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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



Brewster's 50th Birthday Bash and Block Party Friday, May 16 | 4:00—6:00 pm



Please join us outside, north of Brewster East, as we celebrate 50 years of service to our community. Enjoy BBQ with all the fixings, live music, a special dance by residents and staff, birthday cake and a birthday toast from CEO David Beck.

"Two qualities — *faith and imagination* — keep a person or an institution young at heart. Those qualities are what it took to create Brewster Place."

-Rev. Ned Burr McKenney, Brewster Dedication, May 16, 1964

In May 1964 the official dedication of Brewster Place was celebrated at a dinner held in the auditorium (now known as the Klinge Activity Center). By dedication day Brewster Place had 39 residents with many more to follow. On May 17, 1964, an Open House was held where approximately 1,400 people toured the Main Building from basement to Penthouse. A newspaper article described Brewster Place as "a five-story, 150-unit luxury apartment building with a central dining room, laundry, hobby workshops, chapel, game rooms, shuffleboard courts, and a penthouse solarium with an outside boardwalk."

During our 50 years of service, we have celebrated milestone birthdays in a variety of ways. At the 5th anniversary party, Ed Love entertained dinner guests by playing the organ. In 1979 new Executive Director, Ron Schmoller, served as master of ceremonies at a party in the Main Lounge. And in 1984, at the 20th

anniversary party, the program included recollections of Brewster's formative years. In 2004 we celebrated 40 years of service with a party and essay contest. Those who entered read their essays on "Aging Well, Living Well" at the gathering.

We have a new Brewster Place tradition where each year we bring everyone together for fun and fellowship at the Brewster Block Party. This gives us a great opportunity to gather employees and residents together for a celebration of what truly makes Brewster Place great — the people! With this being our 50th anniversary year, we have an even bigger reason to celebrate, so we are combining the Block Party with our 50th Anniversary Celebration into one event, "Brewster's 50th Birthday Bash and Block Party." This is a great opportunity for you to invite your friends who don't live at Brewster Place to join in the celebration and fun! ■

Getting to Know Our Residents

by Phyllis McMahon, Brewster Historian

Juliette Burnett moved to Brewster Place in August of 2013. She was born in Williamsburg, Kansas.



Her mother combined the names of her two grandmothers for her name. Juliette finished the first grade in Williamsburg and then the family moved to Melvern, Kansas. Juliette and her future husband, Stephan Grover Burnett (known as Grover), lived on adjoining farms. They

both graduated from Melvern High School. After they got married, they farmed near Melvern for 43 years where they raised corn and soy beans and “always had a crop.”

Juliette was active in the Melvern Methodist Aide Society. They made three quilts a year, auctioning them off for the benefit of the church. After their children were grown, Juliette joined the Library Club. They made one quilt a year and chances were sold on that quilt to raise money to buy books for the library.

Grover bought a new car every six years. With a new car, Juliette would think it was time for a trip. They visited 48 states. Juliette said Grover always had the car warmed up ready for her to use. Juliette drove to Quebec, Canada to search for relatives. The only language spoken was French, so she came back to Kansas. Later she and her sister drove to Prince Edward Island in eastern Canada.

Juliette and Grover had a son and a daughter. Her daughter, Susan, attended nurses training in Pratt, Kansas after she married. Later she drove to Fort Hays State University, receiving a B.S. in Nursing. She is a dialysis nurse and works in the emergency room at St. Francis Health Center. Their son, Stephan, received a degree in civil engineering from Kansas State University. He worked 40 years for the State in Topeka. Juliette has three grandsons.

After her husband died, Juliette lived in Melvern for 20 years. Her daughter brought her to Brewster and when she saw a large room and a veranda Juliette said, “This is it!” She is very happy to be at Brewster Place. ■

Juliette Burnett

1205 SW 29th Street, Apt. 201

Ph. 274-5507

Wellness Wednesday...



