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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



The Brewster Health Center
is accredited by
The Joint Commission.

Making a Difference While Meeting Needs

Although it was 50 years ago when Brewster Place first opened its doors, we shouldn't forget the years of planning and hard work that it took by members of our founding churches to make it happen. The Congregational Home organization was incorporated six years before in 1958. It took four years of planning, organizing, and fundraising before they were ready to break ground. So Brewster's history goes back much more than 50 years. Those pastors and lay leaders of our four founding churches saw a need, developed solutions, and then worked for years to make their vision reality.

It all started with seeing a need. Our founders' vision was never to build a retirement community. That was just the path they chose to meet the needs they saw in our community at that time. Our mission, then and now, is to meet needs rather than to provide services, a distinction that is fundamental to everything we do. That's the Brewster difference.



go into the
world and do
well.
but more
importantly,
go into the
world and do
good.

-Dr. Minor Myers, Jr.

We've always been a different sort of nonprofit. We aspire to "do good and do well" — to make a difference in the lives of those we serve and to be fiscally responsible. We believe that takes the compassion of a big heart combined with a tough-minded determination.

Needs are ever changing, and we must be able to respond to those changing needs. And while that can create some unknowns, we strive to accept uncertainty as opportunity and to be entrepreneurial in the spirit of continuous quality improvement.

We are an organization doing our best to meet the needs of the greatest generation as well as their baby boomer children. We want to have an excellent continuing care retirement community and serve those that don't choose to move in with us. We also strive to meet the needs of our employees, our partners, our donors and the greater community beyond as well.

It's not "either-or" — it's not *either* we have strong balance sheets *or* we take care of the very vulnerable; it's not *either* we have strong brands and effective marketing *or* we open new services for the underserved; it's not *either* we

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Getting to Know Our Residents | by Kevin Doel, Director of Marketing

Nadine Yenkey, who has lived in Topeka nearly her entire life, finally reached the point in her life where she wanted some extra services and help while maintaining her independent lifestyle. After shopping around town for the best retirement community, she settled on Brewster Place and moved into her Main Building apartment in February.



To say Nadine was born and raised in Topeka wouldn't be entirely accurate. She was born en route to Topeka. Her parents were racing to Stormont-Vail from their home in Maple Hill, but Nadine was too anxious to get her life started and they didn't quite make it to the hospital.

Five years later, the family moved to Topeka when her father was drafted to serve in World War II. They had family in Topeka; in fact, her great grandparents owned most of the land which is now

Topeka Country Club. While growing up in Topeka, she has many fond memories of spending time with her grandparents.

After graduating from Topeka High School, she went to work for the Kansas Department of Revenue as a secretary. She worked there for 38 years before retiring.

Much of her spare time was spent volunteering and ministering to teenagers. For 20 years, she operated an evening care center at Countryside United Methodist Church which provided activities for 20 disabled youth on Wednesday nights. She also served as a district representative for all of the area United Methodist churches to help them with their youth ministries. She is enjoying her new Brewster Place home and the friendships she has made.

"Brewster Place offers me the freedom and independence to do the things I want to do," she said. ■

Nadine Yenkey

1205 SW 29th St., Apt. 401

Ph. 272-7395

On the Move | It's Never Too Late!

There are opportunities for Brewster seniors who would like to have fun and compete. The Sunflower State Games are held each year in July and the Kansas Senior Olympics are held in September. Several venues for activities during the rest of the year are at community centers as well as at some churches.



A badminton group meets at First Baptist Church on Mondays and Fridays from 5:30—8:30 pm. They welcome all ages. Brewster East resident Benny Meyer is one of those who started this group and he enjoys the fellowship and the competitive exercise.

