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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

Commerce Court Remodel Set to Begin

If you grew up in a small town, you know that Main Street was the place to be. It was *the* location in town where everything happened — home to shops and stores, the soda fountain and barbershop. Brewster Place is currently finalizing plans to remodel Commerce Court (located on the lower level of Assisted Living) into our very own Main Street.

Commerce Court opened in 2000 and over the years it has seen an increase in use and traffic. This increase is partially due to expanded services in The Market as well as an increase in the number of exercise classes offered by Julie Schmanke, Wellness Specialist, in the Winchell Wellness Center. Commerce Court has



Brewster Place Main Street
Under construction soon!

become what we had hoped — *a gathering place* for residents, family members, guests and staff. It's a great place to grab a bite to eat with your friends, get a haircut at the beauty shop, attend worship services in the Chapel, cash a check at the bank or workout in the Winchell Wellness Center.

In order to manage the increased use of Commerce Court and need for more space, we believe now is the time to make the necessary improvements and create our own Main Street. Currently we are in the final phase of the design process with Mike Wilson of ArchitectOne. The plan is to expand services available as well as create a more spacious and inviting environment for everyone. You will be pleased to know that part of the renovation includes much larger and nicer restroom facilities that will be easy to access.

Phase One

- Create a larger Chapel at the south end of the north/south hallway
- Create new enlarged restrooms at north end of north/south hallway
- Build a new larger dining area to the west of the north/south hallway

Phase Two

- Create an opening to continue the long lower level hallway on a straight path to our new Main Street area (no more winding around the employee break room!)
- Close and temporarily relocate the Winchell Wellness Center (possibly to the newly created dining area from phase one.)

Continued on page 3...

News from Wellness “Living with Diabetes” Workshop

By Eileen McGivern, BSN, RN
Vice President Wellness and Community Initiatives

Happy March! We are pleased to announce that Brewster Wellness is offering a special program on our campus for people who are working to manage Type 2 Diabetes and are looking for additional resources.

“Living with Diabetes” is a free, six week workshop that will begin Wednesday, March 11 from 2:30 pm to 5:00 pm in the Main Building Founders Room. The weekly workshop is led by two coaches that are from the Kansas Foundation for Medical Care.

The workshop content will change during the six week course and will cover such topics as symptom management, emotional issues, exercise, healthy eating, and use of medications. The workshop is highly participative. BrewsterConnect members are encouraged to participate along with caregivers and family members. The workshop is limited to 20 people. Please call Eileen McGivern, RN, BSN at 274-3393 with any questions and to reserve your spot. ■

Tune-Up Tuesday

Tuesday, March 10
11:00 am—12:00 pm
Main Lounge

Brewster therapy team members will be available to adjust your canes, walkers and wheelchairs to make sure they are safe for you to use. They will also do fitness testing and give suggestions to improve your fitness level.

Wellness WEDNESDAY

Stormont-Vail’s Healthwise
Wednesday, March 4
11:00 am Main Lounge

Dayna Blindt from HealthWise (formerly Healthwise 55) will tell us about the expanded population they serve. ■

SCAMS TARGET YOU PROTECT YOURSELF

News from Security

IRS Scam

As you know it’s tax season and right now there are a lot of SCAMS going on. Someone pretending to be from the IRS is calling people and asking for payment. **This is a SCAM!** The IRS will never call you or email you. They will only send letters via the USPS.

Computer Scam

In addition to the IRS scam, someone is trying to gain access to people’s computers. They will call you and tell you something is wrong with your computer and ask for permission to access your computer remotely. Do not let them access your computer. If you need assistance with your computer, please call the Brewster Help Desk at 274-3399 and we will work to get you the assistance you need or at the very least, point you in the right direction.

Wheelchair Transports

Please be reminded that if you use a wheelchair and board one of our shuttles or bus, you need to make sure you have your footrests attached to your wheelchair.