Wednesday, May 7

9:00 am—1:00 pm

Klinge Activity Center

Residents, Brewster at Home members
and staff are invited to attend!

The last few months we have been studying the concept of Blue Zones at Wellness Wednesday. These concepts — move naturally, know your purpose, down shift, 80% rule, plant slant, wine @ 5, family first, belong and right tribe — if followed, can help us all live a longer, more healthy life. To celebrate completing our Blue Zone learning, we are going to have a Health and Wellness Fair with vendors who will have Blue Zone friendly items, services and education available. ■

Come check out these awesome vendors!

Topeka Ear, Nose and Throat

Hearing aids and ear health

Reuters Foot Comfort

Shoes, special footwear concerns for diabetics and other health issues

Natural Grocers

Healthy foods, vitamins, supplements and information regarding classes

Brewster Rehab

Devlin's Wine & Spirits

Jayhawk Patient Supply

Take a Moment Massage with Kathy Harrington

Aromatherapy with Alesia Jackson

Jayhawk Area Agency on Aging

Walgreen's and many more!

Getting to Know Our Residents

by Phyllis McMahon, Brewster Historian

Mary Ann Haugsness moved to Brewster Place in July of 2013. She was born in Summer-



field, Kansas. The family moved to Seneca, Kansas where she completed school and she met her husband, John. After graduating from St. Peter and Paul High School, they were married in 1952. John was drafted into the Army and served during the Korean War.

Stationed in New Jersey, Mary Ann and John sometimes visited friends in New York. John was warned never to wear his uniform on these visits. There were many feelings about the war and danger could ensue. Wives were allowed to work only on the Army base. Mary Ann worked in a parachute factory. The parachutes would be used to drop cargo into war zones. Mary Ann soon became a Floor Person, inspecting the work. Many of the workers were men from Germany. They spoke little or no English, were very thin and often allowed themselves only a cracker and a glass of water for lunch. Most of their

earnings were sent back to families in Germany.

Mary Ann and John moved to Chanute after their service years. John, a radio technician, worked for the State Highway for 50 years. It was often noted, "where you saw one, you saw the other." They both enjoyed square dancing. In later years, they would spend September to December in Florida. Their son, Sean, worked on a cruise line and Mary Ann and John enjoyed 15 cruises, traveling to many countries. During their trips, Mary Ann found beautiful works of art.

Mary Ann and John had three sons. The oldest, Craig, has a doctoral degree in education, and, although he travels a lot for his work, he calls his mother every morning and evening. After Mary Ann had some health problems, her son, Craig, said she needed more care and he brought her to Brewster Place. She is pleased to be here. Sean was in the Air Force and died of a heart attack. Youngest son, Jeff, was in the Army for 15 years. He served in Desert Storm and is deceased. Mary Ann has six grandchildren and five great grandchildren. ■

Mary Ann Haugsness

1205 SW 29th Street, Apt. 303
Ph. 274-5526

File of Life | Peace of Mind in an Emergency

by Stacy Wenger, LSCSW

Medical emergencies can happen to anyone at any time. When an emergency happens, it is imperative that medical personnel have available to them medical information and personal contacts as soon as possible. For this reason, we encourage everyone to have the **File of Life**.

The **File of Life**, which is kept in a red plastic pocket, is adhered to your refrigerator with a magnet. It lists your name, emergency medical contact, insurance policy, health problems, medications, dosages, allergies, recent surgery, religion and a health care proxy.


Benefits to hospital emergency staff

- On arrival, data is immediately available to medical staff. No time is wasted getting information from a confused patient.

Benefits to each individual

- Peace of mind knowing they will have prompt and quality care.
- Easy access to potentially life-saving information.
- Assurance that proper persons will be notified quickly.