Benny recently participated in these games and won five gold medals and one silver in badminton as well as being presented the "Kansas Senior Athlete of the Year" award. So you see, it's not too late for seniors to pick a sport or activity and get moving! ■

Veterans Day Photos

Don't forget to submit your military photo to Janis Swanson, Communications Coordinator, in the DocADuck Resource Center by Friday, November 7. Photos will be scanned and returned to you. Photos will be shown on BPTV 23 the week of Veterans Day — November 10—16. This is open to residents and staff. If your spouse served in the military and is deceased, you may still submit a photo. Thank you veterans! ■

Bptv 23

Getting to Know Our Residents | by Kevin Doel, Director of Marketing

Betty Gilbert was born on June 9, 1922 in Atchison County, Kansas on a farm between Atchison and Effingham. She learned early on that the circumstances of real-world living can upend even the best laid plans. As a young girl, Betty knew what she was going to do — go to Mayo and learn how to be a nurse. Yet when her father died when she was only 15 years old, she realized that she'd have to help provide for the family. At the age of 17, Betty began her career as a school teacher.



Betty first taught in a rural one-room schoolhouse west of Effingham. She taught all grades through 8th grade and recalls during the cold winter months they'd circle their desks around the stove to stay warm. She still has one of those desks from her school which she keeps in her apartment.

No stranger to tragedy in her early years, Betty not only had to deal with her father's death but her only brother Billy was serving on the USS Arizona when it was attacked in Pearl Harbor on December 7, 1941 — one of 1,177 officers and crewmen who died in the attack.

A much happier event also took place in that year for Betty — she married Raymond "Dale" Gil-

bert who she had first met while they were students at Atchison County Community High School. Betty was the lead in the Senior Play when they began dating, and she recalls he'd give her rides home after rehearsals (when otherwise she would have to walk). She and Dale, who worked as a truck driver, were happily married for 42 years until his passing.

Following the war, Betty and Dale moved to Topeka where she continued her teaching career which spanned four decades. She taught at several elementary schools in the Topeka Public School District, including Avondale, Avondale East, Crestview Elementary and State Street Elementary.

Betty and Dale raised their children in their Topeka home. Their son, Gary, owned five Midas Muffler locations and their daughter, Pat, had a career in State government. Between them, they provided Betty with five grandchildren and three great-grandchildren.

After Dale's death, Betty built a country home in the Shawnee Heights area where she lived and created new memories for 30 years. This year, though, Betty decided to simplify her life with an apartment home in Brewster East. She still enjoys her hobbies of history and genealogy (she has written books on the family histories of both sides of her family), and hopes to reignite her artistic talents by taking art classes at Brewster Place. ■

Betty Gilbert

900 SW 31st St., Apt. 123
Ph. 379-0821

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take care of our buildings *or* we focus on unmet needs in our communities.

Rather, as a strong, values-driven, not-for-profit provider of senior services, we seek to lead. It's up to us to be innovative in service delivery, engage our community in new and different ways, form strong partnerships with other non-profits that share our values, rally volunteers and members of the faith community to serve in new and different ways, and partner and collaborate for real solutions — not just

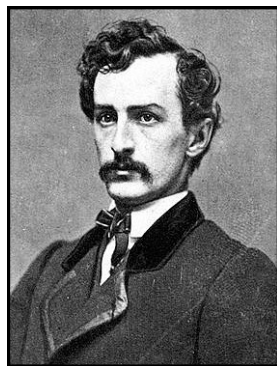
for those who can afford our services or have the right insurance card, but for all those whose current needs, not the business models of the past, should define our relationship with them.

This unique combination of anticipating and meeting needs in an innovative way is a big part of who we are at Brewster. Meeting needs is the beginning — and the end. ■

Presidential Assassinations:

Men and Women Driven to Kill

Wednesdays, November 5, 12 and 19
2:00—4:00 pm KAC



John Wilkes Booth and Lee Harvey Oswald are notorious for their assassinations, but who were Charles Guiteau and Leon Czolgosz, and why did they murder Presidents Garfield and McKinley? There have been 28 documented assassination attempts on 22 sitting or former presidents or presi-

dents-elect. In Milwaukee, Teddy Roosevelt was shot in the chest, but finished his campaign speech. In Miami, Guiseppe Zangara fired five shots at FDR, but killed Chicago Mayor Anton Cermak. And there have been four known plots to kill President Obama. We'll uncover them all and closely examine the men...and women...who killed (or tried to kill) the president of the United States.

