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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



Future Needs Focus of Campus Master Plan

Early last year the Brewster board held a planning retreat to take stock of where we are as an organization and begin to look at where we want to be headed. One of the ideas that emerged from that retreat was that we needed to update our Campus Master Plan.

The last time we had completely reworked the Campus Master Plan was in 2004. At that time it became obvious that the most pressing need was to acquire the Country Club Apartments property. A few years later that goal was accomplished. We

were able to acquire and demolish the multi-family housing development and vacate a city street to the east of the property adding approximately 4.5 acres to the campus and removing a significant barrier that separated the Brewster Health Center from the rest of our campus. That acquisition enabled us to first build the Rehab Center and more recently the

St. Francis Health Family Medicine and ReadyCare clinic. Both of these new facilities have been great additions to the campus and a huge improvement over the old multi-family apartments.

When we sought proposals for architectural firms to work with us to develop a new plan, one of our stated goals was to: *develop a Campus Master Plan to integrate the former apartment property and develop plans to improve pedestrian and vehicular traffic patterns on the campus.* Demolishing the old buildings not only removed a barrier, it also gave us the opportunity for additional development to meet current and future needs and to have a more cohesive campus with improved access and traffic patterns.

Another goal was to *develop a Community Center to meet current Brewster community needs with an eye to expansion into a "Center for Healthy Living" as Brewster at Home membership expands.* Current needs we saw being met by the new Campus Master Plan included a larger multipurpose room for social events, meetings, and wellness activities as well as better space for marketing offices. In addition, a new dining venue for the cam-



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Brewster’s Therapy Team | Here for You!

As you know, Brewster Place has a fully staffed therapy team and they are ready to help you! Our therapy team includes five full-time physical therapists, four full-time occupational therapists as well as speech therapists. They are specialists in helping you regain function in many areas that can improve your quality of life. If you think you need to improve in any of the following areas, please consider therapy:

Walking

Are you at risk for falling? Have you fallen recently? Can you walk the distances you need to walk?

Balance

Do you feel steady? Have you lost your balance as you get up from sitting or lying down?

Pain

Do you have pain in a joint? Your back? When you move a certain way?

Activities of daily living

Are you still able to get dressed by yourself? Groom and bathe? Prepare food and shop?

Joint mobility

Are you able to move your arms and legs to do what you need to do every day? Can you get up from chairs and toilets?

Swallow

Do you tend to choke, especially on liquids? Have you had recurrent upper respiratory infections like bronchitis and pneumonia?

Voice

Are you able to speak loudly enough to communicate with the people around you?

Memory

Could you use some suggestions for setting up calendars and lists for tracking appointments and activities?

If you think therapy might be able to assist you, call us at 274-3337. If you have a physician’s order, you can bring that over or fax it to 266-5782. If you don’t have an order and just wish to talk to a therapist about whether we can help you, please call us, then we will call your physician to get an order for evaluation and treatment. ■

Customer Service Professionals | Kudos to You!



Front row: Maria Ramirez (Housekeeping), Jocelyn Barngrover (Dining Services) and Leslie Blake (Business Office); **Back row:** Cynthia Stotlar (Human Resources) Dorothy Arnold, Lucreta Thomas (Housekeeping) and Sharon Petrone (Environmental Services)

Congratulations to six Brewster staffers who have achieved the certification of being **Customer Service Professionals**. They had to complete 32 classroom hours learning about these topics:

1. Understanding Yourself First and Foremost
2. Lost Art of Listening
3. Delivering Amazing Service
4. The Fine Art of Apology
5. Handling Unruly Customers
6. Stress Management
7. Image Essentials
8. Personal Accountability
9. Resolving Conflict

They did role playing, had lively discussions and had to pass a test for this certification. They are pictured with their instructor, Cynthia Stotlar, Director of Human Resources. Awesome job, gals! ■

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pus was sought as a way to solve a problem with the kitchen in the Brewster East building.

Although our campus now has sufficient physical wellness facilities to meet current needs, we see the future need for more physical wellness and outpatient therapy facilities in order to stay competitive. We are also anticipating additional demand for wellness facilities as our *Brewster at Home* program continues to grow and brings more people onto our campus to participate in wellness activities.

We got all that and then some out of our new Campus Master Plan, which was approved by the Brewster board in January. The new plan outlines aesthetic and accessibility improvements, and development opportunities that can start this year and take us 20 to 30 years into the future.

