Ribs  
Roasted Chicken  
Coleslaw  
Mac & Cheese  
Beans  
Beer  
Water  
Lemonade

### Music and more!

- Topeka Big Band
- Antique Car Show
- Brewster "Ball Team" Dancers
- Popcorn Machine
- Cotton Candy

## Irving and Peggy Sheffel

### Brewster Foundation Quarterly Lecture Series News & Views with Kevin McFarland

**Tuesday, June 9**

**10:15 am CSP**

Every three months Kevin joins us to facilitate a current events discussion — topics from local news to world events. Donuts and coffee are served. Please join us!



## 2015 Walk to End Alzheimer's

**Saturday, June 13**

Registration at 9:00 am  
Walk begins at 10:15 am  
First Lutheran Church

### Volunteers Needed for Kids Corner:

Face Painting | Temporary Tattoos | Balloons  
Loom Bracelets | Kids Dash after the walk

### Donate to Team Brewster

Please call Amanda Brown at 274-3336 if you would like to volunteer, walk or donate. Support Team Brewster for this great cause!



## Mulvane Art Fair

**Saturday and Sunday**

**June 6 and 7**

**10:00 am—4:00 pm**

Washburn University

*Brewster is the proud sponsor  
of the Patron Breakfast.*

## "Welcome to Summertime"

**Picnic at Brewster East**

**Saturday, June 20**

**5:00 pm BE DR**

### Menu

Brats and Sliders (Burgers)  
with all the Fixins'  
German Potato Salad  
Baked Beans  
Deviled Eggs  
Watermelon  
Strawberry Shortcake  
Lemonade

Please call 274-3359 for reservations.

Reservations are limited to 80.

## En Plein Air with Joline

**Tuesday, June 23**

**9:30 am Lobbies**

*En plein air* is a French expression which means "in the open air" and is particularly used to describe the act of painting outdoors. Each summer Arts & Crafts Coordinator, Joline Kovarik, takes her students to a local park to sketch scenes that will be used to create beautiful paintings once back in the studio at Brewster Place. This year their session will be held at the Topeka Zoo at Gage Park.

## The Donor's Bill of Rights

by Jeremy Hall, Vice President  
Development and Community Relations

The news media often has articles concerning charities that have undermined the trust of the public who support them. It is sad and frustrating to find that an organization you thought was just and charitable was a scam for somebody to personally profit. The Brewster Foundation is taking part in June in an event sponsored by the Topeka Community Foundation. At this event participants will be able to see in one place over 120 charities, all wanting one thing, your support.

With that in mind, this is a great time to reprint a short reminder of the **Donor Bill of Rights**, and also remind you to be aware of the organization that you support. Make sure they are willing to live up to the ethical standards that you deserve.

The Brewster Foundation is a separate tax-exempt 501(c)(3) organization whose sole mission is to raise funds in support of Brewster. The Foundation is subject to an annual audit and is governed by a separate Board of Trustees made of community volunteers and Brewster Place residents. Their job is to ensure that the Foundation adheres to the strict standards recommended by the National Committee on Planned Giving, the Association of Fundraising Professionals and the American Council of Gift Annuities. These entities recommend strict standards to ensure donors' bill of rights. These rights are:

- To be informed of the organization's mission, of the way the organization intends to use donated resources and of its capacity to use donations effectively for their intended purposes.
- To be informed of the identity of those serving on the organization's governing board, and to expect the board to exercise prudent judgment in its stewardship responsibilities.
- To have access to the organization's most recent financial statements.
- To be assured their gifts will be used for the purposes for which they were given.
- To receive appropriate acknowledgment and recognition.
- To be assured that information about their donation is handled with respect and with confidentiality to the extent provided by law.
- To expect that all relationships with individuals representing organizations of interest to the donor will be professional in nature.
- To be informed whether those seeking donations are volunteers, employees of the organization or hired solicitors.
- To have the opportunity for their names to be deleted from mailing lists that an organization may intend to share.
- To feel free to ask questions when making a donation and to receive prompt, truthful and forthright answers.

The Brewster Foundation shares a common vision with the Brewster organization — that of setting standards which meet or exceed expectations.

As you support Brewster and many other organizations around Topeka, or the world, please take the time to be sure they are living up to the high standards you would expect for somebody worthy of your support. Do not be afraid to question or ask how they conduct business.

If there is ever an occasion where you have concerns regarding the Brewster Foundation or how gifts are solicited, invested or returned to the Brewster organization, please call Jeremy Hall at 274-3327. He would love to speak with you. ■



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

## The Museum at Prairiefire

## Dinosaurs and More!

Through a unique collaboration with the American Museum of Natural History and other cultural and educational institutions in the Kansas City area, the Museum at Prairiefire invites you to understand and celebrate natural history and culture in our region and around the world. Their mission is to engage visitors and area students with world-class exhibitions, important programming and significant educational opportunities.