It is also important to keep a copy of your **advanced directives** in the pocket as well. Advanced directives include your **Durable Power of Attorney** paperwork, **Living Will** and **DNR (Do Not Resuscitate.)** If you need a new or replacement **File of Life**, please contact Stacy Wenger, LSCSW, at 785-274-3395. ■

FILE OF LIFE	
	Name: _____
	Address: _____
Doctor: _____	Phone#: _____
EMERGENCY CONTACTS	
Name: _____	Phone#: _____
Address: _____	
Name: _____	Phone#: _____
Address: _____	

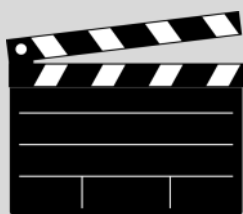
More Celebrations in May!

National Nurses Week

May 6—12

May will be a busy month celebrating the compassionate nursing care provided at Brewster Health Center. From May 6—12, we will recognize the great service our nurses provide every day. There are 33 nurses who work at Brewster Health Center. They work 24/7 to care for the medical needs of the elders. Each nurse goes above and beyond to build close relationships with those they care for. They are a tight-knit group who pull together in both good and difficult times. A lot of them work over-time, many of them work when they don't feel well and all of them consistently put their residents first.

To say thank you, Lea Chaffee, Administrator, and Cindy Tanner, Director of Nursing, will be making rounds to all the different shifts at the Health Center to give the Brewster nurses a small token of appreciation. They would love to have you join them to say thanks for all the nurses do. If you are interested in making rounds with Lea and Cindy, please call Lea at 274-3304. ■



At the Movies
BPTV 23
Thursdays
2:00 pm

May 1

“Frozen” (2013 animated)

May 8

“The Book Thief” (2013 war drama)

May 15

“If I Were You” (2012 indie comedy)

May 22

“What’s Eating Gilbert Grape” (1993 drama)

May 29

“The Secret Life of Walter Mitty” (2013 comedy)

National Nursing Home Week

May 11—17

May is also when we celebrate National Nursing Home Week. We have some fun events planned that are listed below. You are welcome to join us for any and all. It is a great joy to come to work every day surrounded by our “second” family. The relationships that are formed with the elders and staff mean so much. They provide many reasons to smile each day. Brewster Health Center is a busy place; it is a fun place, a place where life happens. It is home. ■



National Nursing Home Week Events
Monday, May 12

Balloon release and Ice Cream Social

2:30 pm

Circle Drive and BHC Courtyard

Wednesday, May 14

Patio Party

11:30 am

BHC Courtyard



Friday, May 16

Kite Day with Picnic

10:00 am

Lake Shawnee

Friday, May 16

Brewster’s 50th Birthday Bash and Block Party

4:00—6:00 pm

Staff Parking Lot



Saturday, May 17

BASIC Choir from First Presbyterian

2:30 pm

BHC FLR

*Get the most
out of life!*

From the Chaplain | Reflections on Mothers

by Chaplain Roger Jackson, M.Div.



We welcome
Chaplain Roger to
Brewster Place!

**Chaplain Roger's
Office Hours are:
Monday and
Wednesday mornings
Tuesday and Thursday
afternoons
(these may vary)**

For an appointment,
please call 274-3349.

The Chaplain's office is
located in the Main
Building lower level
adjacent to the
Klinge Activity Center.

Laura Ingalls Wilder said, *"Lessons learned at a mother's knee last through life,"* and, *"The mother is and must be, whether she knows it or not, the greatest, strongest, and most lasting teacher her children have."*

"One mother achieves more than a hundred teachers" says a Yiddish Proverb.

