



## In this issue:

- 2 Words from Wellness  
Blood Pressure Clinics  
Helping Hands Humane  
Society Visits
- 3 Here Comes the Sun!  
Walk to End Alzheimer's
- 4 From the Chaplain  
Movie and Discussion  
Caregiver's Support  
Group
- 5 Page 3 cont...  
Mother/Daughter Yoga
- 6 Brewster Foundation  
Topeka Gives in June  
At the Movies on BPTV
- 7 Driving Safety  
Shopping Additions
- 8 Age Out Loud Events  
Photos

### 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 | Age Out Loud!

By Claudia Larkin, Vice President and Chief Operating Officer

**A**ging. It's one of the very few things we all have in common, but it can sometimes be an uncomfortable issue for us to talk about. This



year, Brewster has joined its national association, **LeadingAge**, in fighting the stigmas and stereotypes that surround aging, and we are celebrating that goal with some special

**Age Out Loud** events the

week of May 15 as well as other events throughout the month. Details on these events are highlighted on the back page of this issue. We want to share some words of wisdom from LeadingAge on how **you** can age out loud:

**A**maze us with your stories. Every life has a unique story behind it. Share yours!

**G**iggle. Yes, giggle. In fact, laugh out loud. It's great for enhancing your circulation and can foster friendships and strengthen family ties.

**E**ngage. Participating in events and activities can make the day very enjoyable and rewarding—and it may even help you sleep better!

**O**ffer your assistance. Whether it's sharing your wisdom or providing a helping hand, helping others feels good!

**U**nderstand that the aging process will be difficult for some. Often the simple act of thoughtful listening can be quite comforting for them.

**T**ake a walk! Activity will help keep those joints healthy!

**L**inger longer. Spending time with those you love deepens bonds with family and friends.

**O**bserve the world around you. Whether it's a flower, children playing, or friends conversing, take in the experience!

**U**ndertake a new hobby. Lifelong learning can be very rewarding, and at Brewster Place, there are plenty of activities to choose from!

**D**azzle us with your brilliance! With your lifetime of experience, all of us have so much to learn from YOU! ■

*See back page for events!*

# Words from Wellness

## May Is High Blood Pressure Awareness Month

By Eileen McGivern, Vice President Wellness and Community Initiatives

**H**igh blood pressure is the most common chronic medical condition that people face. High blood pressure is a condition in which the long-term force of the blood against your artery walls eventually causes health problems, such as heart disease.



**Blood pressure** is measured by the amount of blood your heart pumps, and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure. Increased risk of heart attack and stroke are the result of untreated high blood pressure. Undetected high blood pressure can cause damage to your blood vessels and heart. High blood pressure generally develops over many years, and affects nearly everyone eventually. It is easily detected with a simple test.

**Hypertension** (the condition caused by high blood pressure) can be seen as two different types; primary and secondary hypertension. Primary is not attributed by any specific cause. It gradually develops over time. Secondary hypertension has an underlying condition, which contributes to high blood pressure. It may appear suddenly and result in higher blood pressure readings than primary hypertension. Some examples of conditions that can contribute to secondary hypertension include: obstructive sleep apnea, renal issues, adrenal gland tumors/disorders, thyroid diseases, congenital blood vessel defects, medications such as oral contraceptives, cold remedies and decongestants, pain medication, illegal drug abuse, and alcohol abuse or chronic alcohol abuse may play a part in secondary hypertension.

**What are some tips to manage hypertension?** See your doctor for regular annual visits, know your blood pressure numbers, eat healthily, monitor salt intake, keep your weight at an acceptable level, and exercise. Discuss with your doctor ways to decrease stress and monitor your alcohol intake. Your doctor may prescribe medications to keep your blood pressure readings in an acceptable range. Take your medications according to your doctor's prescription. ■

### Know Your Blood Pressure! Brewster Blood Pressure Clinics

**T**here are two opportunities each week on campus to have your blood pressure checked by our Home Health staff. These clinics are free of charge. This is a great way to track and manage your blood pressure on a regular basis.

