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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.

## Wells Awarded Caregiver of the Year Award

LeadingAge Kansas is an association of 160 not-for-profit aging services providers dedicated to serving the needs of aging Kansans. They advance policies, promote practices and learning that empowers their members, including Brewster, to help seniors live fully as they age. LeadingAge Kansas serves over 20,000 seniors each day. (*LeadingAgeKansas.org*)

Each year LeadingAge Kansas accepts nominations and gives awards in a number of categories. This year Brewster Health Center Kaizen, Deborah Wells, was nominated for Caregiver of the Year. We are proud to announce that Deb won the 2015 Caregiver of the Year Award for her excellence in serving elders at Brewster Place.



Brewster Health Center Kaizen, Deborah Wells, with resident Pete Metzger. Congratulations, Deb, on your award!

Deb has worked with elders for nearly 20 years. As a Kaizen in the Eagle Ridge Household at Brewster Health Center, she is more than just a caregiver, she is a friend. According to residents and staff, she is resilient, one of the family, an innovator, a problem-solver, a teacher, creative and person-centered. "It is much more than a career, it is who she is," says one colleague. "She wants people to feel valued no matter their circumstances." She has implemented a pet therapy program, created welcome baskets for new residents, is working on obtaining a bowling set, teaches new employees to strive for excellence and serves as a valued member of the culture change coalition task force.

"Actions speak louder than words. In aging services, it is often the small daily adjustments that can make the largest impact on an elder's quality of life," said Debra Zehr, CEO & President of LeadingAge Kansas. "In one story about Deborah, we learned she incorporates her own hobbies to create a fun environment for those she serves. She takes the time to get to know the residents well, so she often anticipates what they

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# Getting to Know Our Residents

By Phyllis McMahan, Resident Volunteer



**Virginia Tevis**  
1205 SW 29th St., Apt. 201  
Ph. 267-3999

Virginia Tevis moved to Brewster Place in January 2015. A native Topekan, she is a Topeka High School graduate. She was trained as a nurse at Stormont Hospital which was in the Potwin area. She is proud to be a “Stormont Nurse.” In 1949 Stormont Hospital and Christ’s Hospital merged and became Stormont-Vail. For several years Stormont Hospital served as a dorm for nursing students. Virginia also completed a one-year post-graduate course in psychiatric nursing at the Menninger Foundation. She worked there for one year.

Virginia met her husband, Ralph Tevis, at First United Methodist Church — her “forever” church. A graduate of Seaman High School, Ralph had been in the Navy during World War II. He was a cook and was stationed on the island of Guam. Virginia helped her husband in their restaurant business and also cared for their two sons. After two different locations, Ralph and Virginia built Tevis Restaurant at 6th and Western. Their sons, Larry and Rick, helped out at the restaurant at an early age, earning their first wages. In 2006 the restaurant suffered a large fire but the restaurant reopened a couple of months later.

Many of you may not know that Virginia has a long history with Brewster Place. In the 1960s, a friend of Virginia’s was about to be named as Director of Nursing at Brewster Place (originally located where Assisted Living is currently). The friend became ill and asked Virginia to fill in for her. The friend realized she would be unable to work so Virginia became the Director of Nursing and continued in that role until she retired. Virginia was recognized at Brewster Place and the Topeka community as having a well-organized facility, with efficiency and good patient care.

Virginia has always been active in her church as well as enjoying gardening. She and her late husband took a special trip each year and Virginia volunteered many hours at Brewster Place. After becoming ill last year, Virginia recovered at Brewster Rehab for six weeks and then moved to Brewster Place. She continues her daily walks and takes part in exercise classes too. Her son Larry works in food service for the State of Kansas. He and his wife, Deana, live in Topeka. Her son Rick also works in food service for the State of Kansas and lives with his wife, Sherry, in Topeka. Virginia’s granddaughter is in graduate school in Kansas City and her grandson lives in Topeka. ■

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## Looking Ahead | Mark Your Calendars!

### Furniture Sale

Friday, October 2 | 9:00 am—3:00 pm | KAC

### Quilt Show Entry Deadline

Friday, October 30 by 5:00 pm | MB PH

You may enter quilts you have made or have been given.

### Quilt Show

November 2—30 | Dorothy Trueblood Resident

Art Gallery (Main Building lower level)

### Deadline for Finished Projects for Bazaar

Monday, November 2 | MB PH

### Brewster Place Annual Holiday Charity Bazaar

Friday and Saturday, November 13 and 14

9:00 am—3:00 pm | KAC

All proceeds benefit local Topeka charitable organizations.

