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Our Mission

Brewster Place is a retirement community providing all of its residents opportunities for an optimal quality of life.



The Brewster Health Center
is accredited by
The Joint Commission.

Older Americans Month | Blaze a Trail

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. May is also when we celebrate **Older Americans Month**. This year's theme, "**Blaze a Trail**," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages. As part of Older Americans Month, we want to share a unique story written by resident Jack Renander. This story is about a beloved painting finding a permanent home. More than that, however, it's a story about family heritage, commitment, perseverance and love.

Finding a New Home by Jack Renander

My first contact with Mr. Carl R. Schmidt was in the Fall of 1959 when I rented a back room in a house that he and his wife owned in San Bernardino, California. Mr. Schmidt lived next door, and we frequently had conversations that always gravitated to his professional passion—art.

On one occasion, he showed me his upper floor studio with its large number of charcoal three-fourth to life-sized drawings that were mounted on pullout rollers. He informed me that the drawings were done when he was an art student at the Art Institute of Chicago and that John Henry Vanderpoel was his instructor.

After my short stay at my temporary residence, I didn't see Carl Schmidt again until 1963, at which time I asked him if he would consider doing a 'Swedish' painting for me, and he agreed to my request. It would be a gift to my father, Walter W. Renander. Mr. Schmidt asked for a photograph and I furnished three Kodachrome slides, which I had taken while on leave from my army camp in Kaiserslautern, Germany in July, 1957.



Continued on page 5...

Getting to Know Our Residents

By Phyllis McMahon, Resident Volunteer

Ray and Margaret (Maggie) Beers moved to Brewster Place in January, 2016. Born and raised in



Ray and Maggie Beers
1213 SW 29th Ter., Birchwood 4
Ph. 228-2883

Topeka, they attended Randolph Elementary School (where they met), Boswell Junior High School, and Topeka High School. At Topeka High Ray played golf, tennis, and was number two in basketball. In recent years, he's enjoyed pickle ball.

Ray graduated from the University of Kansas School of

Business. As the president and owner of Ray Beers Clothing Company, he was also a consultant for Hart, Schaffner & Marx. He had three stores in Topeka—downtown, White Lakes Mall, and West Ridge Mall. Ray retired after more than 40 years in the retail business. Ray is a member of the Topeka Capital Journal Editorial Advisory Board and the Senior Chamber of Commerce. In addition, he is a past member and

officer of the Junior Chamber of Commerce, Chamber of Commerce, Downtown Topeka, Inc., a long-time member of SCORE, and a retired Colonel of the U.S. Army Reserves. Ray was a member of the Brewster Place Board of Directors from 1975-1976.

Maggie graduated from the University of Kansas with a degree in Business Education. She is a member of Kappa Kappa Gamma Sorority. She briefly taught at Topeka High School. Her interest has been in volunteering as evidenced by her work with Sheltered Living for over 30 years. In 1984 Maggie became a member of the Brewster Board of Directors. She served as Vice President of the Board when our current President and CEO, David Beck, and Marketing Consultant, Phyllis Lansford, were hired. Maggie is a sustaining member of The Junior League, is in a Book Club and a Garden Club.

Maggie and Ray enjoy traveling and have traveled the world, except for the Orient. The Beers have three sons—Ray in Miami, Florida; Greg in Bartlesville, Oklahoma; and David in Wakarusa, Kansas. David and his son, Ray Beers, II, own and operate a large farm with cattle. Ray and Maggie spend many weekends there at family gatherings. They have seven grandchildren and nine great-grandchildren. ■

Want to Help a Good Cause? Joline Asks for Volunteers!

As you may know, each November Brewster Place holds its Annual Holiday Charity Bazaar. The proceeds from the Bazaar benefit local charitable organizations in our community. Items for the Bazaar are made by Brewster Place residents and it takes all year and many hands to prepare the thousands of items each year. No experience is necessary as Joline has something for every skill level. Won't you please think about volunteering?