#### **Mondays at 1:00 pm**

Home Health Office (Assisted Living 1st floor)

#### **Saturdays at 1:00 pm**

BE Parlor (inside the west entrance of Brewster East)

### Animals Enhance Our Lives

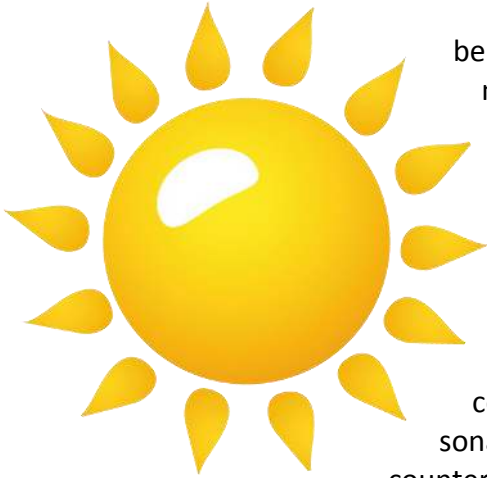
**B**eginning Thursday, May 4 at 2:00 pm, Helping Hands Humane Society will be bringing by a few furry friends to visit our Assisted Living and Independent Living residents. The plan is to use the Main Building Veranda for these visits (weather permitting). Helping Hands Humane Society will return the first Thursday of each month at 2:00 pm. Please join us to welcome our furry friends! ■



# Here Comes the Sun!

By Jenny Lamb, MSW, LCSW | Director of Community Wellness

For some individuals the return of springtime is a welcome reprieve from winter, but for others, there is much more at stake. Individuals who experience melancholy or depression that occurs in a seasonal pattern may find the spring as a time of relief from illness. Spring is also a prime time to look at some preventive tools to guard against the development of seasonal depression.



It is important to remember depression in any form is not a normal part of the aging process and it is treatable. However older adults are at an increased risk for experiencing depression. Before we look at tools to combat against the winter woes, let's first look at the common symptoms of seasonal depression one may encounter. If you experience lack of

energy, fatigue, sleeping too much, overeating, weight gain, craving carbohydrates, decreased mood, and/or difficulty getting along with others due to a generalized irritability during the fall and winter months, you may be experiencing a winter time seasonal depression.

What causes depression? Causes of depression, seasonal or otherwise, are very hard to pinpoint and science cannot give us just one explanation. However, research has given us some direction and shows it may not all be in your head, but rather, in part, your biology.

Two primary things that can influence an onset of seasonal depression include dysregulation in two key neurotransmitters, serotonin and melatonin, and decreased levels of Vitamin D, with the sun playing a strategic role. With winter comes a decreased level of sunlight and many people don't get out into the sun that is available often enough, thus prompting the body to overproduce melatonin which subsequently leads to feeling sleepy. Serotonin levels and functioning can be affected by Vitamin D production and the sun serves as a chief source of Vitamin D.

What treats seasonal depression? Research has shown the following to be helpful in the treatment of seasonal depression: Vitamin D, light therapy, talking with a therapist or counselor, and medication. In his book, *The Depression Cure*, Dr. Ste-

*Continued on page 5...*



## Join Team Brewster!

The Annual Walk to End Alzheimer's is Saturday, June 10, 2017. Whether you are a staff person or resident, all of us have been touched in one way or another as we watch our friends and family members deal with the horrible effects of Alzheimer's or other dementia.

Once again Brewster is proud to sponsor the **Kid's Corner** at the Walk which will take place at Hummer Park in Topeka. The opening ceremony will be held at 9:00 am followed by the Walk beginning at 9:15 am. We invite you to participate in the Walk or sponsor Team Brewster. You may register online at <http://act.alz.org>. Our team name is "**Brewster.**" Donations can also be made through that website. You may also register through Dayna Babler in Brewster East Office or Janis Swanson in the Main Building Office. Be on the lookout for fundraising events happening during May to support the Alzheimer's Association. ■



# From the Chaplain | Sharing Christ with Others

by Chaplain Roger Jackson, M. Div.

“therefore  
be  
imitators  
of God  
as dear  
children.”

