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My Recovery Experience

By Sharon Christian Aderman

“When the caterpillar thought the world was over, it became a butterfly.”

From one of the many cards I received while I was recovering.

Thanksgiving morning I fell in our garage and fractured my spine. I spent days in a hospital trauma center and then into the Brewster Place Rehabilitation Center—call it luck, chance, God’s will, or being in the right place at the right time.

When I was ready to leave the hospital my husband Jim had to quickly search for a rehab center. When he walked into Brewster Place he talked to some of the personnel and he just knew he had found me a home. A sacred place of comfort and peace. It was my “port in the storm.”

For a woman who has never broken a bone, this accident and recovery became one of the great adventures of my life.

It was a long scary recovery. Lots of pain and screaming on my part. Then the drugs prescribed at the hospital were too strong for my system. They kept me in and out of reality—unable to eat, visit, or write. My Brewster doctor took me under his care where he could administer his concern and wisdom. Slowly I started gaining strength.



Sharon Aderman at a recent outpatient therapy session surrounded by Stephanie Unekis, PT (left); Heather Holthaus, PTA (center); Brooke Schmidtberger, COTA (right) — three of Brewster’s incredible therapy team who work to help patients return to the place they call home.

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.

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Our Journey Toward Wellness Is Multifaceted

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

Brewster is on a *wellness journey*. We have world class fitness offerings with Wellness Specialist Julie Schmanke's exercise classes. Intellectual and social wellness opportunities are available with Activities Coordinator Jeanene Johnson's activities program. Brewster Place artists express themselves in a variety of mediums with Arts and Crafts Coordinator Joline Kovarik. Volunteerism and vocational wellness are alive and well in our community. In addition, we want to continue the educational opportunities that are shared at our monthly Wellness Wednesday offerings. In these forums we have learned the importance of healthy, nutrient dense food.

As a part of our wellness journey, Brewster is making a commitment to have healthy food offerings available to our residents, employees and visitors in the Brewster Place Market located on the lower level of Assisted Living. You will begin to see these changes immediately. We will have a variety of healthy, minimally processed foods with fewer preservatives and additives. Our "special of the day" will have healthy options to choose which includes half-size portions, low salt, and some lower calorie choices.

The Brewster Wellness Initiative is sponsoring a new Weight Watchers program for employees that will begin the first week of May. We will have Weight Watchers points values listed next to the food choices in the Brewster Market. The Market

will also provide indications of any "low sodium" or "sugar free" food items that are available. If there is an item you would like to request for a specific dietary need, please let Ruth Bastian, Market Manager, know. You can reach her at 274-5087. We are excited about these positive changes and the health benefits they will provide.

As you are aware from last month's Brewster News, the Market will undergo a physical transformation as part of the Main Street renovation in the lower area of Assisted Living. Once this transformation is complete in ear-

ly 2016, The Market will have expanded space with features such as a cold serving area which might include a salad bar, a hot entrée serving area and expanded coffee bar service and fruit smoothies. With the increased space, residents, staff and guests will be able to comfortably and quickly purchase meals without lines and delays. We will also have a wonderful new area to enjoy a healthy meal while conversing with friends.

Please feel free to offer suggestions as we embark on this amazing Market transformation! ■

WELLNESS

Wednesday

**Wellness Tips, Facts
and Fallacies with
Eileen McGivern, RN, BSN**

**Wednesday, May 6
11:00 am
Main Lounge**

We invite you to join Brewster's very own Eileen McGivern, RN, BSN, Vice President Wellness and Community Initiatives for a session about the facts and fallacies regarding wellness. Learn some important tips as well. Brewster is committed to wellness for both residents and staff and Eileen will be happy to answer your questions about our Wellness Initiative as well. ■

Thank You for Another Successful Sale

A very big thank you to residents and staff for another successful **Trash & Treasure Sale**. The Sale made **\$5,981.61** that will go toward the Brewster Service Fund.

In the future we will no longer sell clothing at our sales. We will, however, continue to collect them and have either the Topeka Rescue Mission or God's Storehouse pick them up once we have collected several boxes. If you have any questions, please feel free to call Joline Kovarik, Arts & Crafts Coordinator, at 274-3317. ■

News from Wellness | The Truth About Fats Part 2

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

As we continue our study of fats, we realize that all fats are not the same. Dietary fats are categorized into four major types: monounsaturated, polyunsaturated, trans fat and saturated fats.

