



From the Desk of Joe Ewert

PRESIDENT AND CEO

#TeamBrewster



Every single staff member is part of **Team Brewster** — each one with a role to play in keeping residents safe. During this difficult time, every Team Brewster member has had take on new and different responsibilities and learn new skills to get us through. ***We thank all of them!***

Twelve members of **Team Brewster** deserve special thanks for volunteering to be ready to care for residents diagnosed with COVID-19 or who require isolation awaiting results. These **Healthcare Heroes** are: Alma Quiroz, Lorena Prater, Crystal Fosdick, Ashley Myers, Kayla Schmitz, Lori Martin, Nikki Woods, Diane Steenson, Kelley Herrera, Devon White (pictured above), Shawntara Carter and Tamira Carter.

Thank you Healthcare Heroes!

We are entering our fourth month of life in the times of COVID-19 at Brewster. We have worked each day, and many nights, to do everything we possibly can to: 1. Prevent COVID-19 from coming onto campus to the greatest extent possible, *and* 2. To keep it from spreading.

We have completed thousands of pages of CDC screens on every team member coming into our buildings. We have spent countless hours training our teams to recognize signs and symptoms of the virus, and how to prevent contracting and transmitting it. Our teams, residents, and volunteers have made hundreds of face coverings and nearly 1,000 isolation gowns, all in the name of prevention.

Last week though, the inevitable happened. We had two team members — separately — contract the virus in the broader community. The good news is that both recognized the symptoms, as did our managers and screeners, and neither of them came to campus ill. As an organization, we worked quickly to conduct the contact tracing to identify any resident or staff who may have had direct or indirect contact with either of these people. We have organized our teams to reduce the number of residents and other staff each person is in contact with. Out of an abundance of caution, however, we pushed to test as many people as we were allowed. In total, 300 staff and residents across campus were tested. As of the writing of this article (May 28), we have no active cases of COVID-19 on campus. Praise the Lord!

Unfortunately this will not be the last time individuals connected to Brewster will contract COVID-19. The number of new cases in Shawnee County have gone up in recent days. There is pent up demand to visit with friends, seek services that have reopened in the community, and so forth. This means that interventions to

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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.



FROM the CHAPLAIN | choose JOY!

REV. ROGER JACKSON, M.DIV

I have said these things to you so that my joy will be in you and your joy will be complete. —John 15:11

Because of **COVID-19**, the United States has over 100,000 deaths, businesses are closing, unemployment is over 30 million, and most of us face isolation, quarantine, and fear. Some days it's just too much for my heart.

Our current situation makes Jesus' words of JOY seem out of place and out of touch with reality. What is joy doing here in a time and place like this? I have a feeling the disciples asked the very same question. After all, Jesus' parting words to them offered statements of joy.

Joy appears misplaced in passages that deal primarily with Jesus' departure and impending death. Joy seems inappropriate when you are told the one on whom you have relied for intimacy and belonging will no longer be around. Joy is a marked contrast to the realities that the disciples faced — that we face. And maybe that's the point.

Where is joy in the midst of the hardship Jesus described, and in the pain and suffering that is sure to come? Where is joy when a primary source of your joy is leaving you? Where is joy when you need it the most? Jesus knows the presence of joy

needs to be heard, needs to be felt, when you face things that assume and anticipate a profound absence of joy.

Did you know that the Greek words for **grace** and **joy** share the same root? Joy may very well be a feeling of grace; the emotion of grace; even the response to grace. Joy is that indescribable sense when you find yourself experiencing abundant grace. In other words, joy amidst all that was named above, all that you can certainly name in your own life, is not an answer. It's an affirmation. It's the guarantee of God's grace when all that is good seems so far away. It's the security of God's love when it appears that love is nowhere to be felt, especially from those you thought would love you. It's the hope that even in the darkest places of separation, God's abiding love and our abiding in God, is promised and present.