Instructor

Jim Peters, J.D., is Director of the Osher Lifelong Learning Institute at KU, and author of *Arlington National Cemetery: Shrine to America's Heroes*. ■

lifelong learning!

Brewster at Home to Change Name — BrewsterConnect

By Eileen McGivern, BSN, RN
Director of Strategic Community Initiatives

We are happy to announce an exciting change that will take place on December 1, 2014.

Brewster at Home is getting a new name — BrewsterConnect! This change will in no way change our mission to support seniors with their desire to “Age in Place.” Brewster at Home members will not see any change to their membership or benefits.

Why change names? We believe the name BrewsterConnect more closely reflects what we do for seniors — connecting members to Brewster Place for health and wellness programs, activities and socialization; connection to transportation services from home to the Brewster Place campus and the community; connection to technology to remain safe in one’s home and to remote caregivers; and connection to our Preferred Vendor Network for services .

Over the years we have heard objections to joining Brewster at Home because of the perception that we only provide “at home nursing care or home health care.” Potential members state they do not yet need those services. By waiting to join when nursing services are needed, prospective members miss out on all the enjoyable social connections, health and wellness offerings to stay active, and services such as lawn care, snow removal, home remodeling for seniors and so much more! We are excited to “re-brand” Brewster at Home with the hope to serve more seniors. If you have any questions, please call 274-3303 or email EileenM@BrewsterLiving.org. ■

LeadingAge Kansas Awards Edith L. Stunkel Award to Brewster

We are pleased to announce that Brewster is the recipient of the 2014 Edith L. Stunkel Workforce Award. It was presented at the 2014 LeadingAge Kansas Conference in Manhattan. Over the past two and a half years Brewster’s HR (Human Resources) Advisory Committee has worked to improve retention and employee satisfaction. The Committee consists of staff from different departments on campus. Ideas from the

committee were suggested to the management team who implemented ideas that were deemed best.

Previously called *Excellence in Human Resources*, the Edith L. Stunkel Workforce Excellence Award is presented in honor of the late Edith L. Stunkel who served LeadingAge Kansas members by encouraging and promoting exceptional practices in workforce excel-

lence. It is presented to a LeadingAge Kansas member that implements innovative programs designed to support the individual advancement, education and well-being of employees. This could include a human resources practice. Successful candidates will demonstrate exceptional practices working towards creating a well trained and stable workforce who are committed to your organization and aging services. ■

From the Chaplain

by Chaplain Roger Jackson, M.Div.

Coping with Grief

Have you experienced a loss recently? Perhaps you've lost a loved one, a friend, a pet, your driving privileges, or your home of 50 years. Whatever the loss, it is important to cope with it. Oftentimes, we try to deal with our loss alone because we don't want people to know we can't get over it and move on. Actually, it is impossible to just "get over it." But, you can begin the process of healing and learning how to cope.

Elisabeth Kubler-Ross identified the five stages of grief, especially associating the stages with death and dying. Working through the five stages can also be useful for other types of losses that we experience. The five stages are as follows:

1. Denial and Isolation
2. Anger
3. Bargaining
4. Depression
5. Acceptance

It is important to note that each person goes through the stages differently. It is not like walking up a flight of stairs, stage one, stage two, and up to stage five. You may begin in the denial stage but then skip to the depression stage. Or you may begin in the anger stage, go to bargaining stage, then to denial stage, and back to the anger stage. Each stage is important, though, as you walk through the process of healing.

Also, if faith is important to you, it is important for you to surround yourself with people that understand and support

your religious beliefs. God can give you the strength you need. Remember Paul's words from Philippians 4:13, "I can do all things through him who strengthens me."