It is a KDOT (Kansas Department of Transportation) policy that all wheelchairs must have proper leg/footrests installed when transporting on a shuttle or bus. If you need assistance with this, please feel free to contact Nick Bonfiglio, Security Manager, at 274-3370 and arrangements can be made to have your wheelchair checked out. ■



facebook.com/brewsterplace.org

As of February 24 we had 743 people following the Brewster Facebook page.
Help us get to 800 by “Liking” our page!

Continued from page 1...

- Remodel the entire area of the old Winchell Wellness Center into a new, larger Market area
- Move bank to the Market area (tentative plan)

Phase Three

- Remodel the current Market, Beauty Shop, Home Health, Bank and hallway area into a larger Wellness Center with attached Physical Therapy office
- Create a more spacious Beauty Shop in this area as well
- Move Home Health to the first floor of Assisted Living for ease of access

Timeline

Our approximate “begin construction” date is April 1, beginning with Phase One. Our goal is to complete Phase Two and Three by December 31, 2015.

Funding

The funds used for this project are coming from Bond money that was obtained during a refinancing opportunity after building Brewster Rehab. These dollars are limited in how they can be used and the Main Street renovation in the Main and Assisted Living buildings fits the criteria. ■



Let us help *you or your loved* one stay safe and independent in your Brewster Place home.

Please call **785-274-3395** for a free consultation with a BeWell Support Coordinator.



Talk About Literature In Kansas | The Civil War

In a range of ways, the American Civil War was an unprecedented conflict. Its battles were fought across the full width of the country, from the east coast to Missouri and Kansas. With over 620,000 military deaths, it remains the bloodiest war in American history.

In terms of costs for civilian populations, too, the Civil War was the costliest in our history. Estimates are difficult to establish with any certainty, but historians suggest twice as many civilian deaths were likely. By war's end, the issue of slavery at least would be resolved; if Lincoln's Emancipation Proclamation technically only freed slaves in states that had seceded, it nevertheless effectively marked the end of the institution. But the real meaning of that emancipation would take the nation decades to sort out. It would be a full ninety years after the conflict ended that *Brown v. Topeka Board of Education* would finally officially decree the end of school segregation, and decades more before that decision was implemented.

But the war left deep scars, and its legacy remains unresolved. Contemporary disputes – over the display of Confederate flags and monuments to Confederate warriors, over Southern politicians returning to the discourse of “state's rights” that had informed secession, over the continued struggle of African-Americans to claim a full share of political rights and economic power in America, even over what to call this war that divided America – all reflect the continuing legacy of the Civil War on the contemporary American scene.

After celebrating the Civil War's sesquicentennial in 2011, the reasons to continue exploring are clear: because no political dispute came closer to destroying the United States; because the defining issues of race and inclusion began to be settled then; because the South will never forget, and never let Yankees forget that they will never forget; because it all started in Kansas, where the Bloody Kansas conflict, from 1854-58, provided a preview of both the issues and the methods of the coming conflict.

(kansashumanities.org) ■

The Civil War Series

March — “A Diary from Dixie” by Mary Boykin Chesnut

April — “March” by Geraldine Brooks

May — “The March” by E.L. Doctorow

June — “The Red Badge of Courage” by Stephen Crane

Please call Jeanene at 274-3398 to receive your books.

Brewster Health Center Receives Joint Commission Accreditation

Brewster Place is proud to announce that the Brewster Health Center has completed their Joint Commission accreditation for 2015. Achieving the Joint Commission's Gold Seal of Approval™ in December marks the Health Center's ongoing effort to provide the finest health services in the Topeka area.



What is Joint Commission accreditation? Founded in 1951, the Joint Commission seeks to “continuously improve health care for the public, in collaboration with other stakeholders, by evaluating health care organizations and inspiring them to excel in providing safe and effective care of the highest quality and value.”