Maybe today is the day — in this place and time — for you to experience true joy. Maybe today you are the person who speaks of the assurance of joy in the midst of intense pain. Maybe today is the day that you **"choose joy."** ■

TODAY
I CHOOSE
joy

at the KITCHEN TABLE | Ponder & Stir with Sharon



Rhubarb-Red Raspberry Sauce

Put four cups or more of fresh cut up rhubarb in a large saucepan. Cover with water and add sugar to taste 1-2 cups. Use minute tapioca to thicken. I sprinkle 1-2 Tb in pan and stir. Let set for five minutes or so. Bring to a slow boil and stir until rhubarb is soft. If you want more color add several drops of red food coloring. Take from stove and add a box of frozen red raspberries. Stir and keep in a covered container in fridge. Serve with real whipped cream or a dab or vanilla ice cream.

Rhubarb and asparagus are the first edible signs of spring. You can find both of them the produce section of the supermarket or farmer's market. My favorite recipes for rhubarb are pie, sauce and jam. And you can use a small stem of fresh asparagus wrapped in a slice of dried beef or boiled ham and rolled up for salad or appetizer.

Call me if you want recipes. Sharon Aderman | 274-5085 ■

WELLNESS AND RESIDENT SERVICES

Advance Directives SERENA KENT, LMSW, DIRECTOR

An advance directive is a legal document that explains how you want medical decisions about you to be made if you cannot make the decisions yourself. An advance directive lets your health care team and loved ones know what kind of health care you want, or who you want to make decisions for you when you can't. An advance directive can help you think ahead of time about what kind of care you want. It may help guide your loved ones and health care team in making clear decisions about your health care when you can't do it yourself.

This month the **Wellness Team** will be reviewing resident files. Be on the lookout for a letter from the Wellness Team if you are missing items such as, **Durable Power of Attorney for Health Care** decisions and/or **Living Will** forms. The next step will be providing residents with a red **File of Life** holder that is magnetic and can be placed on your fridge.

If you have questions about Advanced Directives, File of Life, or the process, please call Serena Kent, LMSW, at 274-3395. ■

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keep the virus from spreading are critical now as much as ever. Please assure you are adhering to the social distancing guidelines and wearing face coverings. At this time I ask that residents do not gather in groups larger than four in any indoor spaces. Resident must wear masks if gathering indoors. Residents may gather outdoors in larger groups but at least six feet distance must be maintained. At this time I must remind you that non-resident visitors are not allowed in any of the Brewster buildings. I also ask that if you host visitors outdoors on campus, that you not bring more than two such visitors on campus at any given time. All visitors to campus must wear a face covering at all times. I hope to open our outdoors spaces to greater numbers of visitors in the near future. Please watch for notices I may post regarding outdoor visiting.

Please rest assured that I will continue to update all residents regarding COVID-19 activity on campus. I will do this primarily through letters posted to your door, notice on our Facebook page, Brewster's website, and through direct contact.

If we ever identify that you may have had contact with a person who has tested positive for COVID-19, you will be contacted directly by myself or one of my team. If you receive notice that we have a positive case on campus but you have not been contacted directly, it means you should rest easy, you do not need to be tested at that time. If you have a family member that wishes to stay updated on events on campus, please direct them to our Facebook page or our website BrewsterLiving.org.

Lastly, many news outlets ran stories about Brewster having a positive case on campus. Nearly every story I saw had errors of some kind that caused concern for some. Please always refer to the materials we post for the best, most accurate and timely information. I am committed to assuring you have the best and most up-to-date information I can provide.

As always, please do not hesitate to contact me. Your thoughts and feelings regarding our activities on this and all others subjects is so very important to help inform the decisions I make that may impact your way of life on campus. ■



FEATURED HOME

The **Home of the Month** feature is back this month with a virtual look at **Redwood 512**.

This 700 square foot one-bedroom apartment faces west, overlooking Brewster's lush green campus. It features two sliding glass doors, offering plenty of sunlight and a wonderful view of summer from the living room and roomy bedroom. The home features four closets with ample space for clothes and storage. In Redwood all meals are included, however, you do have a full kitchen equipped with a two burner stove, full size refrigerator and microwave.

If you or a friend would like to take a virtual tour, please contact **Lifestyle Consultants Chris Gallagher at 274-3351 or Kathy Clark at 274-3314**. And remember, you can help choose your future neighbors and receive a bonus! **Residents who make a referral will receive one month's free rent once the friend moves in.** ■

TOPEKA COMMUNITY FOUNDATION GRANT

The Topeka Community Foundation awarded the **Brewster Foundation** \$2,000 to help pay for isolation gowns as part of its **Live, Work & Give** campaign.