### Bake Sale

As always we will have a Bake Sale as part of the Bazaar. We hope you will think about making items for the Sale. Joline is happy to provide the supplies for baked goods if needed.

If you have questions about any of the above items, please call Joline Kovarik at 274-3317. ■

## Pet Concierge Service

By Nick Bonfiglio, Security Manager

There are many great benefits when you live at Brewster Place. For animal lovers one of the best benefits is not having to give up your pet once you move on campus. "Brewster Place recognizes that pets can provide immeasurable pleasure, comfort and support to residents. At Brewster Place a pet is defined as a small domesticated animal such as a dog, cat, rabbit, or bird that is kept in the home for pleasure and companionship." (*Administrative Policy Manual*)



Brewster Place encourages residents to keep pets for which they are able to provide appropriate care and as long as the pet does not present a threat to the safety or health of the resident or others in our community. At times, however, pet owners may need a little help with their pets and Brewster's Security and Transportation

team is ready to assist with their Pet Concierge Service.

For just \$20 you can receive one hour of service. These services include:

- Take pet for a walk (including picking up after pet)
- Make sure pet has food, water and treats after the walk
- Provide food, water and litter box clean-up for cats
- Help with pet sitting services while you are away for a few days
- Assist in transporting you and your pet to the veterinarian
- Shopping for your pet (food, treats, litter, over the counter medicines).

If you need assistance with your pets, please call Security at 274-5000 and we will arrange a time to meet with you. A 24 hour notice is helpful. ■

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want before they vocalize it."

Through her daily work, Deb is raising awareness of the value and professionalism of caregivers in Kansas. The Caregiver of the Year Award can be presented to an activity professional, social worker, nurse, nurse aide, dietary or environmental services employee who demonstrates remarkable commitment to the elders they serve. Deb accepted her award at the Annual LeadingAge Kansas Awards Banquet on September 10. Brewster is proud of all of our caregivers and the compassionate care they provide. We are especially proud of Deb for her love, leadership and loyalty to the elders we serve. ■

*There's more to experience!*



Let us help ***you or your loved*** one stay safe and independent in your Brewster Place home. Please call **785-274-3395** for a free consultation with a BeWell Support Coordinator.



[facebook.com/brewsterplace.org](https://facebook.com/brewsterplace.org)

# Preparing for the Flu Season

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



**Flu Shot Clinics**  
Schedules will be posted mid-October.

F all means we are starting to think about the upcoming flu season. You may remember that last year's vaccine did not have a good match in terms of the flu strains present and the ones that were covered in the vaccine. The Center for Disease Control reported that last year's vaccine was only effective in 23 percent of cases due to the mutation of the flu strains. The CDC has been working diligently to have a better match. Based upon a recent analysis of flu strains appearing in different parts of the world, the CDC stated that they believe that the match is greatly improved for this flu season and they feel they will achieve the 50-65 percent coverage benchmark.

Brewster will again provide flu vaccinations for all Brewster Place residents, BrewsterConnect members and employees. The vaccine will be administered at scheduled locations on the Brewster Place Campus. The flyers with time, date and location will be posted mid-October. Remember, hand washing, flu vaccination, plenty of rest, good nutrition and exercise are your best bets to avoid the flu! ■

## WELLNESS wednesday

**CPAP, Sleep Disorders and Oxygen Options**  
Wednesday, October 7  
11:00 am | Main Lounge

Please join us as we hear from two registered respiratory therapists from Apollo Medical Supplies. The therapists will talk about CPAP technology and sleep disorders as well as oxygen use and portable options. They will also be available to clean any CPAPs after the presentation. ■

## Grief and Loss Supporting Your Spiritual Wellness

For several months we have offered a Grief Support Group with Chaplain Roger. Because we understand grief and loss are a very personal and emotional part of life, Chaplain Roger would now like to offer **one-on-one grief and loss support**. For the time being, the Grief Support Group will suspend meeting.

If you have experienced a loss in your life and would like support, please call Chaplain Roger at 274-3349. Everything you share is confidential. ■

## Join Team Brewster for Making Strides Against Breast Cancer

The **Brewster Therapy Team** has gathered a team to walk in the **Making Strides Against Breast Cancer Walk on October 18 at Lake Shawnee**. We know breast cancer has affected the lives of many of our residents and staff — either personally or through a family member or friend — so we want to give you the opportunity to join or support the team in their efforts. If you are interested in learning more, please call Rochelle Pyle, PTA, Race Team Leader, at 274-3337. ■



### Facts About Breast Cancer in the United States

- One in eight women will be diagnosed with breast cancer in their lifetime
- Breast cancer is the most commonly diagnosed cancer in women
- Breast cancer is the second leading cause of death among women
- Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer
- Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer each year

*[nationalbreastcancer.org](http://nationalbreastcancer.org)*



In July's issue I began a series about spiritual health. I shared Acts 2:42, "They were continually devoting themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer." I suggested that this passage lists four things we need to devote ourselves to if we want to achieve spiritual health: teaching, fellowship, breaking of bread, and prayer.

