



## In this issue:

- 2 New Residents  
Brewster at Home:  
Meet Our Members
- 3 New Residents cont.  
“Welcome Autumn”  
Special Lunch  
At the Movies...
- 4 KU Osher Lifelong  
Learning Series  
Pressed Flower Card  
Workshop  
Thank You!
- 5 Chaplain’s Message  
Emotional Support
- 6 Wellness Wednesday:  
Occupational Therapy  
Change for Your Brain  
Brewster Singers  
Practice Begins
- 7 Brewster Foundation
- 8 Curtis House Tour  
Photos

### 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:

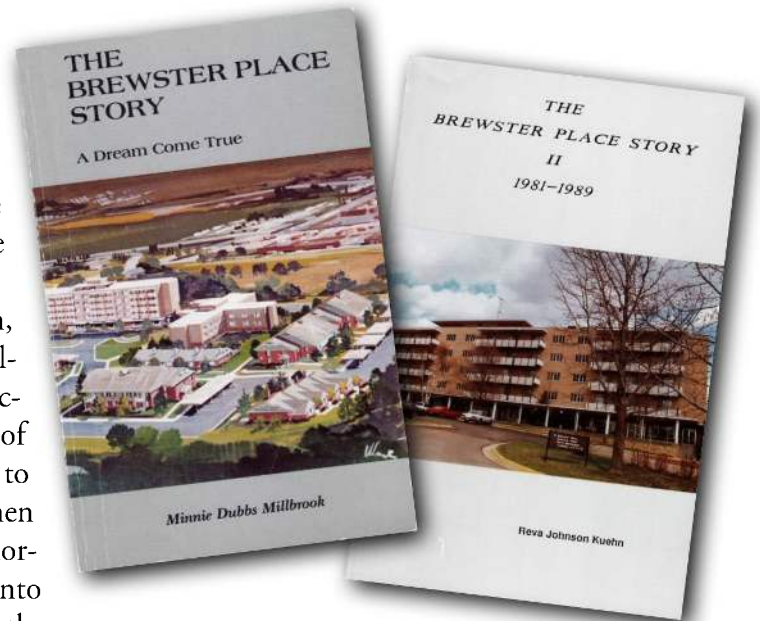
BrewsterLiving.org or  
facebook.com/brewsterplace.org



## History Provides a Solid Foundation for Our Future

Written in the Foreword of “The Brewster Place Story: A Dream Come True,” the first volume of the history of Brewster Place which was published in 1981, a question was posed: “Why should a history of the Congregational Home be written?”

The answer in 1981 was clear. “This history was written because we as older people know how easily facts and events fade away as the memories of the people who took part in them fade away. People die, move away and accumulated records grow cumbersome and are thrown out. The Congregational Home, its inception, its purpose, its development and its accomplishments are of interest not only to the men and women who worked so valourously to bring it into being but also to the hundreds of men and women whom it has served so well since. We do not want this memory to fade away. So we have put it in writing.”



Brewster is incredibly fortunate to have had such a dedicated group of historians, researchers, writers and editors who completed the first volume of our history. A second volume of our history, “The Brewster Place Story II: 1981-1989,” was published for our 25th anniversary celebration in 1989. As plans were made for celebrating our 50th anniversary in 2014, there was no question that the third volume of our history should be penned.

This October the culminating event for our 50th anniversary celebration year will be held. A Wine, Cheese and Chocolate Closing Ceremony will be held on Friday, October 17. At this celebration we will present the newest volume of Brewster’s story that covers 1990-2014. Copies will be available for all to enjoy. If you are interested in catching up on the history of Brewster Place, you can find the first two volumes in the Brewster Library or the DocADuck Resource Center. And don’t forget to mark your calendars for this exciting event in the life of our community! ■

## Getting to Know Our Residents

by Kevin Doel, Director of Marketing



**Celia Eddy**

1208 SW 29th Terr., Apt. 28  
Ph. 272-2372

Celia Eddy moved to Brewster Place earlier this year, looking for all the activities that it offers. An active person, Celia enjoys walking, exercising, reading and activities at her church.

Born in Denver, Colorado, Celia spent her early childhood years in St. Louis before moving to Topeka. She met her husband, Ron, at Potwin Presbyterian Church where she was directing a game activity. Since no one had picked Ron, she recalls, she wanted to be nice and she picked him for her team. He told one of the others at the event that was the girl he was going to marry someday – and word of his prediction of course reached Celia.

Ron had served in the Navy, and even though her mother warned her about getting involved with a sailor, she married him anyway. After they were married and had three children, Celia worked on obtaining her teaching degree from Washburn University. It took her nine years taking night classes to complete her degree. Rather than classroom teaching, Celia followed a career path as a school librarian.

Their daughter married an airman serving at Forbes Air Base, and upon its closing she moved to Myrtle Beach, South Carolina. Celia and Ron decided to follow her there and that's where they lived from 1979 – 1998 when their daughter moved back to Topeka and they again followed her.

