

From the Desk of Joe Ewert

PRESIDENT AND CEO

We are a little more than a month past the first day of spring, and I am fully enjoying the beautiful weather we are experiencing. If you are feeling cooped up, I highly recommend a walk around campus. We are so lucky to have such a large campus which makes it easy to maintain a distance from others outside. A walk can be a welcome relief from the tenor of the news we see on television and feelings of isolation.

Last week I received many questions from families regarding our current status related to coronavirus interventions. At present, we continue to encourage all residents, staff, and family to practice social distancing and other components of the county and statewide stay at home order. As a reminder, Brewster continues to be closed to visitors. We have worked diligently to reduce the number of individuals that enter any particular building on campus. Residents are free to venture outdoors, visit family outdoors or off campus, and conduct necessary business, but we do ask family and visitors not enter any of the buildings out of respect for other residents in that building.

Each day I continue to watch the trajectory of new coronavirus cases in Shawnee County and across the state, hospitalizations, and recoveries looking for signs that the virus may be running its course. As I write this article on April 27, the total cases continue to rise in Kansas. The state added new cases last week at a higher rate than we've seen to date. It appears, however, that the spike in new cases is attributed to clusters of the virus spreading rapidly within close spaces. This pattern is not uniform across the state. In Shawnee County for instance, the average number of new cases per day was the lowest we've seen since March. Shawnee County averaged 1.4 new cases per day between April 18 and April 24. This disparate experience will make Governor Kelly's decision on the current stay at home order a difficult one to make.

Brewster will continue its interventions beyond the statewide and county orders. Brewster Health Center has federally mandated interventions that require federal action to reverse. My guess is those will not be lifted for some time after general activity within the states has resumed. Fortunately, we have more flexibility for independent living, however, we will be cautious in our approach to reopen

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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.



And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness love. 2 Peter 1:5-7

Patience is one of those attributes that you cannot learn by reading about it. It's a quality that can only be acquired by persistent, enduring, practice – and for me; it's an exercise that I go over, and over, and over again!

The original Webster's dictionary offers this definition of patience: "the suffering of afflictions, pain, toil, calamity, provocation or other evil, with a calm, unruffled temper; endurance without murmuring or fretfulness, from a kind of heroic pride, or from a Christian submission to the divine will."

While reading this definition, two things really struck me. First, "endurance without murmuring." I don't know about you, but I am getting frustrated in having to be isolated from my family, friends, and from you. I can't wait until the restrictions are lifted and we can be around people again. But then I think, I don't want the restrictions lifted too early where it makes the situation even worse than it is now. I need to have patience through this pandemic.

The second thing that really hit me was, "a Christian submission to the divine will." We have been placed in a difficult situation, forced to deal with isolation and being with our family and friends. These circumstances are an opportunity to grow in patience, to learn to do things in new ways, and to learn how to use technology to stay in contact with others. It is a time when we can minister to others in some special or unique way; we can write letters the old fashion way, send a care package, or call up someone and give them a word of encouragement through this difficult time.

Is your patience being tested today? Great! Remember, love is (first of all) patient. Love is patient, love is kind 1 Corinthians 13:4. The Lord is training us toward godliness — and godliness is moving toward perfect love. With so much work to be done, God wants to work this quality into our character – to perfect our love, and with it to transform the world around us for God's glory! ■

A Gift of Appreciation and Gratitude

Dear Friends at Brewster Place,

I don't know about you, but I find myself very glad that I am living at Brewster Place during this time. I feel pretty safe in my apartment and appreciate that the Brewster staff will go out and get my groceries, and deliver meals, while always maintaining a smile and positive attitude.

I truly appreciate the staff and worry about them, and how they and their families are coping with this crisis.

I have written a check to the Brewster Foundation to show my gratitude and to help in some way with this whole situation. I would like to ask others to consider making a donation to Brewster at this time. It is a great way to show appreciation for all that the staff does for us.

— Brewster Resident

WELLNESS AND RESIDENT SERVICES

Grant Yourself Some Grace SERENA KENT, LMSW, DIRECTOR

All of us are faced with daily uncertainty about how long the COVID-19 situation will last and where it will take us, both individually and collectively. Our lives have been stripped down and we need to be very intentional about protecting our mental health. I want to share five practices to help guard your heart and mind during this time.

Be Good to Your Body

Mental health starts with physical wellness. Growing research supports our intuitive understanding that the mind and body are intimately connected. Make sleep a priority, move every day, and eat well.

Follow a Schedule

Spend time in the sunlight to help establish a healthy circadian rhythm, go to bed and get up at the same time every day, eat your meals and exercise at a consistent time, bath regularly, work on projects at dedicated times throughout the day.