A special task force of residents, staff, and board members met and outlined the highest priority items, which we'll begin pursuing this year:

- Development of a plan to finance and operate a community wellness center on the green space north of Brewster East; and
- Incremental improvements to walkways on the west residential side of the Brewster campus; and
- Conversion of the Stone House from a residence into a campus Welcome Center and Marketing Office.

Staff is busily obtaining cost estimates and seeing how the recently identified priorities can fit into this year's capital budget and preparing recommendations for changes to the capital budget for the board finance committee review. The 2014 capital budget has a single line item for campus master plan improvements since the campus master plan was not completed at the time the budget was approved. ■



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MARCH MADNESS

Brewster Bracket Challenge!

The annual dance toward the NCAA basketball championship game is upon us again and **March Madness** will be hitting Brewster Place too!

As a part of Brewster Place's 50th year celebration, we will be having our own **Brewster Bracket Challenge!** You will be able to either complete your own bracket online, or fill out a paper bracket and submit it to the Brewster Marketing office. For those of you who don't have computers or don't want to enter your bracket online, your paper bracket will be entered into the computer for you by the marketing department.

Each week during the tournament, the top 10 entries will be posted on bulletin boards around the Brewster campus, as well as on BPTV 23. And, of course, there WILL be prizes!

The Brewster Bracket Challenge will be available to all residents and employees. Information sheets and brackets will be distributed on March 17. Stay tuned! Who knows? If yours is the best bracket, maybe you'll have your own "One Shining Moment!" ■

From Dining Services...



St. Patrick's Day Lunch!

Saturday, March 15

12:00 pm

Main Dining Room

Please call 274-3340 for reservations if you have more than two in your party.

MENU

Apple Glazed Corned Beef
Irish Fried Cabbage with Bacon
Steamed Red Potatoes
Carrots and Roasted Onions
Rum Raisin Rice Pudding

Wellness Wednesday | Eat Wisely

by Eileen McGivern, Director of Wellness/Director Brewster at Home

Happy March everyone! This month we will continue our study of Blue Zones focusing our attention on Eat Wisely which includes the concepts of the 80% Rule, Plant Slant and Wine@5.

“Hara hachi bi” is the Okinawan reminder to stop eating once your stomach is full. The Blue Zones 80% Rule tells us to not feel obligated to join the “Clean Plate Club.” Eating for eating sake can cause extra pounds to creep up.

Choose smaller portions and gauge whether you are still hungry after finishing. Often our brain can’t catch up and doesn’t receive the signal from our stomachs that we are satisfied until nearly 20 minutes after eating. Take your time and enjoy your food!

There is much in the literature that shows the benefits of a plant based diet. Vegetables, fruits, legumes (beans), whole grains and nuts are the basis for the diet. Lean protein sources such as chicken, dairy, fish and beef are allowed. Healthy oils such as olive, safflower and coconut play important parts as well. Red meats and processed foods should be kept at a minimum and be special occasion foods if desired. Beans or legumes are excellent sources of fiber and protein. They also have properties that help control blood sugar and can be prepared many ways. Some people participate in a “Meatless Monday” and try to incorporate new plant based entrees in their diet, that way. Try what works for you!

Wine@5 is our last concept to discuss this month. Many people who live in Blue Zones partake in wine at five o’clock. We do want to warn anyone who takes medication that might interact with wine to discuss this with their doctor. We are also aware that some people avoid alcohol for religious reasons or concern about possible addictions. Please do what is right for you.

Red wines have been shown to help increase the “good” cholesterol levels in our blood. Red wine has higher levels of antioxidants, flavonoids and a special compound called resveratrol that prevents damage to blood vessels (damaged vessels can allow

clots to form around the area).

Antioxidants are measured using the ORAC scale (oxygen radical absorbance capacity). Every food has varying abilities to absorb free radicals (when cells degrade, these are components of cells that can cause illness). Scores range for 50 for a carrot to 5,200 for a teaspoon of cinnamon. Red wine can have 7,500 per four ounce glass!

Of course, moderation is the key and 4-5 ounces of wine per day is recommended as having more than that begins to have detrimental effects as the alcohol levels increase in our bodies and cause more problems. Red wine also has probiotics due to the fermentation process which aid digestion. Probiotics and microbes found in fermented food contain lactic acid, which nourish the good bacteria found in our gastric intestinal tract.