Formerly known as the Joint Commission on Accreditation of Healthcare Organizations or JCAHO (often pronounced Jayco) the organization is best known for accrediting acute care hospitals. In fact, The Joint Commission evaluates and accredits more than 19,000 health care organizations and programs in the United States, including hospitals, psychiatric facilities, home health agencies, ambulatory surgical centers, labs, and others.

To earn and maintain The Joint Commission's Gold Seal of Approval™, an organization must undergo on-site survey by a Commission survey team at least every three years. Brewster Place has been conducting a Continuous Quality Improvement (CQI) process for many years, and the CQI process set the framework for the Brewster Health Center to become accredited. The Joint Commission focuses on the proactive systems an organization needs to utilize to keep its patients and residents safe and to provide effective care of the highest quality and value by employing the best practices available. A lot of work went in to preparing for the December survey including revision of policies, staff education, and environmental rounds and maintenance. The Health Center was last surveyed by The Joint Commission in December of 2011.

While the licensure and certification surveys focus on processes that should result in meeting minimum levels of quality, The Joint Commission survey

focuses on patient outcomes and their standards represent optimal achievable standards of quality. The surveyor specifically looked at patient care, environment, physician credentialing, and our data collection and analysis developed from our Continuous Quality Improvement process.

What does this accreditation mean for Brewster? Achieving Joint Commission accreditation sends a strong message to our patients and the community that we are meeting the highest standards of quality and safety, and are actively seeking ways to improve. The gold seal of approval from The Joint Commission allows us to market to hospitals that are very familiar with The Joint Commission process and accreditation. It also allows us to continually hold ourselves to a higher standard and maintain those standards to best serve the patients and residents who entrust us with their care. We are proud to add this “seal of approval” to our Brewster reputation and accomplishments.

And, although we have a three-year accreditation, The Joint Commission conducts mid-cycle, random, unannounced surveys of five percent of accredited organizations each year. “Our goal is to always be Joint Commission survey ready,” according to Bryan McDaniel, Brewster Place Chief Health Officer. “We chose to be accredited so that our programs and services would be designed and operated to meet or exceed the most rigorous quality standards in the health care field. Quality outcomes and high level performance are very important to Brewster Place, so it is crucial that we compare ourselves against nationally standardized benchmarks of performance.” ■

Visit us online!



www.BrewsterLiving.org

From the Chaplain | The Cross of Christ

by Chaplain Roger Jackson, M.Div.

The Cross is the cornerstone of our Christian faith, a chosen symbol of believers worldwide. But what does it mean to us? Is the Cross, in our experience, more meaningful than a nicely-sculpted piece of wood or an elegantly-shaped piece of gold? The Cross of Christ is God's final word to the character and consequence of human sin and the wonder and sacrifice of divine love.

Jesus went to the Cross so that we, through his death and resurrection, might have a personal relationship with God and that we might know his power in every area of our lives. When we speak of "the Cross," we're not thinking of it in the purely physical sense – two rough pieces of wood, bolted together and suspended by its vertical section before being dropped into a hole in the ground. To the Christian, it is much more than that – the Cross represents the death of Jesus by which he made full atonement for sin. It is Jesus stretched out between heaven and earth, suffering on our behalf. The Cross is Jesus as our Savior. There exists no holier place, for the Cross is the place where heaven's love and heaven's justice meet.

The Gospels contain a most wonderful commentary on the Cross in the words Jesus himself spoke from the Cross. Seven sayings are recorded. If there were more, we don't know, but surely it is significant that seven is God's perfect number. Seven represents completeness and

wholeness, and we find ourselves complete and whole when we surrender our lives to Jesus Christ. Though spoken nearly two thousand years ago, believers continue to treasure the Seven Words from the Cross.