Monounsaturated and polyunsaturated are known as the “good fats.” These fats have been recognized for their heart benefits, including lowering cholesterol and LDL which is the lower density lipid associated with heart disease. Examples of good dietary fats include olive oil, canola oil, avocado, olives, and nuts such as almonds and hazelnuts.



Trans fats and saturated fats are known as the bad fats as they are scientifically proven to increase your risk of heart disease and elevate cholesterol levels as well as suppressing your HDL, which doctors like to see elevated in relation to the LDL. Examples of trans fats and saturated fats are commercially baked pastries, donuts, cookies, packaged snack foods, stick margarine and vegetable shortening, fried foods and candy

bars. Saturated fat foods to avoid are fatty cuts of meats, chicken with skin, lard, palm oil, butter and cheese.

Omega-3 fats have been touted as the “super fats.” How do they fit into our healthy diets? Omega-3 fats are essentially a type of polyunsaturated fat. While all types of monounsaturated and polyunsaturated are good for us, Omega-3 fats are especially beneficial to our overall health. Research has shown that some of the benefits include prevention and/or reduction of depression, memory support for early dementia, decrease in heart disease risk and stroke, cancer prevention, ease arthritis, joint pain and inflammatory skin conditions. Of special interest is the role that Omega-3 fats play in mental health with regard to brain function with ongoing research. (Many of our parents and grandparents were forced to submit to their daily dose of cod liver oil which is very high in omega-3!)

So what are we to do regarding fats? We know that fats are important in our diets and they serve important cellular functions in our brains and other cells throughout our bodies. The answer is to replace bad fats with the good fats. A simple guide is to eliminate as many trans fats from our diets as possible. You can allow for the occasional splurge! Limit intake of saturated fats by substituting fatty meats with beans, nuts, skinless poultry and fish. Try to incorporate the mono/polyunsaturated fats in your daily meals. Talk to your doctor regarding an Omega 3 supplement that would be beneficial to you. Lastly, as part of our Market transformation, we will identify those offerings that supply us with “good fats.” ■



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





BeWell Team

Dee Moore
Program Leader
Director of
Transitions and
Admissions

Sharon Petrone
Anne Flynn
Care Coordinators

785-274-3395

The goal of BeWell is to assist Brewster Place residents in remaining in the place they call home. Staff works with residents, families, social workers and medical professionals to determine what services might be required in order to continue living independently. Together, we decide how the services are provided and when to put them in place. The program is not really anything new but is now a formalized program with specific staff to help. Dee Moore, Director of Admissions and Transitions, is the program leader. She is assisted by Sharon Petrone and Anne Flynn, Care Coordinators.

The BeWell program has been in place since January and recently there have been specific questions asked about what BeWell can do for those who live here. Two meetings were held recently where those attending suggested that small meetings be held in individual lounges and buildings throughout Independent Living on campus. Small meetings are good opportunities not merely to share information about the BeWell program, but to also get feedback and suggestions from those attending. We would love to meet with you, so give our BeWell staff a call at 274-3395 to request a meeting. ■



**Brewster Luminary
Ceremony**
Thursday, May 7
6:30 pm
Main Building
Circle Drive

Brewster Place is partnering with the American Cancer Society to host a Luminary Ceremony for Brewster cancer survivors.

Luminary bags are available for all to purchase for the ceremony. You may purchase a luminary bag in the Main Office, Brewster East Business Office or Brewster Health Center Social Services Office. Feel free to decorate your bag and return it to be set out for the May 7 ceremony. If you would like more information about this event, please contact Amanda Brown, Admissions/Marketing Coordinator at 274-3336.