You also may have lots of questions. You may even feel angry with God. You may feel abandoned and all alone. These feelings are normal, and they can help guide the grieving process. In times of grief, I often reflect on the poem, "Footprints in the Sand" (author unknown). "The

times when you have seen only one set of footprints it is then that I carried you!"

When we are going through the grieving process, it is a time that we need Jesus to carry us through.

If you have experienced a loss in your life, whatever that might be, you are invited to attend the **Grief Support Group beginning on Wednesday, December 3**. Please see details below. ■



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

Wednesday, December 3 (first meeting)

3:00—4:00 pm

Monarch Living Room (Assisted Living)

The group will meet the first and third Wednesdays each month.

Facilitator: Chaplain Roger Jackson, M. Div.

From the Brewster Diversity Team



World Kindness Day is Thursday, November 13

and the Brewster Diversity Team would like to celebrate it in a unique way. On Monday, November 10 we will have trees at Brewster Health Center, Brewster East and the Main Building. Leaves will be available for residents and staff to write the name (s) of those in your life journey who taught you to be kind or to honor those who have done a good deed. Kindness matters and we want you to share how kindness

matters to you. ■

For Your Wellness | National Diabetes Month

By Eileen McGivern, BSN, RN, Director of Strategic Community Initiatives

November is National Diabetes Awareness Month. We are certain everyone can think of someone whose life has been touched by diabetes. Diabetes is a metabolic disease known for high levels of glucose over a period of time. The blood glucose levels are high because the pancreas is not producing adequate insulin or the cells in our bodies are not properly responding to the amount of insulin that is produced. The three common types of diabetes are Type I, Type 2 and Gestational Diabetes.

Type 1 diabetes results from the pancreas failing to produce enough insulin. This type is often called insulin dependent or juvenile diabetes. The cause is unknown but often diabetes runs in families, lending thought to genetics. Infections and environmental toxins are often suspect. A definitive cause is unknown and is subject of ongoing research.

Type 2 diabetes often begins with an “insulin resistance” or our body’s cells inability to respond and use insulin efficiently. As the disease progresses, the amount of insulin produced may decrease. This type of diabetes is often called non-insulin dependent or adult onset. The primary cause is excessive body weight and lack of exercise.

Gestational diabetes is the third form and occurs during pregnancy. In this type, women who have had no previous history of diabetes, develop high glu-

cose levels. Often, the blood sugars will return to normal after the delivery of the baby.

Prevention and treatment involves a healthy diet, exercise and maintaining a normal body weight. Diabetics must carefully monitor their blood sugar and for those with Type 1, manage insulin injections. Type 2 diabetics may be able to exercise and diet to decrease blood levels. Oral diabetic agents are also prescribed.

Monitoring of blood pressure and foot care for diabetics is important.

Diabetes is a global emergency as it is estimated that in 2013 there are 382 million people with diabetes. Type 2 diabetes is almost 90% of that number. Women and men are equally affected. The economic costs of diabetes globally in 2013 was estimated at \$548 billion. It is the 8th leading cause of death in the world.

What can we do this month to increase our awareness? Healthy diets are key as well as exercise which lowers blood sugar levels. Talk to your doctor and partner with him to form a plan to manage your weight. Prevention is possible with Type 2 diabetes with lifestyle changes. Reading about this disease and talking with your doctor increases your awareness of this. Knowledge is power. ■



Russell Parks Named Brewster Health Center Administrator



Russell Parks has been named Administrator of Brewster Health Center. Russell has been an administrator for almost six years and is licensed in both Kansas and Missouri. For the past three and a half years he has served as the administrator for a home in Missouri. He also served as a Board Member for the Missouri Coalition Celebrating Care Continuum Change – an organization dedicated to helping educate and advocate for person-centered care. Russell grew up in western Kansas and received his BS in Business Communications from

Fort Hays State University. He currently lives in Roeland Park, Kansas which is a suburb of Kansas City. His wife Jaime works as an Audiologist in Leawood, Kansas. They have been married for six years. Their only child is a nine year old black lab mix, and in their spare time the Parks enjoy spending time together, running and living a healthy lifestyle — and rooting for the Royals and Jayhawks!