Be Kind to Your Mind

Your thoughts are powerful. You don't have to believe everything your thoughts tell you. Direct your attention and reframe the problem; we can dwell on struggles or on

opportunities to love each other through this time. Practice gratitude, appreciate what we still have: people who love you, a home, food, and your health.

Find Moments of Stillness

Set aside time to regularly release nervous energy, draw some deep breathes, unplug from technology, get outside.

Share Love

Reach out to your family/friends/faith community through social media and phone calls. Remember to let those around us know how much they are loved and appreciated.

More than anything else, grant yourself some grace. This is a difficult and stressful time as you adapt to a completely new situation. There's no need to aim for perfection in how you manage your mental health—you're going to feel anxious and off balance at times as you find your equilibrium, and lose it, and then find it again. You're doing the best you can, and that's enough. ■

(portions borrowed from: https://blogs.webmd.com/mentalhealth/20200320/5-ways-to-guard-your-mental-health-during-the-covid19_outbreak)

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campus. I still plan a gradual reopening of the various campus spaces, group activities, and entrance of visitors as I discussed at our recent Cup of Joe video.

Please rest assured that we continue to actively screen and send team members displaying signs or symptoms of illness to the doctor for COVID-19 testing, and we are actively quarantining others who may not qualify for testing. If you call any staff member for assistance and you do not get an immediate response, please leave a message so that staff member can call you back. You may also call Maxine at 274-3374 or Jacy at 274-5050. Someone will get back with you.

In other news, completion of the cultural arts center has been pushed back 30 days due to moving forward with the design of the connector as the Veterans Hall of Honor. We are now planning on a July 30 completion date. It is fun to see the spaces coming together. There are so many opportunities for fun and enriching activities. I am excited for all of you to see it and to begin enjoying the new space.

Thank you for all your generosity and grace during this difficult time. I am very much looking forward to seeing all of you as soon as we can gather together again. ■

at the **KITCHEN TABLE**

Since the pandemic began, everyone seems to be including cooking and baking into their daily routine. Even those at Brewster who live alone may be spending more time in the kitchen. Residents at the Cottonwood Villas have started to cook more and because of food shortages at the stores, they are trying new and easy comfort food recipes — including lots of soups!

Villa resident Sharon Aderman has written a food column for many years for a local paper back east. She is now collaborating with private cook and companion Kathie Taylor to provide us with simple recipes of comfort food you can make with items you have in your kitchen. Look for food news each month as you read the Brewster News. "Comments with Kathie" and "Ponder and Stir with Sharon" will be a new feature.

It is around the table that family and friends perceive best the warmth and comfort that comes with just being together.

Ponder & Stir with Sharon **Dream Coffee Cake**

1 (18 oz) yellow cake mix
1 cup vegetable oil
4 eggs
1 cup sour cream (if you don't have sour cream, just use milk with 1 tablespoon of vinegar) Beat thoroughly.

Topping

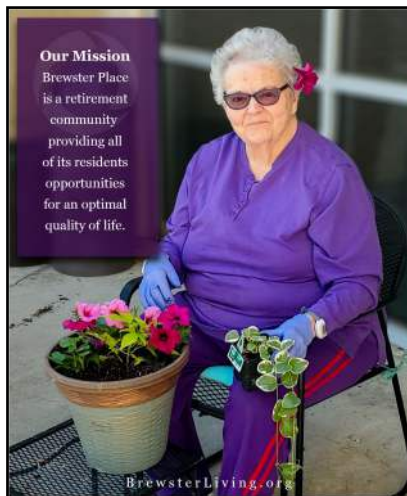
2 tsp cinnamon
3/4 cup sugar
1 and 1/2 cups finely chopped nuts (pecans are my favorite) Mix sugar, cinnamon and nuts.

Pre-heat oven to 350 degrees

Pour into a greased pan and cover with topping mixture. Bake in a 9" by 13" pan for 40 minutes until toothpick comes out clean. **Hint:** You can use two 8" pans — one to keep and one to share.

Cake is good with a cup of coffee or you can use it as dessert with whipped cream and fruit. ■

LIFE DOESN'T STOP BECAUSE OF A LITTLE RAIN



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is a retirement
community
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BrewsterLiving.org



Residents around the Brewster campus have enjoyed getting outside during this time of distancing and isolation. The rain might bring a few weeds and feelings of worry and sadness, but the sun will always shine to deliver color, life and hope to all of us. We will get through this!

Pictured (left to right): Barbara Davis, Jo Bonjour and Bart Ramsey

This edition of the Brewster News is shortened due to circumstances surrounding the COVID-19 pandemic. We hope to have a full issue in June! Updates can be found on our Facebook page.

BrewsterLiving.org