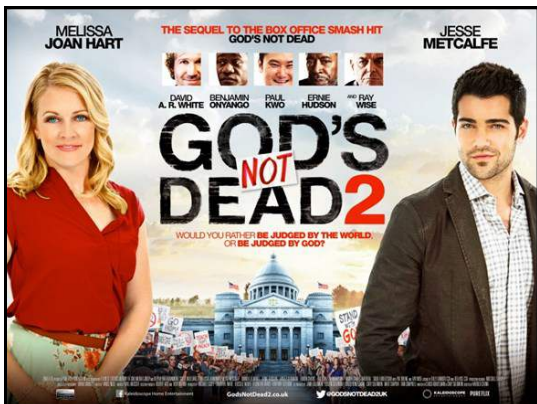
-Ephesians 5:1

**H**ave you ever wondered how you can share Christ with others? Well, the best way to share Christ with others is by imitating Christ. In fact, Ephesians 5:1 says, “Therefore be imitators of God as dear children.”

Fredrick Beuchner tells a story called “The Happy Hypocrite.” It is a story about a man who was born with an awful facial deformity. He grew up alone and lonely. When reaching adulthood, he decided to move from his town to begin a new life. On his way, he discovered a beautiful mask that fit him and made him look handsome. At first, the mask was uncomfortable and he was afraid that people would find out who he really was, but he continued to wear the mask everyday. In his new hometown, he made many friends and fell in love. But one day, a wicked woman from his old home came to town and revealed his true identity. In front of his friends and fiancé, she forced him to remove his mask. When he removed the mask, it revealed a handsome face. His face had conformed to the mask.

Becoming like Christ is similar to this. Go ahead and put on Christ. At first, it may feel unnatural or uncomfortable, and maybe you may think, “Who am I trying to fool?” But everyday, just keep putting on Christ, imitating Christ, and everyday, you will grow to look more like Christ. ■

## Movie and Discussion



**God's Not Dead 2**  
**Hosted by Chaplain Roger**  
**Monday, May 8 | 2:00 pm**  
Main Street Chapel

After answering a student's question about Jesus, a junior high teacher faces an epic court case that could end her career.

**Come and join us for this inspirational movie!**

**Intermission—Refreshments—Discussion**

## Caregivers Support Group



**C**aregiving for a spouse or loved one can be one of the most difficult acts of love a person will ever encounter. While going above and beyond the call of duty for a significant other, caregivers risk putting themselves in harms way.

Caring for oneself is one of the most important — and one of the most forgotten — things you can do as a caregiver. When your needs are taken care of, the person you care for benefits as well.

Brewster is offering a Caregiver Support Group the third Monday of each month. The group meets in the Chapel of the Main Building at 10:30 am. Topics include:

- Learning and using stress-reduction techniques
- Attending to your own healthcare needs
- Getting proper rest and nutrition
- Taking time off without feeling guilty
- Seeking and accepting the support of others
- Managing difficult behavior

**For more information please contact:**

Tim McManus at 274-3310 or  
email him at [TimM@BrewsterPlace.org](mailto:TimM@BrewsterPlace.org)

[encourage.](#) [lift.](#) [support.](#)



...continued from page 3

phen Ilardi cites six components for the treatment of depressive mood disorders including exercise, socializing, avoiding ruminations or repetitive negative thought patterns, maintaining a healthy diet, establishing a good sleep pattern with bedtime and waking occurring at the same time daily, and sunlight exposure, which not only helps in procuring Vitamin D but also aids in your circadian rhythm regulation. Circadian rhythm is defined by the National Institute of Health as “physical, mental and behavioral changes that follow a roughly 24 hour cycle, responding primarily to light and darkness in an organism’s environment.”

So what can we do now to prepare for the winter? It seems Jimmy Buffet was onto something when he sang, *Changes in Latitudes, Changes in Attitudes*. The latitude of Kansas only allows for Vitamin D production in the months of April to October. The good news is your body can store unused Vitamin D collected from the sun during the spring and summer months and save it for the fall and winter, kind of like having an internal sun bank. To get Vitamin D from the sun you need only spend a few minutes in the sun preferably with your forearms exposed. A fair skinned person can get optimal amounts of vitamin D in approximately 3-5 minutes in the sun just a few days a week. Don’t forget though, too much sun exposure can be problematic. If you plan on staying out in the sun for more than 5-7 minutes be sure

to then apply sunscreen, put on protective layers of clothing, and as always, stay hydrated.