Thank you

Grants are being awarded to Shawnee County non-profit organizations working to address immediate community needs as a result of Coronavirus COVID19 quarantine measures.

Thank you to the Topeka Community Foundation for helping Brewster and other nonprofits keep our communities safe. ■

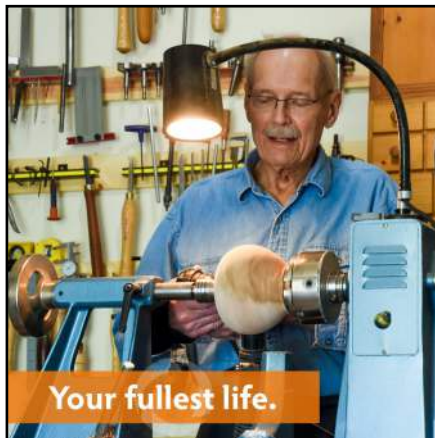


To find out more about giving opportunities, please call Joe Ewert at 274-3392.

LIVING AND WORKING TOGETHER IN COMMUNITY



Kathy Howard is known for her beautiful gardens at Brewster Place. She has designed, planned, planted and tended to several campus gardens and everyone enjoys the result. Thank you, Kathy!



Bruce Bower is a master wood turner and has his shop set up in his Aspen garage. He is very excited for the new woodshop to open and is ready to teach others the joy of working with your hands and creating!

BrewsterLiving.org



Heidi Hulsether is the **Redwood Kitchen Manager** and like all members of Team Brewster, she has stepped up every day to provide meals, deliver meals and help other departments with their projects as well. We work together to fulfill our mission each day!

PROGRAMMING NOTES

Father's Day Photos

Father's Day is June 21 and we want to celebrate with photos of all the great dads out there. Help us out by submitting one/all:

1. Photo of you with your dad
2. Photo of you with your kids

To submit prints or copies:

Redwood:

Please bring your photos to Maxine in the Redwood Information Center.

Aspen, Birchwood, North and South Terrace, Oak, Maple, Cedar, Grand Homes and Villas:

Please call Maxine at 274-3374 to arrange delivery to Redwood. Maxine will meet you at the west door to pick up your photo, or she will arrange a pick-up at your home.

The Evergreens

Please bring your photo to Janis' office on the ground floor of The Evergreens (in the detour hallway).

To submit photo by email:

You may also email photos to:
Janis.Swanson@BrewsterLiving.org

Nail Clinic with Cheryl West

To make an appointment for nail care, please call Maxine at 274-3374 to schedule.

Schedule in June

Tuesdays, June 9, 16, 23 and 20
8:30—11:30 am

Wednesday, June 10
1:00—3:30 pm

Thursday, June 25
1:00—4:00 pm

Special Dates & Updates

KU Osher Lifelong Learning Series

Due to our current protocols regarding social distancing and group gatherings, Brewster has decided not to host Osher classes this summer. There are online opportunities with 40 classes being offered in this fashion. Courses are \$50 each.

A list of courses can be found at:

<https://kupce.ku.edu/summer-courses-osh>

You can register online or call 913-897-8530.

Campus Family Car Parade

On **Saturday, June 20 at 10:00 am** we are organizing a "Family Car Parade" around Brewster's campus. If you have family members that would like to join this parade, please contact Jamie at 274-3398. Let your family members know!

NEW BPTV 1960 Programs

Qigong (Chee-gong) with Lynn Van Buren

Mon-Wed-Fri

9:30 am | BPTV 1960

Qigong practice involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind. Tune in and give it a try!

World Adventure Documentaries

Monday—Friday

10:30 am | BPTV 1960

Admissions Coordinator Patrick Mitchell has been hosting a variety of programs at Brewster Health Center. They are now inviting everyone to travel along with them on "World Adventure: We Are Going Places." By airing these on BPTV, BHC residents can safely stay in their rooms and watch each day. Tune in and travel the world!

Outdoor Visitation Areas

Stay tuned to the Weekly Bulletin and BPTV 1960 regarding when Outdoor Visitation Areas will be open for family visits. We hope this will happen by mid-June. Thank you for your patience!