Craft Painting Volunteers

Mondays from 1:30 pm—3:30 pm

BE Art Studio

Thursdays from 10:00 am—12:00 pm

BE Art Studio

Workshop & Quilting Volunteers

Monday—Wednesday—Friday

10:00 am—12:00 pm

Penthouse Art Studio

If you are interested in either of these opportunities, please call Joline at 274-3317. ■



Saturday, June 11

Hummer Park

Registration at 9:00 am

Ceremony at 9:45 am

Walk at 10:15 am

Brewster Place is proud to sponsor the Kid's Corner. If you would like to volunteer or sign up to walk with Team Brewster, please call Janis at 274-3389.

Getting to Know Our Residents

By Phyllis McMahon, Resident Volunteer

Cynthia Wahle moved to Brewster Place in November, 2015. Cynthia was born and raised in Topeka. After graduating from Topeka High School, she attended Colorado College in Colorado Springs, Colorado. She received her bachelor's degree and worked for the city of Colorado Springs. After returning to Topeka, she worked for the Corporation Commission and then worked at the Kansas Railroad Association for 25 years which "followed the legislature and bills pertaining to the railroad, both state and federal."



Cynthia Wahle
1205 SW 29th St., Apt. 328
Ph. 266-4619

Cynthia enjoys working in the yard doing the "maintenance." She bought 25 acres and kept up the yard work. She has a beautiful painting of her back yard in her apartment, which was painted by Rebecca Wright, a Topeka artist. She also enjoys reading and bought books for reading at Brewster Place. Cynthia is a "Brewsterite" as her cousin, John Ripley, and his wife, Dorothy, moved to Brewster Place in July 1965.

Cynthia and Brewster Place resident, Marianne Bloesch, have been friends for many years. They enjoyed going to Coyote Canyon for lunch every day. Two of the young women who worked there volunteered and helped Cynthia move to Brewster Place. Cynthia came with Marianne and her family for Marianne to look for an apartment at Brewster Place. She liked what she saw so well that she decided

it was time to think about moving. She now enjoys her apartment with its space, natural light, and balcony. ■



There will be no Osher class in May. Osher will Resume this summer with two wonderful new courses.

Roosevelt and Truman: Two Wartime Presidents A Comparison and Contrast

Wednesdays, June 8, 15 and 22

2:00—4:00 pm | Chapel

Winston, The Windsors and James Bond

Wednesdays, July 13, 20 and 27

2:00—4:00 pm | Chapel

Brewster Place residents, BrewsterConnect members and Live Well at Home by Brewster can attend for free. Please call Jamie at 274-3398 if you would like to attend one or both of these courses. ■

Coming Down the Aisle in June!

June Bridal Celebration!

Lots of great events are being planned for the month including:

- Surprise Wedding
- Bridal Shower
- Bachelorette Party
- Newlywed Game



Wedding Photos Needed!

Bring your favorite wedding photo to the Main Office, and Maxine will scan it to display at our events. More information to follow.

Please call Jamie at 274-3398 for more information. ■

Words from Wellness

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

Wellness Clinics on Main Street to Open

Beginning in May we are adding two new components to our wellness initiative—the **Wellness Hearing Clinic** and the **Wellness Skin Clinic**. Both clinics will be held monthly in the Outpatient Therapy Clinic on Main Street.

The first Friday of every month (beginning May 6) from 12:00 pm—4:00 pm, we will have Audiology Services from Topeka Ear Nose and Throat. Jessica Whalen, AuD, CCC-A, and her team will be available to clean and check hearing aids, replace batteries, and make referrals to the Topeka ENT Clinic located at 920 Lane Street in Topeka.

The second Friday of each month from 2:00 pm—4:00 pm, Justin Blumreich, APRN, and staff from Rick’s Advanced Dermatology and Radiance Medical Spa, will have a Wellness Skin Clinic in the Outpatient Therapy Clinic on Main Street. The first date for the Skin Clinic will be May 13. Justin will perform skin screens for cancer and make referrals for more extensive skin needs to the office, which is located at 28th and Fairlawn Road.

