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Our Mission

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

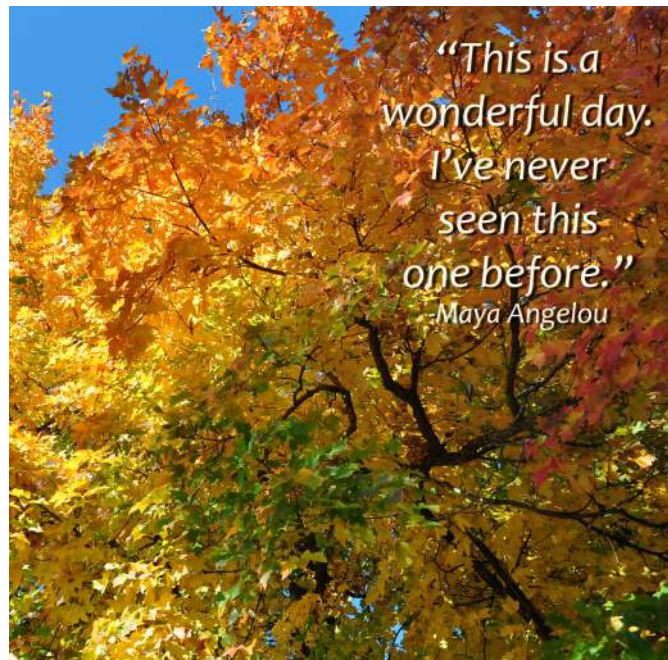


The Brewster Health Center is accredited by The Joint Commission.

Living and Working in Community Speaking the Language of Gratitude

The holidays are approaching. There is much to look forward to including fine food, family gatherings and giving thanks for what we have been given. For many, the holidays are full of joy and mark another passage through one year and as a preamble to the next. It is a sad reality, however, that the busyness of the season can many times overshadow our sense of joy and thankfulness. For some, the holiday season is a difficult time, full of memories of days gone by and people who are no longer sitting at the dinner table. **Gratitude** might be the last thing we feel or want to express to others, yet gratitude might be just what we need.

Gratitude is something that each of us, no matter our circumstance, should practice every day. Gratitude enhances our lives in important ways. Research tells us that “people who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for, experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.”
(happify.com)



“This is a wonderful day.
I've never seen this one before.”
-Maya Angelou

At Brewster Place we live in community. We have a common union because of where we live, work and volunteer. We have many members — each with a different role to play — but each as important as the next. We depend on each other for friendship, activity, support, laughter, caregiving, conversation and companionship. We share in each other's joys and burdens.

As a community we also depend on each other for gratitude. Just as much as a negative or unkind word can ruin our day, a positive expression of gratitude can ripple from one person to the next and create a stronger community. So how do we practice gratitude? How can we fo-

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The Main Street renovation project on the lower level of Assisted Living is coming along nicely. We have experienced a few growing pains in attempting to recreate the existing area into the architect's plan, but we have overcome most of the hurdles and things are moving ahead smoothly.

If you had not heard, we are about a month behind our planned schedule. This means we should be completed with Phase 1 — the Chapel and the Social Area — by December 1. We will then move on to Phase 2 by rearranging our temporary walls and begin the process of remodeling for the new bank location and larger market. Phase 2 should be complete by the first of the year.



The new Chapel will feature the stained glass windows from the current Chapel and a stone façade behind the podium area. We will have a television at the back of the Chapel for more intimate groups to use when conducting Bible Studies. In addition, an overhead projector and screen will be installed that will be viewable from the front of the Chapel. The new sound system will incorporate the T-coil hearing loop for better quality audio enjoyment. Seating will include the pews from the current Chapel as well as new chairs with arms. We will have seating for approximately 80 people in the Chapel.



The newly constructed social area will have varied seating and tables to create the atmosphere of a lounge/sports bar. There will also be Wi-Fi hotspots located here so visitors can get good reception for mobile devices as well as laptop computers and tablets. There will be four televisions located in this area for your viewing enjoyment. This will be a wonderful location for informal social gatherings to enjoy refreshments while watching your favorite team. This area is highlighted by large windows that will allow for wonderful natural light and a beautiful view of the manicured patio area outside. The shaded patio will feature tables and chairs, a fountain, and easy access to and from the southwest side of campus and the market and social area. ■



Architect's Renderings

Please note these images are renderings and are not exact as to some color samples and style of furniture.