Wellness
WEDNESDAY

Meet and Greet
Russell Parks, LNHA
BHC Administrator
Wednesday, November 5
11:00 am
Main Lounge

Come meet Russell and enjoy some healthy autumn treats as well. Welcome Russ!

Therapy Dolls Bring Comfort, Solace and Companionship

Brewster Foundation received a very generous donation from Val Jahnke in memory of her mother, Bett Barker. Val donated four therapy dolls to be used in the Brewster Health Center. Bett’s



experience with a therapy doll began by happenstance. Val explained that, as they were moving her mother into Meadowlark, she had a short stay in the Sunflower unit. Bett was very disoriented by the move, but when she saw another patient with a therapy doll, she immediately went to the doll and picked it up. The doll quickly calmed her and became hers. She talked to it, showed it affection, and cared for it. Val adopted several other therapy dolls following this experience, and it became a way that she and her mother communicated. While her mother wasn’t able to talk about the weather or other day to day things, she was able to talk about the dolls with her daughter.

Therapy dolls are very lifelike and each one is made individually with different physical traits. Val went on to adopt a total of six dolls – two of which she has donated to the Alzheimer’s Association for training purposes.

Research has shown that men and women, in the middle to late stages of Alzheimer’s disease, have found comfort and companionship from therapy dolls. These adults received the benefits of sensory stimulation and purposeful activity from the dolls. Behavioral improvements were noted and included a reduction in aggression and agitation. Alzheimer’s patients usually forget recent memories first, so caring for these lifelike dolls takes them back to a happier time in their lives – memories of raising their own children.

The four therapy dolls have been placed in the Memory Care Unit for residents to become acquainted with. Val continues to volunteer in this unit and will be an important resource as to how therapy dolls can be used to benefit our residents. ■

Edith Lessenden Chandler Recital Series

On Saturday, October 11, the Edith Lessenden Chandler Recital Series presented International pianist, Jeongwon Ham, in recital for the pleasure of our residents. Approximately sixty people were in attendance to enjoy her performance. The hour long recital was a relaxing way to spend the afternoon. Dr. Ham gave short introductions as to why she played each piece, or shared a story as to the origins of the piece played.

The Edith Lessenden Chandler Recital Series will continue in the Spring with a recital performance by Eva del Carmen Medina Amezcua on Sunday, April 26, 2015 at 3:00 p.m. Eva del Carmen Medina Amezcua is recognized throughout Mexico and Latin America as the foremost interpreter of the piano music of Mexican composer Manuel M. Ponce. More information about this event will be provided as the date nears.



At the Movies
BPTV 23
Thursdays
2:00 pm

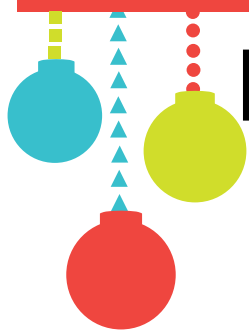
November 6
 “Words and Pictures” (2013 romantic comedy)

November 13
 “Kelly’s Heroes” (1970 classic war story)

November 20
 “Hateship Loveship” (2013 indie drama)

November 27
 No movie today.

Brewster Place Annual Holiday Charity



BAZAAR

Friday, November 14
9:00 am—3:00 pm
Saturday, November 15
9:00 am—2:00 pm
Main Building
Klinge Activity Center

The Annual Brewster Place Holiday Charity Bazaar is a Topeka tradition. All items are handmade by Brewster Place residents. The Brewster elves work all year long to make this event happen. All proceeds benefit Topeka charitable organizations such as Marian Clinic, Topeka Rescue Mission, Salvation Army, Doorstep, Meals on Wheels and Let's Help. We also have a Bake Sale on Saturday, a Quilt Drawing and Door Prizes. Come do your holiday shopping with us!