Abraham Lincoln once said, *"The greatest lessons I ever learned were at my mother's knees."*

Thomas Edison wrote, *"I did not have my mother long, but she cast over me an influence which has lasted all my life. The good effects of her early training I can never lose. If it had not been for her appreciation and her faith in me at a critical time in my experience, I should never likely have become an inventor. I was always a careless boy, and with a mother of different spiritual caliber, I should have turned out badly. But her firmness, her sweetness, her goodness were potent powers to keep me in the right path. My mother was the making of me."*

The Bible also talks about mothers. The sustaining influence on Timothy is traced back to his early home life. Paul began his book of 2 Timothy by remind-

ing Timothy of the godly heritage with which he was blessed. In 2 Timothy 1:5 he states, *"I am mindful of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice, and now, I am sure, lives in you."*

Paul has just given his own testimony of faithful service and now directs his personal challenge to his beloved disciple Timothy. Now Paul calls his young friend to be faithful to Jesus and His Word while he walks in the world, just like he was taught by his mother Eunice and his grandmother Lois.

May is the month for Mother's Day and a great time to reflect on the legacy left by the influential women in your life. What did your mother teach you? What did your grandmother teach you? Did they teach you about Jesus, to be faithful, to be honest, to be trustworthy, to be respectful, to be a person of integrity? What did you teach your children and your grandchildren? Mother Eunice and grandmother Lois taught Timothy about the love of Jesus, and that was the firm foundation he needed to live a life of faith. ■

A Big Trash & Treasure Sale Thank You!

Once again our Spring Trash & Treasure Sale was a huge success bringing in almost \$7,800. The proceeds go to the Brewster Service Fund which allocates money to help programs on Brewster's campus. The Sale is definitely a community project and could not happen without the volunteers who work with Joline Kovarik all year long collecting, organizing, pricing and storing items. We also thank our wonderful environmental services staff for making sure things are delivered to our store room. In addition, the Sale is only possible because of the time and talent of all of our residents who work to set it up, work at the Sale and help box everything up when it's over. All items that aren't sold are donated to the Topeka Rescue Mission. And, if you aren't part of the volunteer squad and purchased items, we thank you too! ■



Cinco de Mayo Lunch
Saturday, May 3
12:00 pm
Main Dining Room

MENU

Taco Salad Bowls
Refried Beans
Spanish Rice
Fried Ice Cream

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

Judge Richard and Cindy Rodgers have been Brewster at Home members since August 2011. When they joined Cindy felt the preferred provider list could be helpful to them. The preferred provider list can be used by Brewster at Home members and includes businesses we feel will provide excellent service. Some providers give a small discount to Brewster at Home members as well. Cindy and Dick have used Comfort Keepers, PDQ Construction, and RMS Handyman Services. Cindy has also enjoyed going on trips with Jeanene, riding the bus to Festival Singers, and she and Dick also attended the Healthwise 55 Luncheon that featured Cindy's daughter, Katie, as the speaker. They both attended The Edith Lessender Chandler Recital Series and said it was superb!



Through Brewster at Home, the Rodgers hired Julie Schmanke, Wellness Specialist, to do personal training with Dick initially, and now Julie has the privilege of working with Cindy as well. They also have a lot of friends that have moved to Brewster Place or have utilized Brewster Rehab and they have come and eaten with them.

Cindy and Dick just celebrated their 27th wedding anniversary in April. Their entire married life has been spent in Topeka. Cindy is a graduate of Washburn University and Dick is a graduate of Kansas State University and Kansas University. Judge (as we call him) was appointed to his federal judge position in 1975 and still goes to work everyday at the age of 92. He is an avid reader and especially enjoys history. Cindy is very involved in her PEO Chapter and loves to garden and be outdoors. They have two cats, Tilly and Princes, that rule the roost. ■

Recycling Reminders

It is great to see so much interest and participation in the recycling program at Brewster Place! Here are a couple of updates from the Recycling Committee:

1. We ask that you **not put shredded paper** in the recycling bins. The folks at Waste Management tell us that shredded paper actually contaminates the whole load and they have to dump it in the landfill instead of recycling. At this point, your shredded paper needs to be put in the waste receptacles with your other trash.
2. If you have **unshredded documents** that need to be shredded, we have several "Shred It" bins around Brewster Place where you may place your items. We will have our vendor shred them and dispose of them once a month.
3. We are working on a system to **recycle your toasters and other small metal appliances**. When we have something in place we will inform you.