Top: This view shows the layout of the new Chapel.

The stained glass windows will come from the existing Chapel. The Chapel will have a mix of pews and chairs with a stone façade in the front.

Middle: The image shows the new social area (new construction adjacent to new Chapel and across from new Market).

Bottom: The view looking from the hallway into the new social area. Warm and inviting!

Thinkers Who Changed the United States

Wednesdays, November 4, 11 and 18

2:00—4:00 pm

KAC, BHC FLR and MB FR respectively

(Please note locations each week)

Building on his original presentation about thinkers who challenged us in the modern world, John Mack returns to discuss important American thinkers who helped shape the social, cultural, economic and political views of modern Americans. The first session focuses on the important debate over the role of religion in the nation. Session two looks at the development of a uniquely American philosophical tradition. The third session examines the way in which leading thinkers helped create the nature of American capitalism.



Instructor

John Mack, Ph.D., teaches history online for the University of Georgia system and is an adjunct professor of history at Johnson County Community College. He has master's degrees in divinity and modern eastern European and Russian history and doctorates in theology and American history. ■

Coloring Isn't Just for Kids

When we think about coloring, most of the time we associate it with kids and grandkids. Spending time coloring with your kids or grandkids can be fun, but it turns out it can also be a great way for adults to de-stress. Coloring generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. In simplest terms, coloring has a de-stressing effect because when we focus on a particular activity, we focus on it and not on our worries. (huffingtonpost.com)



We are getting on the 'coloring wheel' at Brewster Place. Join Jamie Fritz on **Friday, November 20 at 10:00 am in the Main Lounge** for our first "Coloring Club" session. Please call Jamie at 274-3398 if you have any questions. ■

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cus on the generosity of others or the simple acts of kindness that come our way? How do we see the beautiful people and things that surround us when there is so much negativity in our world? How do we do this, not only during the holidays, but all year long?

The answer is really quite simple. We should focus our attention on each other — the people who cross our path each day.

"Our relationships with others are the greatest determinant of our happiness. So it makes sense to think of other people as we build our gratitude. Robert Emmons suggests that focusing our gratitude on people for whom we're thankful rather than circumstances or material items will enhance the benefits we experience." (*happify.com*)

There are many ways we can express our gratitude to each other. Sometimes a simple smile, touch, hug, word of thanks or listening ear is all it takes — and who know how far the ripple effect can go?

The staff of Brewster are so very grateful for the people who cross our path each day. Whether as a resident, BrewsterConnect member, family member, board member, volunteer or friend, *we are grateful for you*. We are especially grateful for our residents who inspire us, guide us and lead us on our mission. Witnessing their example of living life with laughter, courage and grace is a privilege and honor. During this holiday season and the year to come, may we all speak the language of gratitude. ■

We are grateful for all of our veterans — both residents and staff. Thank you for your service and sacrifice.

BrewsterConnect

Supporting Your Desire to ‘Age in Place’

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

Much has been written in the media about the wave of baby boomers that will be needing care and assistance in the coming years. The senior industry is faced with the huge task of how to care for these people and with the high costs of construction — building more buildings may not be the best solution! It is reported that 85% of seniors say that they do not want to move to a retirement community or assisted living facility. In fact, they don't want to move at all!

The adage “what is old is new again” may apply. In past generations, families lived and died in the same home. Often elderly parents and grandparents moved in with family members or younger family members moved to live with the aging parent. Changes in society often prevent this from happening as many couples both work outside the home. How to support our loved one's successful aging can become a dilemma.

BrewsterConnect is always looking for ways to assist seniors in living their best life right now, with a plan for the future. BrewsterConnect also recognizes that people want to remain in their homes but desire a connection to other seniors. BrewsterConnect is a membership program designed to connect active seniors to wellness and socialization activities to help people stay healthy and independent while staying in their own homes. BrewsterConnect members have access to Brewster Place exercise equipment rooms, fitness classes, arts and crafts, interesting lecture series and intellectual programs, as well as activities and outings to community events and points of interest. BrewsterConnect also can provide a transportation connection from home to Brewster Place.