**+** **Breaking of Bread**

We are now ready for the third key to becoming spiritually healthy: "breaking of bread." A healthy Christian remembers the Cross of Calvary with other believers in obedience to the ordinance given by Jesus Christ. Psalm 77:11-12 says, "I will remember the deeds of the LORD, yes, I will re-

member your miracles of long ago. I will meditate on all your works and consider all your mighty deeds." The greatest deed ever done for sinners was when Jesus Christ took all the sins of the world on Himself and died on the Cross for us.

Communion is to be observed in remembrance of Jesus Christ. The bread is in remembrance that His Body was given for us, and the cup is for remembering that His blood was shed for us. Because of what Christ has done, we have been reconciled to God and can have fellowship with God. We need to take the time to meditate on all that Jesus has done and will do for us. We need to continually ask God to search our hearts so nothing will keep us from enjoying the breaking of bread with our brothers and sisters in Christ. 1 Corinthians 11:28 says, "...you should examine yourself before eating the bread and drinking the cup." In doing this, we can remember what we were before Christ came into our hearts and lives and what we have become because of Him. We need to do this every time we break bread.

For the Christian, the Lord's Supper reminds us who we were and that it was our sin that put Jesus on the Cross. A healthy Christian is like the Apostle Paul who wrote, "...I made up my mind to speak only about Jesus Christ, who had been nailed to a cross." (1 Corinthians 2:2) We live lives understanding that we are not our own; we have been purchased at a high price. The next time you observe communion, remember what Jesus did for you. ■



**Bible Study**

**"Forgiveness: Finding Peace Through Letting Go"**

by Adam Hamilton

This is a four week video series in which Hamilton equates our need to forgive and be forgiven with carrying a backpack filled with rocks. Over time the tiny pebbles and giant boulders weigh us down and break more than our spirit. Freedom, grace, reconciliation and joy are promised to those who embrace forgiveness.

**Mondays, October 5 — 26**

**3:00—4:00 pm**

**Main Building Chapel**

**Chaplain Roger Jackson, Facilitator**

A **Charitable Gift Annuity** is an innovative gift that has added benefits for the donor as well as Brewster. In essence, in exchange for the gift, Brewster agrees to pay a fixed amount yearly to the annuitant for life. This could be a single person or a couple. In the year the Charitable Gift Annuity is purchased, you are entitled to an income tax deduction for a portion of the value of the annuity.

The actual amount of the payment will depend on the initial gift and the age of the donors. The Brewster Foundation follows the annuity rates as provided by the American Council on Gift Annuities (ACGA). The current rates, set in January of 2012, have been reviewed by the ACGA board and continue to be the suggested rates.

The ACGA creates a schedule of gift rates that reflects the Council's gift residual target of 50%. As a result, the rate schedule contains slightly lower rates for single-life and two-life annuities for ages 69 and younger, and higher rates for both single-life and two-life gift annuities for ages 75 and older. Donors 75 and older are offered the best payout rates based on the table from the ACGA.

Payments from a Charitable Gift Annuity are fixed from the time the annuity contract is signed. Whatever happens to interest rates or the stock market, payments from your Brewster Foundation Charitable Gift Annuity will never decrease.

**Some benefits of a Charitable Gift Annuity are:**

- Fixed annual payments for life
  - Some of the payments may be received tax free
  - Diversification of some of your portfolio
  - A possible reduction in estate taxes, *and*
  - It is a wonderful donation to the Brewster Foundation.
- (see below for sample rates)

The Charitable Gift Annuity with the Brewster Foundation is a spectacular gift if you have assets you are able to give. These assets could be cash or even appreciated securities. Benefits to you are

a fixed income annually for life and a reduction in your current income taxes with an income tax charitable deduction.