Please join us at Wellness Wednesday to learn more! ■

BREWSTER

BLUE ZONES

The Power 9

- Move Naturally

Right Outlook

- Purpose Now
- Downshift

Eat Wisely

- 80% Rule
- Plant Slant
- Wine@5

Belong

- Right Tribe
- Community
- Loved Ones First

Wellness Wednesday

Blue Zones

Eat Wisely

Wednesday, March 5

11:00 am

Main Lounge

Trash & Treasure Sale

The next **Trash & Treasure Sale** will be **Friday and Saturday, April 4 and 5. The last day to donate items for this Sale will be March 14.** Please bring your items to the Klinge Activity Center.

We are also in need of volunteers to help set up and take down as well as work the Sale as cashiers or sackers. We will begin setting up for the Sale on Wednesday, April 2 at 8:00 am. If you have any questions, please call Joline at 274-3317. ■

You Be the Judge:

The United States Supreme Court

Thursdays, March 6, 13 and 20

6:30 pm Lobbies

This course helps explain the U.S. constitution and the workings of the U.S. Supreme Court. Judge Pierron uses short expositions on constitutional rights and entertaining interactive exercises—where the class plays the parts of litigants, lawyers, judges and justices—to reproduce actual Supreme Court cases. No preparation is necessary. This program, presented over 400 times in the last 14 years, has won both state and national recognition.



Instructor

Hon. G. Joseph Pierron is a judge on the Kansas Court of Appeals in Topeka. Before his appointment to the court in 1990, he was a district judge in Johnson County from 1982 to 1990.

Voices from the Prairie: Prairie Fiction Writers from Willa Cather to Kent Haruf

Tuesdays, March 26; April 1 and 8

2:00—4:00 pm KAC

Focusing on four notable prairie novelists, this class will explore common themes that sprang from the literature of the great American prairies—the beauty and majesty of the landscape, nobility of character shaped by hardship, and the sense of alienation felt by newcomers to the prairies. We'll study excerpts from the foremost prairie author, Willa Cather, *O Pioneers!* and *My Antonia*; Norwegian-born O.E. Rolvaag, *Giants in the Earth: A Saga of the Prairie*; Laura Ingalls Wilder, *Little House on the Prairie*; and recent literary giant: Kent Haruf, *Plainsong*.



Instructor

Elizabeth Black is the author of *Buffalo Spirits*, which won the 2003 Three Oaks Prize in Fiction. She is Outreach Program Manager of the Osher Lifelong Learning Institute at KU. ■

lifelong learning!



Sponsored by the
Brewster Diversity
Team

our FAITH traditions

celebrate | observe | learn | respect one another

Dr. Barry Crawford, PhD, Washburn University

We have invited Dr. Barry Crawford, Professor of Religious Studies at Washburn University, to speak to us about different religious observances. In March, Christians will observe Lent and those of the Jewish faith will observe Purim. In April, Easter and Passover are celebrated and observed. Dr. Crawford will speak to similarities and differences between our faith communities. This is open to staff and residents.

Our Faith Traditions

Thursday, March 27

3:00 pm

BHC FLR

Friday, March 28

1:00 pm

Main Lounge

Open to residents and staff.
The sessions are the same.
Please attend the session that
your schedule allows.

We certainly hope all Brewster at Home members have survived the wintry weather and are looking forward to spring! We have seen many members enjoying the classes and activities on campus and appreciate the feedback about the Enhanced Transportation package we now offer for \$40.00 in addition to your membership. Members can enjoy nine roundtrip connections from home to Brewster Place per month. This link brings members over to connect with the free Tuesday/Thursday bus route and all that is happening on our campus. Many of you

commented how wonderful it is to be picked up at home in a warm vehicle and dropped off at the door!

Julie Schmanke will continue the afternoon exercise classes due to popular demand — Wednesday and Friday at 2:45 pm. She will have back to back classes in Winchell Wellness Center. Julie adapts each class for all fitness levels. This class is a great way to get started in a fitness routine or add an additional class. Please let us know if there are other ways to meet your needs. ■

Meet Our Members | Free Trial Leads to Membership

by Julie Schmake, Member Relations, Brewster at Home

Mary Hoffman is fairly new to the Brewster at Home program. She received a coupon in January from a Brewster friend for one month free and as soon as the month was over, she signed up!



Mary came to Topeka from Minnesota in 1970 with her husband. Mary’s husband worked for Josten’s and then for the State. Mary was a teacher at Central Park Elementary for seven years and then at Whitson Elementary for eight years before retiring. Mary’s husband passed away in 1986, but she has a lot of good friends in Topeka who have kept her going. She volunteers regularly for Shepherd’s Center of Topeka and at her church, Our Savior’s Lutheran. She knits in her free time and makes baby caps for the hospital. Mary is a member of the Topeka Needle Guild. They stuff pillows for Breast Cancer patients as well as others.