As we travel through the Lenten season and as you prepare for Easter, I encourage you to meditate on the seven words of Jesus, as they reveal God's answer to our basic needs. I invite you to participate in a video Bi-

ble study on Mondays in March from 3:00—4:00 pm in the Main Building Chapel, concluding on April 6th. We will look at the last words of Jesus from Adam Hamilton's book, *"Final Words From the Cross."*

The Cross meant death for Jesus, but it means life for us. Allow these wonderful Words of Jesus from the Cross speak to you. May they feed your heart and nourish your faith. They have much to teach us. ■

Lenten Bible Study
Final Words from the Cross
by Adam Hamilton
Mondays
February 23—April 6
3:00 pm
Main Building Chapel



February 23 | 1st Word

"Father, forgive them, for they do not know what they are doing."
(Luke 23:34)

March 2 | 2nd Word

"Today you will be with me in paradise."
(Luke 23:43)

March 9 | 3rd Word

"Behold your son...Behold your mother."
(John 19:26, 27)

March 16 | 4th Word

"My God, my God, why have you forsaken me?"
(Matthew 27:46)

March 23 | 5th Word

"I thirst."
(John 19:28)

March 30 | 6th Word

"It is finished."
(John 19:30)

April 6 | 7th Word

"Into your hands I commit my spirit."
(Luke 23:46)

China's Big Digs:

The Terracotta Army, the Great Wall and the Grand Canal
Wednesdays, March 11, 18 and 25
2:00—4:00 pm Klinge Activity Center

This course explores ancient China's most notable engineering achievements, the Terracotta Army of 8,000 life-sized statues buried to protect the first emperor Qin Shi Huan; the Great Wall, which could span the distance from Wichita to Washington D.C.; and the Grand Canal, the longest man-made waterway in the world. We'll learn what social conditions and technological advances made these feats possible, how they changed Chinese history and culture, and why they were lauded or vilified throughout the ages, as seen in literature and art.

Instructor

Nancy Hope is the Associate Director of the Confucius Institute at the University of Kansas and of the Kansas Consortium for Teaching about Asia. She has master's degrees in education, fine arts and Asian art history. She has lived in Japan for almost nine years, first as a line officer in the U.S. Navy and then later as a kimono designer.

Kansas at the Crossroads:

The Future of Energy and Water Resources
Thursdays, March 19, 25; April 2
6:30 pm Lobbies

Declining groundwater levels. Hydraulic fracturing. Reservoir sedimentation. Natural resource concerns are among the critical issues facing the state. Kansas is a major energy-producing state and among the most reliant in the country on groundwater. This course focuses on the state's energy and water issues—and the places they intersect, along with the attendant public policy debate. We'll also discuss environmental issues in Kansas, from the historic to the present, and conclude with an affectionate look at the evolving Kansas landscape.

Instructor

Rex Buchanan is Interim Director of the Kansas Geological Survey, based at the University of Kansas. He is the co-author of *Roadside Kansas: A Guide to its Geology and Landmarks*, as well as other books and scholarly articles. ■

adventures in lifelong learning!

St. Patrick's
Day Meal
Tuesday, March 17
11:30 am MDR



Menu

Guinness and Honey Glazed Pork Loin
 Red Skinned Potatoes
 Parsnip Vegetable Blend
 St. Patty's Day Cake with Baily Frosting

Please call 274-3340 for reservations.
Reservations are limited to 45.

Stonecroft Women's
Bible Study Begins March 4

"You Are Alive in Christ:
A Study of Colossians"

Wednesdays beginning March 4
 1:30 pm BE Hobby Room
 Study book \$7

If you are interested in joining
this group, please contact:

Gayle Addington
 Local Stonecroft Bible
 Study Coordinator
 Home — 785-379-5526
 Cell — 785-845-9958
 Email — gayleptl@cox.net

Coming in April!
Spring Trash & Treasure Sale

Friday and Saturday
April 3 and 4
9:00 am—3:00 pm

Residents: The cut-off date to donate items for the Sale is **Friday, March 20**. Bring your items to the Klinge Activity Center or call 274-3399 for assistance.