Brewster is also sponsoring a **Relay For Life Team**. To become a part of our team, please contact Relay For Live Team Captain, Connie Havens at connieh@brewsterplace.org. ■

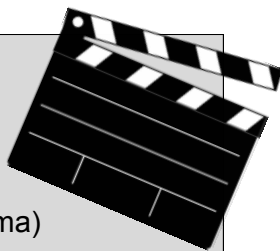
At the Movies BPTV 23
Thursdays at 2:00 pm

May 7
"The Imitation Game" (2014 drama)

May 14
"The Face of Love" (2013 romantic drama)

May 21
"Wild" (2014 drama)

May 28
"Begin Again" (2014 romantic drama)



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 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

From the Chaplain | Loss and Spiritual Needs

by Chaplain Roger Jackson, M.Div.

When a loved one dies, we are torn apart whether the death was expected or not. Dr. Alan D. Wolfelt writes about grief in his article *The Spiritual Path to Healing*. He identifies five important areas of need for the grieving: physical, emotional, cognitive, social, and spiritual. Many times, though, persons ignore their spiritual needs during seasons of grief.

Wolfelt writes, “When someone we love dies, it is like a deep hole implodes inside of us. It’s as if the hole penetrates us and leaves us gasping for air. I have always said we mourn life losses from the inside out. In my experience, it is only when we are spiritually nurtured (inside and outside) that we discover the courage to mourn openly and honestly.”

If you have experienced a recent loss, no matter what the loss, I encourage you to attend to your spiritual needs. Faith and spiritual practice must not be abandoned during these difficult seasons. Wolfelt offers the following advice, “It is in spiritually nurturing ourselves, allowing ourselves the time and loving attention we need to journey through our grief, that we find meaning in our continued living. That is why, if I could, I would encourage all of us when we are in the midst of grief to put down ‘Nurture my spirit’ first on our daily to-do lists.”

If you are grieving the loss of a loved one, a pet, your driving privileges, your home, etc., you are invited to attend the Grief Support Group. Grief Support Group is open to residents and family members to help cope with a loss in your life. ■



The **Grief Support Group** is open to residents and family members to help you cope with a loss in your life.

Wednesday, May 6

10:00 am

(Please note different time this week)

Wednesday, May 20

3:00 pm

Monarch Living Room (Assisted Living)

Facilitator: Chaplain Roger Jackson, M. Div.

From Brewster Transportation | Personal Grocery Shopping Service



The Brewster Transportation Department is offering on a **trial basis** a new service to our residents at Brewster Place — **Personal Grocery Shopping!** We will be doing a trial run of this new service in conjunction with our weekly Dillons and Wal-Mart trips.

For the cost of your groceries and a small fee of \$2.50, or 10% of the total grocery bill, whatever is highest, we will shop for needed items you may desire at the store and deliver them to you. This is a trial program to gauge the interest and viability of continuing a service like this.

Please call Transportation at 274-5000, and we will set up an appointment to have our personal shopper come to you and get your grocery list. ■

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Despite my worrisome days there were so many little moments of joy. All part of my healing process.

Thanks to the Brewster staff my room became my safe haven. A lovely private room, a bright and beautiful dining hall, movies and popcorn and happy hour part of our weekly routine. Nurses and kaizen would appear at my door within minutes after I had pushed my call button. They cared for me as if I was their only patient. Their patience amazed me, tending to my every request or need in a professional and personal way. They helped heal me by sharing their lives, their hugs and their tears. One nurse even let me listen to my heartbeat. I had never heard it through a stethoscope. They also treated their fellow associates with the same professionalism. Never did I hear an unkind word or complaint.

Physical and Occupational therapists came to my room, whether I was lucid or not. Then they started taking me to the Therapy room or the pool where they concentrated on “just me.” When I could not walk they wheeled me there. When I whined about not being able to do the exercises or thought I would never be the same again, they gave me reassurance and hope. Carefully and thoughtfully they encouraged me and helped me to gain the strength I had lost from the day of my fall.

Exercise machines, balls, weights and mats became my new best friends. I think I flunked wheelchair for I kept forgetting to put on the brakes. I failed walking with my walker for I kept gripping it with the fear of falling again. Eventually I bonded with my cane. The therapists even taught me the correct way to walk with a cane.

My private room was close to the dining room where I eventually ate all my meals. Many of my table mates were older and dealing with various health issues. By the end of my recovery most of them had become good friends, sharing their life stories. They were wise and witty and inspirational.