Other steps one can take include establishing an exercise regimen now, so you have one in place when winter arrives. Join in an already established group or start a group of your own that you can continue to meet with in the winter months to engage in conversation or life in the event you find yourself stuck in negative thinking.

At Brewster Place, we are so lucky to have a phenomenal resident services team who provide ample opportunities for combining many of the above mentioned techniques. For example, one could combine exercise, socialization, rumination avoidance and sunlight exposure by joining in the Stride to Thrive initiative and walking outside with Julie Schmanke. As with any new exercise program,

change of diet or addition of supplements, please consult with your primary care provider first.

Be it in the wintertime or any time, if you experience symptoms of depressed mood, anxiety, difficulty falling asleep or staying asleep, feelings of hopelessness or worthlessness, irrational guilt, inability to complete daily living tasks or thoughts of wanting your life to end, please consult your primary care provider or a clinical therapist to see about feeling better.

To develop a personalized vitality plan to assist in identifying how you can optimize the opportunities here at Brewster, optimize wellness, or if you have further questions on how to combat the winter woes, please call Jenny Lamb, Director of Community Wellness at 274-3395. ■

## Coming in June... Mother and Daughter Yoga Class (granddaughters, nieces and friends welcome too!)

**W**e're celebrating women at our special Saturday morning Yoga class! At this **Gentle Yoga** class we will use chairs, props and mats to focus on breath work, gentle poses, aromatherapy and visualizations that energize and calm us. Following the class we will enjoy light refreshments.

This is a great opportunity to share a healthy activity with a family member or friend that promotes health and wellbeing. Brewster's yoga teacher, Kelly Sundbye, will lead the class and has a few daughters that she's willing to share with any class member! There is no charge for the class so reserve your spot and look forward to sharing a relaxing hour with a special woman in your life! ■

**Gentle Yoga**  
**Saturday, June 10**  
**10:00 am | WWC**  
Class is limited to 24,  
so please call Cara at  
274-5050 to reserve  
your spot!

A few years ago, the City of Topeka started a program emphasizing a word of character each month. It was big news at the time, but now seems to have been forgotten. Last month, however, I saw a paper listing the “**2017 Character of Topeka Words.**” The word that had been chosen for May is **optimism**. The definition they used was “finding and emphasizing the positive.” This really got me thinking about how we view things around us. Are we enjoying what is happening around us? Do we take the time to find and emphasize the positive?

Often, when changes occur, or if something is “different” than before, many people look at these changes as being negative. For many of us, we look at the glass as half empty, even if we don’t mean to. I want to see the glass as half full—to be a part of the group that will positively fill that glass.

Many things are changing in Topeka, our state, around the country, and in the world. It is very easy to fall into a negative mood and let frus-

tration and fear of change take over. My goal is to embrace the Topeka Word of Character — **optimism**. I am going to find and emphasize the positive. And there are many positives, such as the hard work of a friend, the thanks and helpfulness of a neighbor, the joy of family, and the good in my community.

Brewster has some very exciting projects in the works. Some, that at times, have seemed overwhelming. I, however, am very excited for what is coming next. We are planning some positive improvements for our Brewster community. I am optimistic for all of the opportunities that these campus improvements will bring to our residents. I want to think about the positive. I want to embrace and emphasize the positive. Brewster has adopted some new words — “**Thrive, Bloom, Flourish.**” These are definitely words that encourage us to find and emphasize the positive. Perspective is important. With all of the wonderful things happening at Brewster, it shouldn’t be hard to look at our future with **optimism**. ■

## Mark Your Calendars!

Mark your calendars for Topeka Gives 2017 at Fairlawn Plaza Mall on June 6. This is an opportunity to make your charitable gifts go a little farther. Topeka Gives is a Topeka Community Foundation event, which provides “match” money for contributions made to many different non-profit organizations in our community. We will provide more information



in the June *Brewster News*.