The Brewster Foundation is proud to present our updated Donor Board in the lobby of the Main Building. We unveiled our new Donor Board on Valentine's Day. To personally recognize our donors, each was sent a Valentine thanking them for their continued support of the mission of the Foundation, which is to raise funds to support Brewster.

Many of you might not have known that we also have employees who regularly give to the Foundation through payroll deduction. Currently, that number is at 48 employees. It is wonderful that our employees feel strongly enough about the Foundation's mission and their work with our residents at Brewster Place to give a part of their paycheck every other week.

The Brewster Foundation Board of Trustees decided to add an employee section to our Donor Board this year, to honor those staff that give by payroll deduction. Every employee who has given a full year through payroll deduction is listed in this section.

If an employee is not listed here, it does not mean that they don't contribute. Some employees give for special projects or annual campaigns, but may not give through payroll deduction. It is a tribute to Brewster Place residents that so many employees feel connected to working with our residents and choose to support our Foundation.

There are many opportunities to give and support the Brewster Foundation. We have bi-annual campaigns to raise

funds; many residents and family members contribute through memorials to a friend or loved one; some residents choose to support special projects or gifts to Brewster Place; others make the decision to leave assets from their estate to Brewster. It is even possible to purchase a charitable gift annuity that provides significant tax benefits.

We are available to discuss options for giving, specific funds that you may designate to receive your gift, and any other questions that you might have. By giving, you are helping to secure the future of Brewster for generations to come. We sincerely thank all of you who continue to support the Foundation. Every gift is important! ■

Upcoming Foundation Events

Books for Kids

Saturday, March 7

9:30 am—Noon

Klinge Activity Center

This is an opportunity for dependents of our employees to receive free books and promote reading – made possible through a resident's generous donation.

News and Views with Kevin McFarland

Tuesday, March 10

10:15 am

MB Chandler Sun Porch

At the Movies BPTV 23

Thursdays at 2:00 pm



March 5

"The Grand Budapest Hotel"
(2014 comedy and Academy Award nominee)

March 12

"The Judge"
(2014 drama and Academy Award nominee)

March 19

"Quartet" (2012 comedy)

March 26

"The Theory of Everything"
(2014 drama and Academy Award nominee)

First Friday Artwalk



Featuring Brewster Place Resident Art Show

The mission of **ARTSConnect** Topeka is to “work to promote the arts through building community connections and broadening the understanding of how the arts enhance the quality of life in our community.” As part of ARTSConnect, each month thousands of Topekans participate in the **ARTSConnect First Friday Artwalk** along with dozens of businesses who host special artist showings, musical performances and other special events. It is truly an event not to be missed! (artsconnecttopeka.org)

Brewster Place not only has a wonderful arts and crafts program available to residents and BrewsterConnect members, but we also support the arts in our community. Each month the Brewster bus takes a group of residents to the First Friday Artwalk to browse the lovely galleries, rub elbows with local artists and enjoy fellowship with each other.

We are delighted and pleased to be invited to participate in the **March First Friday Artwalk at Fairlawn Plaza Mall**. Brewster Place resident artists will display their creations and meet with those who come to browse. Many of our artists never tapped into the creative side of their brain until they moved to Brewster Place. Under the instruction of Joline Kovarik, Arts and Crafts Coordinator, the hidden talents of many residents have been revealed. We hope you will attend the First Friday Artwalk at Fairlawn Plaza and see what can be accomplished when you open yourself up to new possibilities. ***There's more to experience!*** ■

Share a Smile

Share a Book

Share a Meal

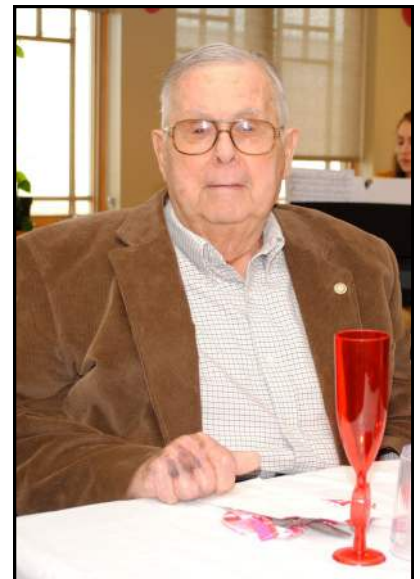


Above: Marketing Consultant, Phyllis Lansford, greeted lots of visitors, including Myrna Wegner, at the Stone House Open House in February. The Marketing Office is now located in the Stone House along with other administrative offices.