Please attend your local resident meetings to keep updated. ■

Safety Reminders

Weather Radios

Just a reminder that security will be coming around to help program your weather radios. If you need a replacement weather radio, please call Nick Bonfiglio, Security Manager, at 274 3370. We have weather radios available for \$35.00 which can be billed to your monthly statement.

SARA System

We will also be testing your SARA pendants and phones for you. ■

Pet Owners

We love our furry friends on campus and are happy to have so many pets as part of our community. We ask that if you are a pet owner, to remember it is your responsibility (unless it's unsafe for you) to pick up after your pet. We have stations around campus where you can get bags for pet waste as well as deposit the bags. Let's keep our campus clean!

In addition, please remember your pet should be on a leash at all times when outside of your apartment. Not everyone is comfortable around animals and we want to keep everyone safe from slips or trips around pets. Thank you! ■

Arts & Crafts Open House | It Is Never Too Late to Create!

Brewster Place boasts a wonderful arts and crafts program with full-time instructor, Joline Kovarik. Joline is not only a gifted artist, she is a talented and patient instructor who would love to have you join one of her classes.

Did you know that for seniors, art benefits the mind, spirit and body?

Arts and crafts can be a wonderful hobby but also have therapeutic benefits as well. The act of creating something for every age group has long been known to nourish the spirit but more recently, studies have shown that for older adults who participate in art programs, they have fewer doctor visits and lower healthcare costs, they use less medication, experience a lower rate of depression, and even have fewer risk factors

for entering a nursing home. Below are some of the benefits of participating in an arts and crafts program:

Recreation

Whether making a homemade gift, decorating for a special event, illustrating a thought, or working on a practical craft project, creating artwork is a pleasurable way to spend leisure time.

Self-expression

The act of creating is a powerful way to share our lives with others. By making a work of art, we announce, "This is who I am. This is what I want to say." Expressive art provides vivid access to memories, and is a useful starting point for reminiscence and life review.

Communication

People who have difficulty expressing themselves verbally are often able to communicate through visual means. For seniors dealing with the effects of a stroke, Alzheimer's, or other condition that causes speech difficulty, visual art can provide an alternative way to connect.

Socialization

Seniors who participate in the arts are less likely to experience feelings of loneliness and isolation. Art is a way of introducing ourselves to others. People are more likely to "come out of their shells" during shared experiences of play, fun, and spontaneity.

Friendships grow during cooperative projects, or just from working side by side and discussing each other's creations.

Intellectual stimulation

Communication through art media exercises the brain and promotes memory health. An art project can represent a stimulating challenge to be met, inviting us to stretch our minds and look at the world in a new way.

Emotional well-being

Creative activity taps into the emotions and allows us to more openly experience and express our feelings. Participation in the arts has been shown to decrease stress and depression. It also promotes enhanced self-esteem.

Physical benefits

Drawing, painting, wood carving and assembling artwork are beneficial for coordination and small motor movements. Studies have also shown that creative activity lessens pain and even enhances the immune system. *(borrowed from www.caringnews.com)* ■

"Please Join me!"

**Arts & Crafts
Open House
Wednesday, May 14
10:00 am—Noon
Penthouse Art Studio**

There are many creative opportunities available to you!

**watercolor | oil painting | wood carving
craft painting | workshop & quilting**

Learn how **YOUR** time and talent can benefit you and your community!



BPtv 23

Your source for the daily schedule, activity updates, news, music, worship services, movies and fun photos!

Audio announcements are Monday—Friday from 8:00—8:30 am.

Kansas State Capitol Tour

The Kansas State Capitol has always been one of the most beautiful in the country. The renovations are complete and it's time to tour this wonderful landmark again. We will begin in the Visitor Center which is the gateway to the Capitol located on the north side.



Tuesday, May 20
8:30 am Lobbies
Please call Jeanene
at 274-3398 for
reservations.