The Brewster staff all seemed to live out their creed:

- I will ensure safety.
- I will communicate.
- I will be a team player.
- I will accept responsibility.
- I will take care of myself.



There were times when I felt I was all alone, trying to overcome my pain. But when I least expected it help appeared. The entire Brewster team were the serendipities brightening my long dark days.

It took a village of family, friends, doctors, nurses, and therapists to physically and spiritually heal me. This restoration was truly one of the greatest adventures of my life. ■

Brewster's Annual Block Party Wednesday, June 3



If you are new to Brewster Place or have lived here for years, you don't want to miss this annual event. We will set up the big tent and provide

delicious food, drinks and entertainment. Say a little prayer for good weather for the day, but if the weather is inclement, we will move the party inside. This is a FUN time to spend with your Brewster Place friends and neighbors. Mark your calendars now! More information coming soon. ■

The Market New Menu Begins May 4

Mondays

Hamburgers and Cheeseburgers

Tuesdays

Taco Tuesday

Wednesdays

Wrap Wednesday

Thursday

Salad of the Day

Friday

Pizza



Menu includes a fruit salad side dish. Join us for lunch in The Market! Ruth and her crew are happy to serve you!

The Market

7:00 am—2:00 pm
274-5087

Your Support Makes a Difference

by Jeremy Hall, Vice President
Development and Community Relations

Spring is in full bloom around Topeka, and Brewster is alive with color! The Brewster Foundation is working hard to fulfill our mission to raise funds in support of Brewster. This can be a daunting task with so many causes available for people to support.

Because of you, the Brewster Foundation is able to provide many types of help to our residents and employees. Through our Benevolent Care Fund, residents are able to move into Brewster Place and never be worried that they will have to leave if they outlive their resources. Your support has allowed the Brewster Foundation to provide loans to staff members so they could have emergency bills paid — bills that may have

gone into default or caused other hardships for these staff members.

The Brewster Foundation is also able to host events that provide fun and entertainment for residents, staff, and their families. Our Books for Kids program gives free books to dependents of our employees. These books are a much needed resource for many kids who may not otherwise take the extra time to read. The New Ladies Lunch took place in early April, and is an event to welcome our new women residents. In late March, we had a great time at the Men's Lunch with Coach Bob Chipman from Washburn University. In April, the Edith Lessenden Chandler Recital Series featured pianist Eva del Carmen Medina

Amezcuca, and provided our residents with an afternoon of beautiful music.

You, the supporters of the Brewster Foundation, have made these things happen. With your continued support, the Brewster Foundation will continue to fulfill our mission to raise funds to support Brewster.

So, as you enjoy the sights of spring and early summer, smell the fresh cut grass, and enjoy the aromas of spring, remember that your support has helped a young child love a book, a staff member make ends meet, and maybe you helped a neighbor be able to stay a neighbor... and for those things, the Brewster Foundation says, "Thank you!" ■

Brewster Foundation Event



Division of Assets
with Emily A. Donaldson
Stevens & Brand, LLP

Thursday, May 28
2:00 pm
Main Lounge

Emily Donaldson has been practicing in the areas of elder law and estate planning for over ten years. Her practice consists of advising clients on the complex issues encountered in access to public benefits, particularly long-term care Medicaid and veterans' benefits planning. Emily is an accredited attorney with the Veterans Administration. In addition, Emily assists clients with designing and structuring their estate plans, keeping an eye on cost-efficient approaches to meeting their needs.

Please join us for this chance to learn from a local practitioner about Division of Assets and how it could impact you if your spouse requires a move to a higher level of care. This program will include important, practical information, including a time for questions and answers. ■

**For more information about
the Brewster Foundation
please contact:**

Jeremy Hall, Vice President
Development and
Community Relations
785-274-3327

or

Gaylene Dibbern,
Development Associate
785-274-3328

Visit us on the web at:
BrewsterLiving.org/Foundation

SYMPHONY IN THE FLINT HILLS



Saturday, June 13

*Featuring special guest
Lyle Lovett with the
Kansas City Symphony*

In 1994, Matfield Green rancher Jane Koger celebrated her birthday by inviting the public to a "Symphony on the Prairie." More than 3,000 people from far and wide congregated at her Homestead Ranch for a magical union between symphonic music and the prairie landscape.