When asked about why she joined Brewster at Home she said she wanted to attend exercise classes (which she does regularly) and attend activities and concerts with Jeanene. She will utilize the Tuesday/Thursday free transportation bus route from Brewster for eye appointments. Mary is upbeat and fun to have around. We are so glad she’s on campus joining current friends and making new friends too! ■

Chair + Yoga = Choga

Have you wanted to join one of Julie’s exercise classes but are concerned they might be too much for you? We have just the class for you! On **Monday, March 10 at 2:30 pm in the Winchell Wellness Center**, Julie will begin a new class that we like to call **Choga**. The class will feature easy, relaxing movements, all done while sitting in a chair. No matter your fitness level, this class is for you. Come try it out and learn peaceful, relaxing movements that will help improve your overall wellness. ■

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

*“Get the Most
Out of Life”*

A Strong Foundation Sets Stage for Innovative Future

By Jeremy Hall, Director

We are well into the 50th year of Brewster Place. During those 50 years many people have come and gone from Brewster Place — residents, staff and vendors have changed over the years. Those that first broke ground could not have imagined how things would change and grow to make Brewster what it is today.

Over the years people have contributed to the future of Brewster through generous giving. Some have decided to give a gift through a bequest through a will, charitable trust, charitable gift annuity, life insurance or retirement plan. Anyone who makes such a commitment becomes a member of the **Brewster Foundation Heritage Society**.

These planned gifts not only create a lasting legacy for our donors but can, in many cases, offer tax benefits while earning a lifetime income for the donor.

The **Charitable Gift Annuity (CGA)** is a great example of a gift that has great benefits for both the Brewster Foundation and the donor. This is an irrevocable transfer of property in exchange for a contract to pay the donor an annuity for life. The interest rate varies based on the donors age and range for most of our residents from 5% to 9%. Another advantage of the CGA is the immediate tax deduction. Since each situation is dependent upon your age and tax situation, it would be hard to list specific examples. Generally you receive a tax deduction and

then a reduced tax liability on the following annuity payments. You can have your annuity payments paid monthly, quarterly or yearly. Samples of a CGA are available and have no obligation.

Adding a Codicil to your **will or trust** is another way to make a Heritage Society bequest. Remembering Brewster by a specific dollar amount or a percentage is a simple way to leave a lasting gift. We have a non-binding bequest form we can provide that makes this even easier and lets Brewster know of you intentions.

Listing Brewster as a beneficiary of a **life insurance** or remainder of a **retirement plan** are two other ways to create a lasting gift to Brewster. These changes are usually accomplished by completing paperwork and returning it to

the proper organization.

As with other gifts to the Brewster Foundation, bequest gifts can be designated to a specific fund or purpose. We want you to be happy and comfortable with your gift and want it to reach the fund that you are most passionate about. The Brewster Foundation staff is more than happy to discuss any of these estate planning issues with you and answer any questions you may have.

As we continue through this 50th year and look back at past residents, we will see some that took that pledge to give the planned gift to assist the Brewster mission for the next 50 years. These are the members of the Heritage Society. They, and you, can continue to leave a lasting heritage at Brewster Place. ■

Brewster Foundation Events

**Sheffel Quarterly Lecture Series
News & Views
with Kevin McFarland**
Tuesday, March 11
10:15 am
Chandler Sun Porch
Donuts, coffee and great
discussion served!

**The 10 Myths of
Estate Planning with UMB**
Tuesday, March 18
2:00—4:00 pm
Klinge Activity Center

Cornerstone Family Schools Spring Concert

This concert entitled “**The Story of Jesus**” will be held at First Methodist Church on **Tuesday, April 1** and is free to the public. The concert will feature each of the church’s beautiful windows and will walk you through Christ’s life in scripture and song. Local musicians on flute, cello, violin, timpani and organ will be highlighted with lovely piano accompaniment. Dorothy Illif, director, and Debbie Packard, accompanist, are daughters of Brewster Place residents. Please call Jeanene at 274-3398 for reservations. ■

“All Sinatra”

Saturday, March 8
12:00 pm Lobbies

Quality Hill Playhouse in Kansas City

Quality Hill Playhouse was founded in 1995 and is located in downtown Kansas City's Arts District. Many view it as Kansas City's premiere theatre for dynamic, original cabaret. They produce six musicals and cabaret revues each year. A cabaret revue is a performance with emphasis on the music, usually built around a theme. Each performance features three or four professional singers accompanied by piano.