BrewsterConnect embraces all the elements of wellness in the planning of our programs: physical, emotional, spiritual, financial, vocational and intellectual. Health and wellness is only assured if these elements are all embraced. In addition, technology systems can be utilized to keep seniors living in their homes safe and connected to loved ones through our BeClose technology system. And, as a

member of BrewsterConnect, one also has access to a preferred vendor network that provides an array of services such as lawn care and snow removal, computer and small appliance repair, handy man service and more. Just one call to BrewsterConnect is all that's required to get connected to a reliable service provider, many of which offer discounts to BrewsterConnect members. Additionally, BrewsterConnect members have access to case management services available on an hourly basis. These services may include accompaniment to doctor's appointments or procedures and on-going symptom management.

So how will “aging in place” look for you? What plans have you made and what discussions have you had with your families? Thinking about our homes and how we can make them more “aging friendly” can provide some lively discussion. Many of our homes are where we raised our children. We are tasked to now make our once “baby-proof” home, to an “age-proof” home. Brewster continues to be on the cutting edge of successful aging. If you have questions, call us. ■

WELLNESS **wednesday**

Gratitude With Eileen McGivern

Wednesday, November 4

11:00 am | Main Lounge

Join Eileen as she leads a discussion about gratitude and the effect it can have on our wellbeing. We will share ideas of expressing gratitude and ways we can see gratitude at work in our lives and community. ■



facebook.com/brewsterplace.org

From the Chaplain | Are You Healthy?

by Chaplain Roger Jackson, M.Div.

"They were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."

Acts 2:42



prayer

The last several months we have been talking about spiritual health, focusing on Acts 2:42, "They were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."

Now, we are ready for the fourth and last key to spiritual vitality, which is "prayer." Watchman Nee wrote, "Our prayers lay the track on which God's power can come. Like a mighty locomotive, his power is irresistible, but it cannot reach us without rails." Prayer is like art or music. It can only be enjoyed by and through those who have disciplined themselves to actually spend time in prayer. An artist or musician cannot fully reach his or her full potential unless they learn about and spend time developing their gift. Most people enjoy the benefits of looking at art work that has had much time and hard work put into it. And most adults appreciate the benefits of listening to a musician that has put a great deal of time and energy into their music. So it is with prayer. It is those who spend time in prayer individually and continually who bless those for whom they have been praying.

What does it mean to be devoted to prayer? It means to be in prayer daily and continually. It means to have a lifestyle in which prayer is an integral part. It means never give up praying. An individual who is spiritually healthy is not limited to prayer, but is devoted to prayer. Saying that someone is devoted to their family does not mean that family is all they have or all they do. It does mean that their life, their habits, their attitudes give evidence of a life devoted to their family. They provide a home; they are together at important family gatherings and support one another in family tragedies. An individual devoted to prayer may be busy with life situations, but as the Holy Spirit moves them, they take a moment to pray. They seek the Lord's grace, peace and comfort in times of difficulty; they pray regularly, faithfully and wholeheartedly.

If we are going to be spiritually healthy, we must be devoted to teaching, to fellowship, to breaking of bread, and to prayer. My prayer is that each one of us will be healthy in our spiritual life. ■

Soup Tasting Event

Thursday, November 19

10:00 am

Main Dining Room

Dining Services is hosting this event to allow residents and staff to come and taste a variety of soup choices from our suppliers. After tasting we invite you to vote for your favorites. There is nothing better than a little soup on a cold, fall day.



November 5

"Woman in Gold" (2015 drama)

November 12

"Far from the Madding Crowd" (2015 romance)

November 19

"McFarland, USA" (2015 drama)

November 26

No movie today.

*There's more
to experience!*

Patience is not always our strongest trait, and it is something we all struggle with at times. Congress is making this even tougher this year as they procrastinate in passing the Qualified Charitable Distribution law. This law gives added benefits if the Required Minimum Distribution from your IRA is sent directly to a qualified not-for-profit.

In 2014, the law was passed in mid-December and enacted retroactively for all qualifying distributions in 2014. According to the news and input from researchers and people that follow this, it is very likely to be passed. This law has been passed each year since 2006.