Ten years after Jane Koger's legendary birthday concert, Chase, Lyon, Morris and Wabaunsee County leaders founded Symphony in the Flint Hills, Inc. to heighten the appreciation and knowledge of the tallgrass prairie. In 2006, the organization held the first of its annual prairie concerts, a Kansas tradition that now attracts approximately 7,000 attendees from all over the world. (symphonyintheflindhills.org)

This year the Symphony in the Flint Hills is going back to where it all began. The 10th annual concert by the Kansas City Symphony will be June 13 on the National Tallgrass Prairie Preserve in Chase County, Kansas. The event will include prairie education activities, guided prairie walks, catered BBQ and the sunset concert by the Kansas City Symphony.

Rob Manes, director of the Nature Conservancy of Kansas, said in a statement the annual event helps tell the story of the Flint Hills. "The Symphony in the Flint Hills represents one of the most powerful venues for telling people about the ecological, economic and cultural importance of the tallgrass prairie." (borrowed from kansascity.com/entertainment)

If you are interested in this once in a lifetime concert, please call Jeanene at 274-3398 for ticket information. Tickets are \$100. ■

Volunteer, Learn, Participate | *There's More to Experience!*



Above: Judy Reed is one of many resident volunteers who participate in Workshop & Quilting each week. This group prepares items for the Bazaar in November and we hear they have lots of fun in the process! **Right:** George Marschall has been a wood carver for many years. He enjoys participating in Wood Carving class. Both of these classes are held in the Penthouse Art Studio — the best art studio in town!



Above: Rosemary Stover and Char King volunteered their time registering residents for the Brewster Relay for Life Luminary Ceremony that will be held May 7 at 6:30 pm at the Main Building Circle Drive.



Resident Birthdays

Bonnie Rapstine	2
Betty Rasure	2
Donna Crawford	3
Benny Meyer	3
Lonna Reinecke	3
Marlene Rimmel	4
Marjorie Adams	6
Wilma Naethe	7
Teresa Gordon	8
Mary Lear	8
Twink Lynch	8
Carol Ashley	12
Keith Akins	14
Mary Kasiska	14
Dick Crawford	15
John Reinecke	15
Ruth Wieland	18
Ruth Lawson	20
Laurita Dinkel	21
Mary Muilenburg	22
Bob Payne	23
John Adams	25
Jo Bonjour	26
Delores Crawford	26
Pat Gehr	26
Edith Newman	26
Mary Lou Mitchell	27
Naomi Gibeson (Happy 100th Birthday!)	30

Anniversaries

Don and Pat Finson	5-4-67
Guido and Margaret Tesi	5-13-49
Bob and Lola Thornton	5-25-47
John and Darlene Morrow	5-30-53

Staff Anniversaries

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

Department	Location	Years
<u>Environmental Services</u>		
Bob Coats	Campus	30
<u>Health Services</u>		
Amy Metzger	AL	11
Whitney Duncan	BHC	1
Bianca Keating	BHC	1
James Moore	BHC	1
Edith Karani	AL	4
Cindy Steck	BHC	5
Angie Gillaspie	AL	15
Tina White	BHC	16
Lois Krahenbuhl	BHC	3
Lisa Walker	BHC	6
Connie Havens	BHC	3
Doneisha Beaver	BHC	3
<u>Security/Transportation</u>		
Darrell Trimble	Campus	1
Isamar Flores	MB	1

New Residents

Jim and Teresa Gordon	Maple 102
Joyce Gartner	BE 239
Judith Johnson	AL 22
Jean Ragan	BE 227

In Memoriam

Mrs. Barbara Langham	4-5-15
Mr. Fred Rausch	4-5-15
Mrs. Ruth Rockhold	4-7-15
Mr. Jim Barron	4-11-15
Mr. Steve Hall	4-13-15
Mrs. Pat Smith	4-14-15
Mrs. Pat Davis	4-21-15

The Brewster News is a monthly publication for the residents and friends of Brewster Place.

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

Janis Swanson, Editor | janiss@BrewsterLiving.org