Celia recalls that as a youngster, "I was a troubled child" and regularly caused mischief. But, she adds, "It's nice to grow old and finally be good." ■

## BREWSTER AT HOME

### Meet Our Members

by Julie Schmake, Wellness Specialist

This month our featured Brewster at Home member is Joe Havorka. Joe has been a member since November 2013. Joe grew up in Emporia and received his degree from Emporia State University in History. He and his wife Julane both enjoyed careers as teachers and have been married 51 years.

Joe and Julane have four children and eleven grandchildren. Joe is 75 years young and has a real love for history, particularly the Civil War. He has also refinished several nice pieces of furniture.

Joe regularly attends the Theraband exercise class on Tuesdays and Thursdays. He has also gone to several KU Osher Lifelong Learning Institute classes, Friday Socials, and a few trips with Jeanene Johnson, Activities Coordinator. The Havorkas have watched Brewster evolve over the years to meet the growing needs of the aging population and are impressed by that. Joe is a man of few words, but when he says something it is often very funny. We certainly enjoy having Joe on campus and look forward to getting to know him better. ■



Wellness Specialist Julie Schmanke works with Joe while he uses the Nu-Step. Joe enjoys working out on the machines in the Winchell Wellness Center as well as participating in Julie's classes.

## Getting to Know Our Residents

by Kevin Doel, Director of Marketing

After a lifetime of working hard caring for others as a nurse, Pat Gehr is enjoying her new life at Brewster Place focusing on the little pleasures in life, such as exercising and playing bridge with friends. But even though the pace of her life is different, she is still committed to helping those in need. “I was raised poor,” Pat says. “And I always said I’d pay back and help



others when I could.”

Raised in a small town outside of Kansas City, Kansas, Pat grew up on a farm and attended country schools as a young child before switching to parochial schools – including an all-girls school. In those days, Pat says, the nuns helped steer girls into certain careers with a preference for office work. One day a nun came up to Pat and told her, “You’re up and around too much and too hard a worker to be in an office – you’ll last six weeks in an office.”

Pat decided to become a nurse and graduated from St. Mary’s Nursing School in Kansas City as a Registered Nurse. She first worked at Osawatomie State Hospital, then transferred over to Topeka State

Hospital where she worked for 40 years. During 12 of those years, she also worked part-time in the Children’s Unit at Menninger. “I loved nursing, and worked 16 hour days for many years,” she said.

Pat’s first husband, John Gehr, was 20 years older than she. He was a teacher and coach. John enlisted in the Navy during World War II since he was too old for the draft, but while he was on his way to his first tour of duty, “they dropped the bomb and the show was over.” Together, they had one daughter, Zoe. An avid sportsman, he loved to hunt (“He was an expert hunter – very fun to watch.”) and golf.

Three years after John died during a round of golf, she married Fred Moorehead, a Captain with a Fire Department. “And an excellent cook,” Pat adds. The marriage to Fred came with his own three kids, which she accepted as her own. Fred died two years ago, and she was married to both John and Fred for 24 years each. She is now blessed with eight grandchildren.

Why did Pat move to Brewster Place? “Ever since I’ve lived in Topeka, I knew this is what I’d do. When working as a nurse, people would ask me ‘where would I go to live’ and I’d never heard anything but positive things about Brewster.” ■

### Pat Gehr

1205 SW 29th Street, Apt. 426  
Ph. 272-3441

## “Welcome Autumn” Special Lunch

**Saturday, September 20**

**11:00 am**

Main Building Dining Room

### Menu

Bratwurst  
Four Bean Salad  
Baked Beans  
Corn on the Cobb  
Peanut Butter or  
Chocolate Chip Cookies



If you will have more than two in your party, please call 274-3340 for reservations.



### At the Movies

**BPTV 23**

**Thursdays**

**2:00 pm**

### September 4

“A Birder’s Guide to Everything” (2013 comedy)

### September 11

“The Railway Man” (2014 biography)

### September 18

“The Way Way Back” (2013 indie comedy)

### September 25

“Dead Poets Society” (1989 drama)



**From Reservation to Washington:  
The Remarkable Life of Charles Curtis**  
Wednesdays, September 17, 24; October 1  
2:00—4:00 pm | Klinge Activity Center

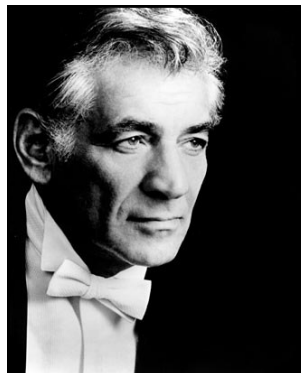


Charles Curtis has become a footnote in American history. Born in North Topeka in 1860 to a French and Indian mother and a white father, his mixed blood ancestry would shape his perspective on business, politics, and the fate of the American Indian. From the Indian Reservation to Washington, Curtis rose through the ranks to become the first Republican Senate Majority Leader and then Vice President under Herbert Hoover. His story is riveting and complex, and he deserves more attention than he has received. This course explores the life of a truly remarkable man.