For your specific rate and more information on the Brewster Foundation Charitable Gift Annuity program, please contact Jeremy Hall at 274-3327. The Foundation will gladly print a financial illustration showing the amount of your payments, how they would be taxed, and the charitable deduction generated by the gift. The minimum gift accepted to purchase a charitable gift annuity is \$10,000. ■

**Sample Rates**

**Single Life**

Age 77 = 6.2
Age 83 = 7.4
Age 87 = 8.2
Age 89 = 8.7
Age 90+ = 9.0

**Two Lives — Joint and Survivor**

Younger Age	Older Age	Rate
77	77-78	5.3
83	87	6.7
85	91	7.4
91	93-95	8.8

**Foundation Events Coming in November...**

**Edith Lessenden Chandler Recital Series**

Sunday, November 8  
3:00 pm | Main Lounge

**Books for Kids Event**

The Brewster Foundation will sponsor another Books for Kids event in November. Children and dependents of staff members can come and choose free books to take home. This event has been a wonderful benefit to our staff. The date, time and location will be announced in the November Brewster News.

## Brewster Foundation Monthly Giving Option

Everyone is familiar with the phrase “give until it hurts.” Since we do not wish to cause anyone pain, we will make giving as easy as it can be. Brewster Place employees are able to give to Brewster Foundation by payroll deduction. Over 50 staff members currently give in this manner. One reason is that it is easy — you sign up once, and you are done. You don’t have to remember to write a check or mail anything monthly.

Residents may also give by monthly deduction. Adding an amount you choose to your monthly statement is a simple and easy way for you to budget your giving and make it a part of your monthly routine. Like any gift, you can designate the fund for which you wish your gift to be placed. And of course, you are always welcome to change the amount.

If you are interested in manner of giving on a monthly basis, please call the Brewster Foundation at 274-3327 and we can discuss the process needed to get you started. The small gift every month is such a blessing, as it grows from year to year. ■



AT THE UNIVERSITY OF KANSAS

### Churchill and His Personal War on Behalf of the British Empire Wednesdays, October 14, 21 and 28

2:00—4:00 pm

#### Klinge Activity Center

While most people know the important role Winston Churchill played during WWII, few know what was so special about this privileged-but-lonely boy at an English boarding school in the late 1800s. Or why 50 years later, King George asked him to form a government tasked with winning a war and saving his country. And, having achieved victory, how could his countrymen immediately vote him out of office? Join us to explore the myths and the behind-the-scenes stories about one of the greatest national leaders of modern times.

#### Instructor

Jeremy Taylor is an Englishman who was raised near Churchill's home but now lives in Lawrence. He has a 50-year long interest in Churchill with an extensive personal reference library on him. Jeremy is well-known for his popular radio show on KLWN Radio. ■



#### October 1

“Something the Lord Made” (2004 HBO drama)

#### October 8

“Woman in Gold” (2015 drama)

#### October 15

“Black or White” (2014 drama)

#### October 22

“The Second Best Exotic Marigold Hotel”  
(2015 comedy)

#### October 29

“Five Flights Up” (2015 comedy)

# Book Discussion Group Engages Us to Explore, Learn and Grow

As part of Brewster's wellness initiative, we seek to provide opportunities for our residents that support and enhance the seven dimensions of wellness including intellectual wellness. An intellectually well person cherishes mental growth and stimulation; is involved in intellectual and cultural activities; and is engaged in the exploration of new ideas and understandings. Along with trips to museums and art galleries, and programs and classes on campus, we have participated for many years in the Kansas Humanities Council's TALK program.



**Talk About Literature in Kansas (TALK)**, is a program for every Kansan who loves to read and discuss good books. Each TALK series is built around an entertaining and thought-provoking topic of interest to adult readers. The books in each series are selected for reader appeal, literary quality, and relevance to the series theme.

This fall we have chosen the TALK series **Native American Mysteries**. The writers in this series are creating ingenious, fast-paced plots, integrating Native American history and culture, and crafting resourceful, intelligent protagonists who solve the mysteries, in part, because they are familiar with Native American life. Many of these authors write about a particular locale and represent its habits, speech, manners, folklore, and religion. ■  
([Kansashumanities.org](http://Kansashumanities.org))