- ◆ Raggedy Ann dolls
- ◆ American Girl doll clothes
- ◆ Snowman kits
- ◆ Beautiful painted items
- ◆ Knitted hats, scarves and house slippers
- ◆ Table runners
- ◆ Floral arrangements
- ◆ Decorated sweat shirts
- ◆ Baby blankets and bibs
- ◆ Kitchen pot holders
- ◆ Towels
- ◆ Hand stitched tea towels
- ◆ And much more!



Also in November...
Quilt Show and Reception

Quilt Show Opening Reception
Monday, November 3
3:00 pm
Main Building
Trueblood Resident Art Gallery

Come view quilts made by Brewster Place residents. The Quilt Show will run through November and you are welcome to visit any time.

Parades and Parties!



Above: Brewster at Home member, Melba Banion, was part of the "Brawny Brewster Lumberjacks" in the Fall Parade. They did a dance to the song, "Timber!" The group was led by Wellness Specialist, Julie Schmanke.



Left: Daisy and Bill Douthett joined over 120 others at the "Wine, Cheese & Chocolate Celebration." This was our last event in our year of celebrating Brewster's 50th anniversary. What a great year we've had and we look forward to many more!

Right: Longtime Brewster Place resident, Sarah Murrell, had a great time at the Fall Parade even though it was a bit chilly and windy. At least it didn't rain on our parade and a great time was had by all!



Resident Birthdays

Mary Fallon	1
Carol Ann Garrett	1
Hilda Lundgren	1
Joan Briman	2
Paul Beck	3
Robert Knight	4
Al Acker	5
Gloria Barron	5
Jean Warner	6
Char King	8
Julie Reeves	8
Don Manley	9
Dorothy Fager	10
Ruth Rockhold	12
Marilyn Stanton	14
Diana Siegal	16
Rosemary Stover	16
Imogene Quinlan	17
Maurice Trower	17
Joyce Davis	18
Darlene Morrow	18
Judy Reed	18
Helen Weston	20
Susan Anderson	21
Marcella Montgomery	22
Barbara Thiele	23
Gilbert Singleton	27
Charles Martin	28
Barbara Wydman	28
Dorothy Slemmons	29
Lila Rice	30

Anniversaries

Lew and Mary Mills	11-14-04
Bud and Charlotte Burris	11-17-73
Merlin and Beverly Johnson	11-18-89
Nolan and Jean McKenzie	11-27-93

New Residents

Gene Foltz	BE 107
Bill and Dorothy Funk	BE 202
Jean Kesler	BE 102
Ron Brunsvold	MB 416

Transfers

Virginia Skinner	BHC
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Staff Anniversaries

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

Department	Location	Years
<u>CCTP</u>		
Kathleen Wright	Community	2
<u>Dining Services</u>		
Crystal Lemmen	MB	1
<u>Environmental Services</u>		
Marielena Munoz	BSW	1
Gary Boutz	BHC	4
<u>Health Services Administration</u>		
Margaret King	BHC	3
<u>Health Services</u>		
Kathy Hosey	BHC	10
Judy Wallace	BHC	2
Aubrey Meier	BHC	1
Kayla Smith	BHC	1
Roanne Ditty	BHC	2
Tonia Thacher	BHC	2
Eleyne Drapeaux	HH	6
Kay Uhlich	HH	14
<u>Rehab</u>		
Shavonne Bennett	Rehab	3
Babbette Gomez	Rehab	3
Kelly Malay	Rehab	3
Sadie Pojar	Rehab	3
Crystal Quast	Rehab	3
Layla Sullivan	Rehab	3
<u>Security/Transportation</u>		
Martina Adams	MB	4
<u>Therapy</u>		
Sherry Geisler	BHC	4
Bailey Krogman	BHC	1

In Memoriam

Mrs. Thelma Robinson	9-27-14
Mr. Charles "Chuck" Henson	10-3-14
Mrs. Erma Anderson	10-10-14

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