Topeka Ear, Nose and Throat and Rick’s Dermatology and Radiance Day Spa are conveniently located on the Brewster Place Tuesday/Thursday shuttle route. For appointments to either clinic on Main Street at Brewster Place, please call Maxine in the Main Office at 274-3374. The Wellness Clinics are for all Brewster Place Residents, BrewsterConnect, and Live Well at Home by Brewster members. We look forward to seeing you there! ■

Wellness Wednesday

Wednesday, May 4 | 11:00 am
Main Lounge

You are invited to join us for Wellness Wednesday on Wednesday, May 4 as we learn about the importance of regular skin exams and skin cancer detection. Justin Blumreich, APRN from Rick’s Dermatology will present helpful information. Justin is certified by the American Association of Nurse Practitioners with experience in general and surgical dermatology. Justin treats patients ages four through adult for mole removal, nail fungus, rosacea, eczema, psoriasis and skin cancer screening exams.

Also during Wellness Wednesday Justin and Brewster Place staff will discuss the upcoming Wellness Skin Clinic that will be held monthly in the Outpatient Therapy Clinic on Main Street (located inside the Winchell Wellness Center). This clinic is part of our ongoing wellness initiative and will be held on the second Friday of each month from 2:00—4:00 pm. At the Wellness Skin Clinic, Justin will consult with residents and make referrals to Rick’s Dermatology Clinic if needed. ■

Mark your calendars now! Community Wellness Fair

Wellness
Fair
June 1

10:00 am—2:00 pm
Klinge Activity Center

Numerous wellness vendors will be on hand to share ways to stay healthy! Prizes and samples. Bring a friend. ■



Friday Afternoon Meditation

Take a break from your hectic day!

Fridays at 3:00 pm Cedar Lounge

Join us as we explore different styles of meditation. No experience necessary. Just come with an open mind and an open heart. All are welcome!

Please contact Anne Flynn, Wellness Support Specialist, at 274-3310 with questions. ■

From the Chaplain

By Chaplain Roger Jackson, M. Div.

Love One Another

“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are my disciples, if you have love for one another.” (NKJV)

John 13:34-35

It sounds so easy. We believers ought to be able to love, right? It’s a defining mark of who we are. It is fundamental to the faith we proclaim and commanded by the One we follow. So why is it so hard to practice this radical and inclusive love by which Jesus says people will recognize us as his followers? Let us use the letters of the word “love” to describe how to learn, cultivate, and practice this radical love.

Listen — to love is also to listen. It is important to listen intently to the one or ones we are called to love, to hear what he or she has to say, to be attentive to the other’s feelings and thoughts. Listening involves silencing one’s own internal voices by avoiding the rush to call up a response before the person has even finished speaking.

Open — to love is to be open to others and to new possibilities. The minute we close our minds and hearts to the possibility of change and growth we also smother our capacity to love. Because love is not static, because love seeks the good of others, radical love calls us to open our minds, our hearts, and our lives to the new, the strange, and even the uncomfortable.

Visible — to love is to be visible. Love does not hide its light. Love goes out into the world and risks being seen with those who are easy to love and those who push us beyond our comfort zones. Love does not hesitate to enter life’s trenches, roll up your sleeves, and be Christ’s hands, feet, and eyes in the world.

Engage — to love is not to sit idly and watch life go by. To love is to engage life fully, to enter into relationship with others in a spirit of hope and joy and love. Engaging in life and relationship can be messy and dirty, to be sure, but there is no other way to experience life in community and to share the love of Jesus.

Jesus commands us to “**love one another.**” This is not an option. This is the life, the way, of those who follow Christ. ■

Continued from page 1

The slide that Carl Schmidt selected depicted my grandmother’s childhood home near Ransäter, Sweden, where Amanda Carlsson resided until July 4, 1887. At age 19 and traveling alone, she boarded the steamship *De Lovisa* and sailed for the New World. I stayed in the nearby town of Munkfors, Sweden with relatives for most of my two week vacation before traveling to Ingaro, Sweden to stay my last few days in Sweden with other relatives.