Above: Brewster Health Center residents are enjoying visits each month with students from Pauline Central and Pauline South from the Auburn-Washburn School District. This sweet little girl shared a story with Julia Merrifield. A lovely moment indeed.

Below: Pete Metzger, along with everyone at Brewster Place, enjoyed parties, meals, dances and songs for Valentine's Day. LOVE was all around. Thank you staff for organizing such wonderful events for our residents.



There's more to experience!

www.BrewsterLiving.org

Resident Birthdays

Lucy Price	4
Ruth Larson	5
Harold Snyder	5
Ruth Fecteau	6
Marvin Carlson	7
James Frank	7
Bob Parman	7
Arlene Rothberger	7
Carolyn Taylor	7
Margaret Marcell	8
Edward Smith	9
Betty Rice	10
Bobbie Smelter	10
Marilyn Kidd	11
Pat Smith	13
Claudia Cerrone	15
Hermi Lowe	15
Sarah Murrell	17
Betty Sisk	17
Maxine Dickson	18
Floyd Dibbern	18
Homer McElroy	18
Mary Lou Cox	19
Verna Markham	19
Warren Schriener	19
Evelyn Siegal	20
Elaine Agan	21
Lois Fowler	21
Edna Mae Petersen	22
Sally Henson	23
Pat Davis	24
Helen Russo	26
Margaret Tesi	26
Bryce Daniels	27
Fran Dembicki	27
Chuck Lear	28
Phyllis McMahon	29
Vivian Grant	20
Bill Harlow	31

Staff Anniversaries

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

Department	Location	Years
<u>Administration</u>		
Karen Sandmeyer	BE	2
Teresa Bliss	BE	6
<u>Dining Services</u>		
Bella Ayala	BHC	7
Joan Wyatt	MB	2
Thomas Garvin	MB	3
Roxanna Bays	MB	2
<u>Environmental Services</u>		
Curtis Thuston	MB	4
Debbie Rosenberger	BE	37
Charles Johnson	MB	14
<u>Health Services</u>		
Whitney Walker	BHC	2
Tamica Bradley	BHC	1
Kimberly Celestin	BHC	1
Conner Guffey	BHC	1
Abbey Marlow	BHC	1
Jenifer Mayfield	BHC	7
Michael Wingo	AL	8
<u>The Market</u>		
Ruth Bastian	Market	4
<u>Security/Transportation</u>		
Nick Bonfiglio	MB	2
Steve Hansford	Campus	3
Don Davis	Campus	1
<u>Rehab</u>		
Jessica Williams	Rehab	1
Sulema Jocius	Rehab	1
<u>Resident Services</u>		
Jeanene Johnson	MB	17
<u>Therapy</u>		
Kerry Mees	BHC	2
Elise Leonard	BHC	1
Mary Rader	BHC	3
Deb Webb	BHC	8

Anniversaries

Frank and Mary Cohoon	3-1-92
Alan and Rosemary Bradbury	3-13-48
Wendell and Pauline Yockey	3-13-66

New Residents

Jean Ragan	BE 227
Joyce Gartner	BE 239
Jim and Teresa Gordon	Maple 102

In Memoriam

Mr. Donald "Don" Manley	2-20-15
Mrs. Gladys Trower	2-22-15

Transfers

Paul and Beverly Hammond	Maple 105
Dorothy Mergenmeier	MB 411
Beverly Martin	MB 514
Mary Schuster	Off campus