We invite you to join Jeanene Johnson, Activities Coordinator, for this unique day trip. We will visit The Great Hall and The Natural History Exhibition Gallery. The Great Hall encourages visitors to discover everything from who found the very first *Tyrannosaurus rex*, to how scientists use technology to understand the world around us. Rotating semiannually, The Exhibition Gallery hosts traveling exhibitions from the American Museum of Natural History. The exhibit we will see is, "Dinosaurs: Ancient Fossils, New Discoveries" which explores how paleontologists today are using an incredible array of new technologies, discoveries and ideas to investigate and reinterpret many of the most persistent and puzzling mysteries of dinosaurs. *(text and image borrowed from museumatpf.org)* ■



**Thursday, June 22**  
**9:00 am Lobbies**

Tickets are \$14  
Transportation is \$13  
Lunch is Dutch treat

Please call Jeanene at  
274-3398 for reservations  
for this unique day trip.



**Above:** Brewster Place resident gardeners are out in force this year. Lonna Reinecke had to find time between the rains to work in her garden. The tomatoes should be HUGE this year! **Right:** Doris Kinnett enjoyed being outside in the cool air recently. If you haven't visited our campus in a while, you are missing out on beautiful gardens, lush green spaces and, of course, smiling faces all around! Come see us!

**Rainy  
Days,  
Gardens,  
Smiles  
and the  
Joys of  
Spring**



**Above:** Angala Anderson, Activities Coordinator at Brewster Health Center, enjoyed time with residents Louise Smith and Eva Courtner while planting flowers for the courtyard. The gray skies of late make the colors pop!



**Resident Birthdays**

Erna Nichol	1
Janet Bair-Rost	3
M.L. Davis	7
Dorothy Beverly	8
Betty Gilbert	9
Dan Cain	10
Jack Renander	10
Leona Brinkmeyer	11
Hazel Cramer	12
Jerry Hinton	12
Winnie Kingman	13
Dottie Harder	14
Paul Metzger	14
Jerry Reed	14
Freida Schriener	14
Louise Smith	15
Celia Eddy	16
John Morrow	16
Clyde Burton	17
Dorothy Prager	19
Bob Sparling	23
Bill Koehn	24
Jean Grecian	25
Glenna Ross	25
Myrna Wegner	25
Annalee Barnett	26
Phyllis Stroud	27
Lois Fensler	28

**Anniversaries**

Benny and Wanda Meyer	6-2-57
Paul and Beverly Hammond	6-5-60
Don and Wilda Brock	6-6-48
John and Lonna Reinecke	6-6-65
Ken and Doris Peery	6-7-53
Tom and Phyllis McMahon	6-10-50
Bart and Harriette Ramsey	6-10-50
Eugene and Waunita Shoemaker	6-14-14
John and Dorothy Funk	6-24-50
Adrian and Mary Allen	6-27-53

**In Memoriam**

Mr. Edward Smith	4-30-15
Mr. Martin Woner	5-7-15
Mrs. Edith Newman	5-14-15
Mr. Irving "Irv" Sheffel	5-18-15

**Staff Anniversaries**

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

<b>Department</b>	<b>Location</b>	<b>Years</b>
<b><u>Administration</u></b>		
John Long	MB	4
<b><u>Dining Services</u></b>		
Joane Williams	BHC	4
Jocelyn Barngrover	MB	5
Darlene Dillner	MB	2
Romel Rodriguez	MB	2
<b><u>Environmental Services</u></b>		
Jerry Hutley	Campus	12
Richard Wilson	BHC	6
Dorothy Arnold	BS	35
Bertha Cavens	BS	2
<b><u>Health Services</u></b>		
Allyssa West	BHC	1
Jessica Lozano	BHC	2
Abbie Schmelzle	BHC	4
Lissa Mehmel	BHC	7
Brandi Kelly	BHC	5
Tina Oliver	AL	1
Diana Guyton	HH	2
<b><u>Rehab</u></b>		
Chelsea Means	Rehab	1
Deb Rennie	Rehab	9
Maria Prater	Rehab	3
<b><u>Security/Transportation</u></b>		
Arthur Wiseman	Campus	4
Haley Ogden	Campus	1
Rosa Ransom	Campus	9
Jimmy Collins	MB	1
<b><u>Therapy Services</u></b>		
Dorene Dodson	BHC	3
Jill Heinen	BHC	5
Heather Holthaus	BHC	1

**New Residents**

Raymond Miller	MB 429
Garland and Nancy Roseberry	MB 214
Ann Uhl	BE 336

**Transfers**

Gene Rapstine	BHC
Dee Crawford	AL 31