Thankfully, tax time has passed for another year. This is a good time to start planning your charitable giving for this year. Planning ahead can make things easier for you. Be sure to check with your tax and financial advisors to see if you need to adjust your portfolio to be sure your money is working for you in the way that you want it to. And, as you are doing this, consider your charitable giving plans and options in order to create a lasting impact on the non-profit organizations that you care about. ■

### At the Movies!

Thursdays at 2:00 pm  
BPTV 1960

**May 4**  
“Collateral Beauty”  
(2016 romantic drama)

**May 11**  
“Mother’s Day”  
(2016 romantic comedy)

**May 18**  
No movie today due to parade!

**May 25**  
“Hidden Figures”  
(2016 period drama)



# Driving Safety for Senior Drivers

By Nick Bonfiglio, Security Manager



Recently I attended a Transportation and Safety Conference with the Kansas Highway Patrol, and one of the topics discussed was “Elderly Driving.” In addition, with the help of Jenny Lamb, Director of Community Wellness, I have researched warning signs of unsafe driving in seniors. It is always best to start preparing yourself in advance for the time you are no longer able to drive safely. Please consider alternate modes of transportation (Brewster services, taxis, Uber, or family members) **before** driving problems develop.

Below is a list of some changes that you should be aware of when you get behind the wheel of your vehicle. If you are experiencing any of these changes, it might be time to reconsider whether or not you should be driving—for your safety and others.

- 
- Difficulty recognizing or observing traffic signs and signals. You do not hear emergency sirens.
  - Everyone else seems to drive too fast or too slow. Others might think that you are driving at an inappropriate speed.
  - Experienced some close calls recently. For example, do you need more time to make driving decisions or do your decisions seem to be poor ones afterwards?
  - Do you misjudge gaps in traffic?
  - Do some cars seem to “come out of nowhere” and surprise you?
  - Do you get honked at more?
  - Have you had several moving violations in the last three years?
  - Experience physical difficulty when driving. For instance, do you have trouble moving your foot from the gas to the brake?
  - Do you have trouble turning to look over your shoulder?
  - Do you take medications that cause drowsiness, dizziness, seizures, or blackouts?
  - Become angry or confused when driving. For example, do intersections seem overwhelming with so much to watch for?
  - Do you forget how to drive to familiar places?
  - Feel exhausted after driving.
- 

Deciding to give up driving is a delicate subject. Most people do not want to have to face the loss of independence that having your own vehicle gives. It is a good idea to discuss these concerns and changes with your family and/or your physician.

There are many programs available for seniors who think they may be encountering driving changes. AAA of Kansas and AARP offer a great program at Stormont Vail. This class usually takes place quarterly. Brewster will provide free transportation to this program, when available. If we have enough residents and/or BrewsterConnect members wanting to participate, we could host a class at Brewster Place. If you have any questions, please don't hesitate to contact me at 274-3370. ■



## Reminder!

Please wear your pendants! You never know when you might need help. Thanks!

## Shopping Trips

- **Shopping at Walmart** | Mondays at 9:30 am  
We will now go to **Walmart** every Monday!
- **Aldi's** | Tuesday/Thursday \$5 bus route  
If you prefer Aldi's, it's now on the \$5 bus route.

# Age Out Loud! | Older Americans Month Events



create  
discuss  
engage  
explore  
learn  
strive  
to  
**THRIVE.**  
**BLOOM.**  
**FLOURISH.**

## Monday, May 15 | Brewster BLOOM Cards Distributed

What is a **Brewster BLOOM** card? It's our take on **BINGO!** Every resident will receive a **BLOOM** card with each square representing the five dimensions of vitality (wellness). You will choose the events described in each square to play **Brewster BLOOM (BINGO)**. Once you've completed a BLOOM, you will be entered to win prizes!