J. Kent Barnhart serves as pianist and emcee for the cabaret revues, offering interesting tidbits about the music as well as his unique, humorous anecdotes. Mr. Barnhart, who is also Executive Director, produces and arranges the original cabaret revues. His extensive experience in musical theater and knowledge of American popular song provides the basis for selecting great music and talented performers.

“All Sinatra” includes more than 50 songs associated with Ol’ Blue Eyes. In a change of pace, Barnhart hands emcee duties to stars Melinda MacDonald and Jon Daugharthy, who offer up stories about Sinatra’s life and career with Barnhart occasionally chiming in. They explain that the show is not meant to “to imitate” or “dish the dirt” but to celebrate the legendary singer. (www.kansascity.com) ■



Tim Scott | Quality Hill Playhouse

Tickets \$29

Transportation \$13

Dutch treat lunch at
Consentino's before
the show.

Call Jeanene at 274-3398
for reservations.

Whether Inside or Outside, We Are Always on the Side of Fun

Right: Bob Parman took advantage of a warm spring-like day to start clearing the winter brush from his garden. It won't be long until all of our gardeners will be out in the sun!

Far Right: Our Valentine's Day Party complete with photo booth was tons of fun.

Everyone enjoyed putting on a costume to share in the season of love!



Left: Maxine Horton enjoyed her banana split at BHC's “Mid Winter Banana Split Frenzy” in February. What a great idea and oh-so-much fun!



Resident Birthdays

Lucy Price	4
Ruth Larson	5
Harold Snyder	5
Ruth Fecteau	6
Marvin Carlson	7
James Frank	7
Ron Martin	7
Bob Parman	7
Arlene Rothberger	7
Margaret Marcell	8
Betty Rice	10
Bobbie Smelter	10
Claudia Cerrone	15
Hermi Lowe	15
Leona Casebeer	17
Sarah Murrell	17
Betty Sisk	17
Floyd Dibbern	18
Maxine Dickson	18
Homer McElroy	18
Gladys Trower	18
Mary Lou Cox	19
Verna Markham	19
Warren Schriener	19
Evelyn Siegel	20
Elaine Agan	21
Lois Fowler	21
Edna Mae Petersen	22
Sally Henson	23
Pat Davis	24
Helen Russo	26
Bryce Daniels	27
Fran Dembicki	27
Chuck Lear	28
Phyllis McMahon	29
Vivian Grant	30
Bill Harlow	31

Anniversaries

Frank and Mary Cohoon	3-1-92
Wendell and Pauline Yockey	3-13-66

New Residents

Gerald and Jean Hinton	S-16
Bill and Cherrie Koehn	BE 237
Roland and Jo Bonjour	Aspen 7

Transfers

Don and Wilda Brock	BHC
Leota White Cowell	BHC

Staff Anniversaries

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

Department	Location	Years
<u>Administration</u>		
Karen Sandmeyer	BE	1
Teresa Bliss	BE	5
<u>Dining Services</u>		
Bella Ayala	BHC	6
Kristyn Morris	MB	1
Joan Wyatt	MB	1
Thomas Garvin	MB	2
Roxanna Bays	MB	1
<u>Environmental Services</u>		
Jared Bohn	Campus	2
Galen Schutter	BHC	7
Curtis Thuston	MB	3
Debbie Rosenberger	BE	36
Charles Johnson	MB	13
<u>Health Services</u>		
Whitney Walker	BHC	1
Alyce-Marie FlynnSmith	BHC	1
Debra Steinhauer	BHC	8
Samone Cook	BHC	1
Jenifer Mayfield	BHC	6
Michael Wingo	AL	7
<u>Human Resources</u>		
Julie Kuestersteffen	MB	13
<u>The Market</u>		
Ruth Bastian	AL	3
<u>Rehab</u>		
Aida Zulueta	Rehab	2
<u>Resident Services</u>		
Jeanene Johnson	MB	16
<u>Security/Transportation</u>		
Nick Bonfiglio	MB	1
Steve Hansford	Campus	2
Darrell Vaughan	Campus	7
<u>Therapy Services</u>		
Kerry Mees	BHC	1
Mary Beth Rader	BHC	2
Deb Webb	BHC	7

In Memoriam

Mr. John Hankamer	1-26-14
Mr. John Jahnke	2-3-14
Mrs. Dorothy Diehl	2-4-14
Mrs. Margaret Wait	2-6-14
Mrs. Jeannette Runyan	2-26-14