The painting of Amanda’s home stayed in my possession until March 8, 2016. It is now a part of the permanent collection at the Birger Sandzen Memorial Gallery in Lindsborg, Kansas.

Birger Sandzen and Carl Schmidt both attended the Art Institute of Chicago, but there is no documentation showing that they were there at the same time or met each other. However, Schmidt participated in the 1915 Panama Pacific Exposition in San Francisco, just as Sandzen did. (This information furnished by Cori Sherman North, Curator at the Birger Sandzen Memorial Gallery, Lindsborg, Kansas).

Editor’s Note:

Part of the charm of this story is how Jack lovingly and painstakingly researched possible galleries that might be interested in his much-treasured painting. After much time and consideration researching galleries across the country, Jack reached out to the Sandzen Gallery in Lindsborg, Kansas and they accepted his donation. As Jack said, “It was meant to be for this painting to find a permanent home in Lindsborg.”

Around Brewster Place Jack is known as a quiet, unassuming man who has become a wonderful artist in his own right. Jack’s work is on display in the Trueblood Resident Art Gallery and he has sold many of his pieces as well. And for those who didn’t know, Jack is also a wonderful writer. Thank you, Jack, for sharing your story and “blazing your own trail” at Brewster Place and beyond! ■

Memorial Designations and Tribute Gifts

Memorials and tribute gifts are a special way to pay honor or remember a loved one or friend. The Brewster Foundation can be designated as the memorial recipient when a loved one passes away. Gifts given to the Foundation may be designated to a specified fund or to the Unrestricted Fund, for use where they are most needed. The honoree's name will be placed on the donor wall in the Main Building lobby.

Tribute gifts are given in honor of a person or a special occasion, such as an anniversary, birthday, special recognition, etc. All gifts given to the Brewster Foundation support our mission, which is to raise funds in support of Brewster for those currently living in our community, and for those who will call Brewster Place their home in the future. ■

Dillons Community Rewards Program

There are lots of ways to support the Brewster Foundation and shopping at Dillons with your Plus card is now one of them! Through Dillons Community Rewards Program, when you shop using your Dillons Plus card



Community Rewards

you can now designate a percentage of your sales to the Brewster Foundation.

How do I do this, you might ask?

Well, it's easy to sign

up! All you need to do is visit Dillons.com and set up an account, which registers your Dillons Plus card. Once you have done that, go to the Community Rewards section of your account page, click on "Enroll Now" to choose the Brewster Foundation as the organization you want to support. This does not cost you anything, and will be a benefit to the Brewster Foundation!

If you do not have access to a computer or need help signing up, please visit Jeremy or Gaylene in the Foundation Office located in the Main Office and they will assist you. Be sure to bring your Dillons Plus card with you! ■

Special Events in May

Foundation Forum

Happenings at Your Library

Thursday, May 5

10:00 am | BE CR

Come and hear about the exciting new things happening at your library. Did you know that they are getting a new early learning vehicle that will help children get ready for Kindergarten? Or that the library is removing service desks to be more accessible to customers? And, of course, they are still providing the great services you all love, including computer classes, gallery shows, and music for Sunday afternoon programs, to name a few.

Stephanie Hall has been with the Topeka and Shawnee County Public Library since 1999. She is the Public Service Manager overseeing reference, special collections, outreach for older adults, and the library's Sabatini Art Gallery. Stephanie encourages her staff to challenge the process, focus on the people more than the stuff, and get past the "this is the way we've always done it" mentality. ■

Ice Cream Social and Croquet

Wednesday, May 11

2:00 to 4:00 pm | MB Veranda

Just because we all love ice cream we invite you to join us for ice cream, croquet, and conversation! ■

How to Recognize Scams

Tuesday, May 31

6:30 pm | ML

Linda Woodland, Senior Vice President, BSA/AML Officer for CoreFirst Bank & Trust is a native of Topeka who has been with the bank for 44 years. As BSA/AML Officer, she oversees regulatory compliance with filing large currency transactions and monitoring for money laundering activity, as well as managing the bank's Fraud Department. Linda has made numerous presentations in the community on scams and identity theft. She is committed to helping everyone protect themselves from these crimes.