Although it cannot be promised that congress will, in fact, pass this law, if you do wish to make a QCD (Qualified Charitable Distribution), make sure you follow some simple guidelines so that when/if the law is passed, your distribution will qualify.

An IRA owner, over 70.5 years of age, can directly transfer up to \$100,000 per year to an eligible charity. One of the important rules to follow is that the distribution must come directly from the IRA trustee. Several other requirements may apply, so it is important to speak with your IRA trustee to assure that this is a good option for you.

Even if the law is not passed, there are benefits from transferring the funds to a not-for-profit. You are still able to take a charitable deduction, but you have to count the amount as income. The benefit of Congress passing the bill is that it will make it so that the distribution you have given, for the good of others, will not count as income.

So we wait and waiting is not easy. Feel free to give us a call at 274-3327 if you have more questions about Qualified Charitable Distributions. We are always happy to visit with you. ■

The Edith Lessenden-Chandler Recital Series Returns November 8

**The Edith Lessenden
Chandler
Recital Series
Presents**

**Dr. Catherine Bergman
Flute
Sunday, November 8
3:00 pm
Brewster Place
Main Lounge**



We are pleased to announce the next concert in the Edith Lessenden Chandler Recital Series. The program on November 8 will feature flutist Dr. Catherine Bergman. She will be performing the following: “Fantasie” by Fauré, “Romance” by Gaubert, “Sonata” by Poulenc, “Sonata” by CPE Bach, “Piece” by Ibert, and “Fantasie” by Telemann. Dr. Bergman will be accompanied by Dr. Martin Cuéllar.

Dr. Bergman received her Master’s Degree in flute performance from Wichita State University and her Doctorate of Musical Arts degree in flute performance at the University of Kansas. Currently, Dr. Bergman is the flute instructor at ESU. She plays in the Newton-Mid Kansas Symphony and in faculty chamber groups at Emporia State University, including the Flint Hills Trio and the Mid-America Woodwind Quintet. Selected by audition recording, Dr. Bergman played in the 2007 International Piccolo Symposium.

This will be the first recital in this series to feature an instrument other than the piano. We have been treated to exceptional music in past performances, and are pleased that we are able to share this event with the Emporia State Foundation. Established in 2013, this concert series is a joint project that enables Brewster Place to share the fine musical talents brought to us by Emporia State University. ■



The Forum at Brewster East is the brainchild of resident Lew Mills. Lew began The Forum to invite speakers from a wide variety of backgrounds to enlighten us. Over the last several years,



The Forum has become a wonderful session to learn more about people and programs in the greater Topeka community. We thank Lew Mills for his facilitation

of this group and now we are pleased to announce that the Brewster Foundation is taking the responsibility of organizing The Forum going forward.

The Brewster Foundation plans to continue with the high quality sessions that are meant to provide information about things going on in our community. The Foundation will host The Forum on the first Thursday of each month in the Brewster East Community Room.

On November 5 at 10:00 a.m., we will have Brendan Wiley and Kate Larison from the Topeka Zoo. They will discuss what is currently happening at the zoo, future plans, and the growing importance of connecting children to wildlife. Brendan has served as Zoo Director since May of 2010. He began his career at the Kansas City Zoo. After eleven years there, he left the zoo and ran a non-profit animal shelter in Merriam, Kansas. Five years later, he accepted the job as Zoo Director in Topeka. Kate has been the Executive Director of Friends of the Topeka Zoo since 2008. Kate has been serving in the non-profit sector for more than 20 years. Prior to coming to Friends of the Zoo, Kate served as a division director for March of Dimes.

The mission of the Topeka Zoo is to enrich the community through wildlife conservation and education. The zoo sees around 200,000 visitors annually and has over 5,000 household members. We look forward to seeing you at The Forum! ■

Resident Directory Update

The **Resident Directory** will be published in late November following Resident Council elections. The new directory will be revised based on feedback from residents. Thank you!

Veterans' Day on BPTV

The Veterans' Day tradition continues on BPTV. Actually, the tradition will continue the entire week of November 9. All during the week, photos of veterans will be shown on BPTV. We are pleased after the Brewster Place Community Fair Wall of Honor to have many more veteran's photos added to our digital library.