The Visitor Center includes the Capitol Store, the tour desk, a classroom and auditorium as well as exhibits. Our tour will be led by a "singing tour guide" which will make our visit extra special.

The first floor highlights include murals by David H. Overmeyer, plus the ornate stenciling in the rotunda, and a view up toward the center of the dome. On the second floor, we will see murals by John Steuart Curry, such as the well known *Tragic Prelude* and *Kansas Pastoral*. On this level is the ceremonial governor's office as well. As we tour the third floor we will see the spectacular Senate Chamber in the east wing and Representative Hall in the west wing. The ornate Old Kansas Supreme Court in the south wing and State Library of Kansas in the north wing are equally impressive.

The fourth floor east and west galleries offer a great view of the two beautiful spaces and on the fifth floor you can get a good view of the dome murals by Abner Crossman.

Our journey will also include a stop in the Capitol Store which carries fine gift items and souvenirs specifically related to the Capitol. The Store also offers items made from the old Capitol copper. Please join Jeanene on this great tour! (www.kshs.org) ■

Brewster Place... Celebrating 50 Years of Love, Friendship and Fellowship



Above: Margaret Senne has been a Brewster Place resident since 1997 and has been an active and valued volunteer in our community. Jim Banks is also very active volunteering around campus. He moved to Brewster Place in 2011. **Right:** Ken and Doris Peery moved to Brewster Place in 2013 and are always having a good time. Brewster celebrates community!



Above: Russian Wolfhound, Czar, visits the Brewster Health Center and Assisted Living twice a month. Alice Myers loves Czar and welcomed him with open arms. Now *that* is an image of love and friendship!

Resident Birthdays

Bonnie Rapstine	2
Betty Rasure	2
Benny Meyer	3
Lonna Reinecke	3
Bet Barker	4
Deane Casebeer	4
Marlene Rimmel	4
Marjorie Adams	6
Mary Lear	8
Twink Lynch	8
Carol Ashley	12
Keith Akins	14
Mary Kasiska	14
John Reinecke	15
Virginia Feeley <i>Happy 103rd Birthday!</i>	16
Ruth Wieland	18
Ruth Lawson	20
Matt Tomlinson	20
Laurita Dinkle	21
Mary Muilenberg	22
Ruth Ausherman	24
John Adams	25
Jo Bonjour	26
Dee Crawford	26
Keith Kappelmann	26
Edith Newman	
Mary Lou Mitchell	27
Pat Gehr	28
Naomi Gibeson	30

Anniversaries

Donald and Pat Finson	5-4-57
Lane and Mary Ruehlen	5-14-94
Bill and Lola Thornton	5-25-47
Ron and Beverly Martin	5-27-50

Staff Anniversaries

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

Department	Location	Years
<u>Dining Services</u>		
Victoria Wood	MB	1
<u>Environmental Services</u>		
Bob Coats	Campus	29
<u>Health Services</u>		
Cindy Steck	BHC	4
Tina White	BHC	15
Lisa Walker	BHC	5
Doneisha Beaver	BHC	2
Phyllis Gaines	BHC	2
Amy Metzger	AL	10
Edith Karani	AL	3
Angie Gillaspie	AL	14
Lois Krahenbuhl	HH	2
Connie Havens	HH	2

New Residents

Al Acker	MB 102
Marilyn Kidd	BE 205

Transfers

Millie Murphy	AL 6
Dick King	BHC
Don Manley	BHC

In Memoriam

Mrs. Genevieve Drummond	4-3-14
Dr. Robert C. Harder	4-12-14
Mr. Carl Paden	4-18-14



facebook.com/brewsterplace.org

The Brewster News is a monthly publication for the residents and friends of Brewster Place. If you know of someone who would like to be added to our mailing list, please let Janis know.

The Brewster News is also available online at www.BrewsterLiving.org

Janis Swanson, Editor | janiss@BrewsterLiving.org