This program is open to residents and their families, Brewster Connect members, and other interested community members. ■

Dining Services News

Add a Brewster Place Meal Plan

Any resident at Brewster Place, regardless of where he or she lives, can purchase a meal plan. With three dining locations to choose from, there's plenty of variety to satisfy every palette. Residents with meal plans can dine in the Main Building Dining Room, Brewster East Dining Room, or in The Market on Main Street located on the ground level of the Main Building.

There are two meal plan options designed to meet the needs of our residents:

- ◆ **Full Meal Plan:** Enjoy all of your meals at Brewster Place—breakfast, lunch, and dinner - in any of our dining locations.
- ◆ **Discounted Meal Dollars:** Purchase \$500 in meal dollars for \$425 (that's a 15% discount!) and redeem them at any Brewster Dining location, including the Market on Main Street.



Join us for Breakfast at The Market on Main Street. Cut out this coupon and present it when you purchase your hot breakfast.

COUPON

The Market on Main Street

HALF OFF OUR HOT BREAKFAST BUFFET!

Served Monday—Thursday and Saturday

8:00 am—10:30 am

Expires May 31, 2016

Two Plate Sizes to Better Serve You!

Dining Services will now be offering two different meal sizes to better meet your needs.

Regular Plate: A standard portion of all items you select for your meal.

Small Plate: Half the portion size for all of the items you choose.

This new serving system will provide our residents with a more individualized dining service.

Dining Hours at Brewster Place

The Market on Main Street

Monday—Thursday and Saturday

Breakfast

8:00 am—10:30 am

Lunch

11:00 am—1:30 pm

Friday

Lunch

11:00 am—1:30 pm

Supper

4:30 pm—6:00 pm

Main Building

Breakfast

7:00 am—10:00 am

Lunch

11:15 am—1:00 pm

Dinner

4:00 pm—6:00 pm

Brewster East

Lunch

12:00 pm—1:30 pm

Dinner

5:00 pm—6:00 pm

Hello friends!

To put it simply, **The Market on Main Street** is wonderful! I have enjoyed breakfast, lunch and dinner (as well as a few healthy snacks) and have found the food to be fresh and delicious. It's great to see so many residents, staff members and friends grabbing a bite to eat and heading to the beautiful Main Street Pavilion to enjoy a meal with friends. And if you know me at all, you know I love coffee! The Roasterie Brewster Brew is a smooth, bold blend that is a wonderful treat. I invite you to come to The Market and taste for yourselves!

Janis Swanson, Director of Marketing and Community Relations

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

Resident Art Show

create

Tuesday, May 24
9:00 am—3:00 pm
Refreshments
2:00 pm
Main Lounge

Follow Your Passion, Use Your Skills

Today, older Americans are living longer and more healthfully than ever before. What does this mean for our notions of life after a career? Many retirees are finding new inspiration in second careers, helping others, discovering new interests, and pursuing dreams. One of those ways is by expressing yourself through the arts — painting, drawing, music, and dance. Even if you never felt artistic, everyone has the ability to be creative. As a bonus, studies show that the arts can improve brain health. (oam.acl.gov)