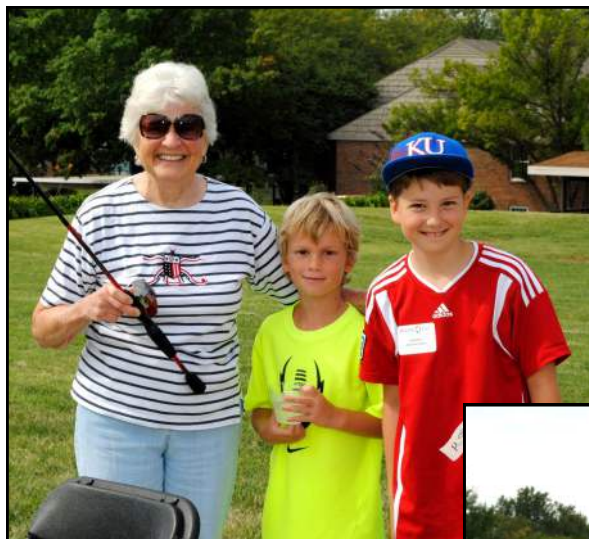
## Fall TALK Series Schedule

***Dreadful Water Shows Up***  
by Hartley Goodweather  
Monday, October 19  
3:00 pm BE CR

***Dance Hall of the Dead***  
by Tom Hillerman  
Thursday, November 19  
3:00 pm BE CR

***Dance for the Dead***  
by Thomas Perry  
Thursday, December 10  
3:00 pm BE CR

***The Ghost Walker***  
by Margaret Coel  
Thursday, January 14, 2016  
3:00 pm BE CR



**Above:** Brewster East resident, Rosemary Stover, participated in the Fish Casting Contest at the Brewster Place Community Fair in September. Her young pals were volunteers from 4-H. They did a fantastic job!

**Right:** Tom and Marlene Remmel were chosen as the 2015 Brewster Community Fair King and Queen. What a wonderful example of aging with grace.

## Fall Fair Fun in the Sun!



**Above:** Dean Rinner and Dick Nichol competed in the Jigsaw Puzzle Contest at the Fair. Each team worked on a 100 piece puzzle with a time limit of 30 minutes. Let's just say that Dean and Dick did not finish in first place, but they did a great job as did all the other competitors.



There's more to  
experience!  
[BrewsterLiving.org](http://BrewsterLiving.org)



**Resident Birthdays**

Pat Oppitz	2
Jean Lamb	3
Jim McCune	3
Cliff Heckathorn	4
Doris Pellegrini	4
Jean Ragan	6
Bill Funk	7
Lucille Harris	8
Al Peterson	8
Marjorie Smith	8
Lola Thornton	8
Randy Ellis	9
Dale Fooshee	9
Margaret Fowler	9
Max DaMetz	11
Albert Henry	11
Mary Stryker	11
Mary Waxse	11
Adele Wallace	12
Paul Hammond	13
Shirley Fuller	16
Willna Zweifel	16
Shirley Moses	17
Jessie Cunningham	18
Wanda Meyer	18
Ken Peery	18
Doris Dillinger	19
Maxine Swanson	19
Frankie Parman	20
Jean Kessler	20
Pat Finson	21
Ruth Hodges	21
Lawrence Heide	22
Doris Payne	22
Alberta Breece	24
Betty Bomar	25
Bette Tompkins	25
Shirley Martin	27
Virgil Armstrong	28
Mary Coldsnow	28
Cherrie Koehn	28
Woody Bulkley	31
Doris Kinnett	31

**Anniversaries**

Max Baker and Naomi Gibeson	10-1-05
Bob and Frankie Parman	10-3-97
Don and Ann Cousins	10-4-75
Wayne and Barbara Fernkopf	10-7-50
Charles and Shirley Martin	10-17-98
Albert Henry and Peggy Ackerman	10-21-05

**Staff Anniversaries**

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

<b>Department</b>	<b>Location</b>	<b>Years</b>
<b><u>Administration</u></b>		
Angela Dailey	SH	16
<b><u>Community Relations</u></b>		
Pat Shehi	SH	3
<b><u>Dining Services</u></b>		
Connie Geartz	BHC	11
<b><u>Environmental Services</u></b>		
LaRonn Moss	BHC	5
Joshua Sanders	Campus	1
Greg Irwin	Campus	1
Christy Allen	MB	15
Kenny Nitsche	Campus	8
<b><u>Health Services Administration</u></b>		
Cindy Tanner	BHC	6
Gayle Grape	BHC	4
<b><u>Health Services</u></b>		
Patricia Grant	BHC	3
Chrystal Miller	BHC	3
Anita Myers	BHC	1
Ariel Baez	BHC	2
Emily Hull	BHC	6
Brenda Dobler	BHC	7
<b><u>Security and Transportation</u></b>		
Roy Tanner	Campus	3
Sophia Chapman	MB	8
Carl Farmer	Campus	3
<b><u>Therapy</u></b>		
Ryan Creech	BHC	1
Bonnie McBride	BHC	1
Bailey Mushock	BHC	3

**New Residents**

Virgil Armstrong	MB 501
Gwen Holmes	BE 335
Betty Penney	MB 426

**Transfers**

Bert Tyrrell	AL 5
Barbara Wildrix	AL 32
Mary Lou Cox	BHC
Carolyn Adams	AL 31
Jane Ryan	AL G14

**In Memoriam**

Mrs. Betty Rasure	9-4-15
Mrs. Vida Ruth Beck	9-7-15