Tune in to Channel 1960 or 1961 on any TV on the Brewster Place campus to view this impressive collection. As usual, if you haven't submitted a photo in the past, you are welcome to do so by giving the photo to Janis Swanson in the Main Office. She will scan the photo and return it to you. If you have already submitted a photo, all you need to do is watch BPTV.

Thank you to all of our veterans for their service and sacrifice. ■

BPTV

If you live and work at Brewster Place, BPTV is your source for the daily schedule, activity updates, news, music, worship services, movies and fun photos! Don't miss out!

You can now find BPTV on channels 1960 and 1961.

Audio Announcements

Monday—Friday
8:00—8:30 am.

Many Hands Make Light and Meaningful Work

It's that time of year again! The Brewster Place Annual Holiday Charity Bazaar is upon us and we are grateful to be able to bring fine handmade items to you. Joline Kovarik, Arts and Crafts Coordinator, and her *many elves* work all year making the pieces and parts that, when put together, become beautiful handmade items made with love from the residents of Brewster Place. In addition, when you shop at the Bazaar and make a purchase, you are not only taking home a one-of-a-kind item, your purchase helps support local charitable organizations in our community. We invite you to join us for this annual Topeka holiday tradition!

Brewster Place Annual Holiday Charity Bazaar

Friday and Saturday
November 13 and 14
9:00 am—3:00 pm

Bake Sale on Saturday
Quilt Drawing
Door Prizes

Klinge Activity Center
Please note: Credit cards will
not be accepted this year.

- Knitted hats, scarves and slippers
- Crocheted hats and scarves
- Baby blankets and bibs
- Hand-stitched tea towels
- Small quilts and throws
- Table runners
- Beautiful hand-painted items
- Raggedy Ann dolls
- American Girl doll clothes
- Decorated sweat shirts
- Floral arrangements



To All Those Who Served

We Are Grateful



Pictured here are just a few of Brewster Place's honored veterans. Please tune to BPTV the week of November 9 to see more of our Brewster Place veterans.

Top: Helen Weston, Gilbert Singleton, Albert Henry, Don Cousins, Lane Ruehlen

Bottom: Max DaMetz, George Riggins, Keith Akins

Resident Birthdays

Mary Fallon	1
Carol Ann Garrett	1
Hilda Lundgren	1
Joan Briman	2
Paul Beck	3
Ann Uhl	3
Dorothy Funk	4
Robert Knight	4
Gloria Barron	5
Jean Warner	6
Char King	8
Julie Reeves	8
Dorothy Fager	10
Alice McMurdo	13
Marilyn Stanton	14
Elsie Wessel	14
Diana Siegal	16
Rosemary Stover	16
Maurice Trower	17
Joyce Davis	18
Darlene Morrow	18
Judy Reed	18
Helen Weston	20
Susan Anderson	21
Kay Moser	21
Marcella Montgomery	22
Barbara Thiele	23
Don Moses	26
Virginia Tevis	26
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
Woody and Monna Bulkley	11-21-07
Chuck and Myra Sodergren	11-23-56
Nolan and Jean McKenzie	11-27-93

Staff Anniversaries

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

Department	Location	Years
<u>Environmental Services</u>		
Jennifer Biggs	MB	1
Shonda Hodson	MB	1
<u>Health Services Administration</u>		
Margaret King	BHC	4
<u>Health Services</u>		
Kathy Hosey	BHC	11
Nadine Linscott	BHC	1
Judy Wallace	BHC	3
Kayla Smith	BHC	2
Eleyne Drapeaux	HH	7
Kay Uhlich	HH	15
<u>Rehab</u>		
Shavonne Bennett	Rehab	4
Sadie Pojar	Rehab	4
Layla Sullivan	Rehab	4
<u>Security and Transportation</u>		
Martina Adams	MB	5
Albert Lewis	Campus	1
<u>Therapy</u>		
Sherry Geisler	BHC	5
Bailey Krogman	BHC	2

New Residents

Luana Niemackl	MB 209
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Transfers

George Riggins	AL 8
Garland and Nancy Roseberry	AL 21
Harold Snyder	BHC

In Memoriam

Mr. Charles Matthew "Matt" Tomlinson (former resident)	8-27-15
Mrs. Laura Semler	10-19-15
Mr. Guido Tesi	10-22-15