## Wednesday, May 17 | Resident Art Show | 10:00 am—3:00 pm | Main Lounge

What better time to show off all of your talents than during our Age Out Loud celebrations. As part of Older Americans Month we will have a **Resident Art Show** in the Main Lounge. Please contact Joline Kovarik, Arts and Crafts Coordinator, at 274-3317, if you would like to show your work. Entries can be any art work, stitching, painting, wood work that you have done in your lifetime. **All entries are due by Monday, May 15 at 5:00 pm.**

## Thursday, May 18 | Age Out Loud Parade and Ice Cream Bar | 1:30 pm | Campus

Who doesn't love a **parade**? We are organizing a campus-wide parade and encourage you and your neighbors to participate. **The theme is Age Out Loud.** If you'd rather just watch, that's great too! Entries will be judged by an esteemed panel of judges with prizes awarded. After the parade we will gather for an Ice Cream Sundae Bar — yep, create your own magnificent ice cream treat! If you would like to enter the parade, call Janis at 274-3389.

## Tuesday, May 23 | Spring Market | 10:00 am—1:00 pm | Main Lounge

Several vendors (like Brown's Shoe Fit and Avon) will be here for your shopping pleasure!

## Engaging in Life to Benefit Others | That Is Aging Out Loud!



**Above:** Judy McGinness and her husband, Gary, moved to Brewster Place last July. Being new hasn't stopped them from jumping right into volunteer opportunities such as Trash & Treasure Sales and the Brewster Bazaar. In this photo Judy was working on a greeting card that will be sold at the Bazaar in November.

**Below:** Joyce Davis not only serves on the Recycling Committee, but she also serves as a "friendly visitor" at Brewster Health Center visiting people who might need a listening ear, a laugh or just a smile.



**Above:** Phyllis McMahon and her husband, Tom, moved to Brewster Place in 2008. Phyllis has volunteered in numerous ways and most recently interviewed residents and wrote new resident profiles for the Brewster News. Phyllis also serves as our historian on Resident Council and provides us with interesting stories about our history.



## Birthdays

Donna Crawford	3
Benny Meyer	3
Lonna Reinecke	3
Marjorie Adams	6
Edward Alexander	6
Jean Rader	7
Mary Lear	8
Twink Lynch	8
Terrie Salley	11
Mildred Knoblock	13
Keith Akins	14
Mary Kasiska	14
Dick Crawford	15
John Reinecke	15
Ruth Wieland	18
Ruth Lawson	20
Laurita Dinkel	21
Mary Muilenburg	22
Gary Stroud	22
Bob Payne	23
Maurice Minihan	24
John Adams	25
Jo Bonjour	26
Dee Crawford	26
Pat Gehr	26
Mary Lou Mitchell	27

## Anniversaries

Don and Patricia Finson	5/04/1957
Bill and Lola Thornton	5/25/1947
David and Rose Fritz	5/26/1955
Gary and Phyllis Stroud	5/26/1956

## New Residents

Glenda Sleeper	BE 233
Marty Edwards	MB 201

## Transfers

Ruth Lawson	BHC
Margaret Marcell	BHC
Elmer and Doris Davis	BHC
Betty Geiser	BHC
Janet Bair-Rost	AL
Clifford and Alice Hurst	MB

## Staff Anniversaries

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

<b>Department</b>	<b>Location</b>	<b>Years</b>
<b><u>Dining Services</u></b>		
Deborah Dubois	MB	1
Amy Cosey	MB	1
<b><u>Environmental Services</u></b>		
Bob Coats	Campus	32
<b><u>Health Services</u></b>		
Whitney Duncan	BHC	3
Edith Karani	BHC	6
Tina White	BHC	18
Tashanna Banks	BHC	2
Kristen Shook	BHC	1
Jayna Smith	BHC	1
Paulette McNeal	AL	1
Amy Metzger	AL	13
James Moore	AL	3
Angie Gillaspie	AL	17
Danielle Johnson	AL	2
Connie Havens	HH	5
<b><u>Rehab</u></b>		
Kendra Claiborne	Rehab	2
Sandra Kelley	Rehab	1
<b><u>Security/Transportation</u></b>		
Mark Deckenbach	Campus	1
Darrell Vaughn	MB	2
<b><u>Therapy</u></b>		
Valerie Huss	BHC	2

## In Memoriam

Mrs. Rosemary Bradbury 4-22-17

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](http://www.BrewsterLiving.org)**

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