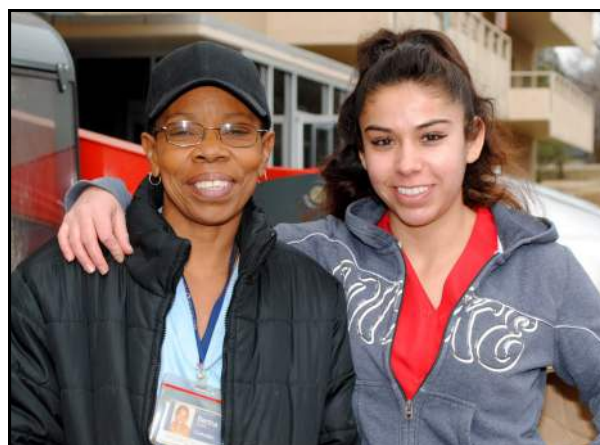
At Brewster Place we pride ourselves on our robust arts program. Residents can be found on a daily basis in one of our two art studios creating new work. Talent that has never been tapped, finds its way to the surface in people in their 70s, 80s and 90s. Art heals, enlivens the spirit and feeds the soul.

In celebration of Older Americans Month, we are having an Art Show to showcase our residents' work! This is open to all residents and may include past or present works. All mediums will be included, which will encompass paintings, carvings, needlework, woodworking, and more. Entries are due to Joline by Friday, May 20th. If you have any questions, please call her at 274-3317. Come and enjoy the beautiful artwork created by your friends and neighbors! All are welcome to attend! ■

Happy Older Americans Month | We Love Serving You



Above: Driver Steve Hansford represents a great group of drivers who take residents to appointments, on trips and tours and scenic drives in the country. They love serving you!



Left: Custodians Bertha Cavens and Laura Hillis work hard to make sure spaces are clean, in working order and organized. They both always have a smile and friendly word to share with residents, staff and friends. They love serving you!

Right: Roxanne Bays and Linda Clark work in The Market on Main Street. They work each day to make your dining experience positive. They love serving you!



Birthdays

Bonnie Rapstine	2
Donna Crawford	3
Benny Meyer	3
Lonna Reinecke	3
Marjorie Adams	6
Wilma Naethe	7
Mary Lear	8
Twink Lynch	8
Mildred Knoblock	13
Keith Akins	14
Mary Kasiska	14
Richard Crawford	15
John Reinecke	15
Ruth Wieland	18
Ruth Lawson	20
Laurita Dinkel	21
Mary Mulenburg	22
Gary Stroud	22
Robert Payne	23
Maurice Minihan	24
John Adams	25
Jo Bonjour	26
Delores Crawford	26
Pat Gehr	26
Mary Lou Mitchell	27
Naomi Gibeson	30

Anniversaries

Don and Pat Finson	5/4/57
Bill and Lola Thornton	5/25/47
David and Rose Fritz	5/26/55
Gary and Phyllis Stroud	5/26/56

In Memoriam

Lawrence Gerety	3/16/16
Dale Mazachek	3/20/16
Evelyn Siegal	3/27/16
Roland Bonjour	3/30/16
James Gordon	3/31/16
Charles Martin	4/4/16
Judy Reed	4/4/16
Nancy Toedman	4/13/16
James Krieg	4/23/16
Julia Merrifield	4/24/16

New Residents

Jean Rader	Cedar 201
Mary Lowman	MB 222
Martha Hoffman	BE 123

Transfers

Mary Fallon	AL 25
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Staff Anniversaries

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

Department	Location	Years
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Health Services

Gloria Okeke	BHC	1
Whitney Duncan	BHC	2
Edith Karani	BHC	5
Tina White	BHC	17
Lisa Walker	BHC	7
Tashanna Banks	BHC	1
Brittany Ford	BHC	1
Lar'Andra Jones	BHC	1
Melissa May	BHC	1

Assisted Living

Amy Metzger	AL	12
James Moore	AL	2
Angie Gillaspie	AL	16
Danielle Johnson	AL	1

Home Health

Connie Havens	AL	4
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Therapy

Valerie Huss	BHC	1
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Rehab

Kendra Claiborne	BHC	1
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Maintenance

Bob Coats	Campus	31
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Security/Transportation

Darrell Vaughan	Campus	1
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Rumor Hotline | 274-5002

If you hear something that concerns you, please call the Rumor Hotline. Your call will be answered and kept in confidence. Thank you!

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

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