**Instructor**

**Debra Goodrich Bisel**, author and historian, has the natural gift of a story teller and she know the stories. She is co-host of the television show, *Around Kansas*, and is Resident Historian for the historic Topeka Cemetery where she provides tours, including Charles Curtis' gravesite.

**The Life and Work of Leonard Bernstein**  
Thursdays, September 24; October 2 and 9  
6:30 pm | Lobbies



Leonard Bernstein (1918–1990) led one of the most distinctive careers in the history of American music, bridging the gap between classical and popular music and serving as one of our nation's most talented commentators on various aspects of the art. This course will explore his work as a composer of both classical works and Broadway musicals, his status as the first American-born and American-trained conductor with an international reputation, his reputation as a pianist, and his many educational activities including television broadcasts, concerts for young people, writing and lecturing.

**Instructor**

**Paul Laird**, Ph.D., Professor of musicology at KU, has published widely on musical history topics.

*lifelong learning!*

*You are invited to join Joline...*

**Pressed Flower Card Workshop**  
**Friday, September 26**  
**10:00 am—Noon**

Join Joline and other friends to create pressed flower cards that will be sold at the upcoming Annual Holiday Charity Bazaar in November. No experience necessary and you can be as creative as you like!

Give Joline a call at 274-3317 if you would like to participate. ■

**Thank You Everyone!**

Once again we would like to extend a very big "thank you" to everyone who made the recent Trash & Treasure Sale another great success. The Sale made \$5356 that will go to the Brewster Service Fund that provides programming and services to residents.

Thank you volunteers, staff and patrons for your continued commitment to the Sale and finding some treasures at the same time! We will see you again in the spring!

*There's more to experience!*



## From the Chaplain | God Is Always with You

by Chaplain Roger Jackson, M.Div.

When I heard about the death of Robin Williams, I was shocked like most of you. Robin was loved by so many, because he made us laugh out loud. I remember watching the sitcom, *Mork and Mindy* in the late 70s and the early 80s, and I loved the movie *Mrs. Doubtfire*. Another one of my favorites was *Dead Poets Society*, which showed us his serious side.

Robin Williams could walk into a room and light it up. He enjoyed making people laugh and gave of himself to others visiting terminally ill children in the hospital and in their homes. He

was a genuine inspiration.

In spite of his great sense of humor, tremendous acting ability, and inspiring personality, Robin Williams suffered from depression for many years and that depression led to the taking of his own life. How sad!

We all experience suffering at one time or another, whether from depression, another mental illness, terminal disease, broken heart, or the death of a loved one. When we go through this suffering, we can hold on to this promise of God, "I will never leave you or forsake you." (Hebrews 13:5)

Another meaningful promise is that one day there will be no more suffering. In death, those who trust in Christ will suffer no more. **Revelation 21:4** states that in heaven, **He will wipe all tears from their eyes, and there will be no more death, suffering, crying, or pain. These things of the past are gone forever.** For those who put their faith and trust in Jesus Christ for salvation, physical death is the end of all suffering forever and ever. Tears, pain, and suffering will cease in Heaven. What a wonderful comforting promise! ■

## Emotional Support | We Are Here to Help You



*Every man  
has his secret  
sorrows which the  
world knows not;  
and often times  
we call a man  
cold when he is  
only sad.*

*-Henry Wadsworth  
Longfellow*

With the tragic passing of beloved actor, Robin Williams, we felt this article was imperative to share with everyone. Mental illness, such as depression, is often a "taboo" topic that is not discussed due to the stigma attached to it. Mental illness is no different than a disease that affects parts of your body such as heart disease or diabetes. Mental illness is a disease of the brain and should be treated without shame and with the same importance as physical illnesses.

Learning the signs and symptoms of depression and other mental health conditions is a great place to start. Included below are some signs and symptoms of depression:

### Depression Symptoms

- Feelings of guilt, worthlessness, and/or helplessness
- Feelings of hopelessness and/or pessimism
- Insomnia, early-morning wakefulness, or excessive sleeping
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Overeating or appetite loss
- Persistent sad, anxious, or "empty" feelings
- Thoughts of suicide, suicide attempts

If you or someone you know are experiencing any of these symptoms, please speak with your doctor as soon as possible. The Social Services Team at Brewster Place is also here to help for referral to a therapist and to ensure the safety of our residents. Please don't hesitate to contact Stacy Wenger, LSCSW with any questions or to schedule a meeting. All meetings with residents are confidential. Mental illness can be isolating, but it doesn't have to be. When we talk about mental illness, depression and suicide we inform each other about how to help. ■

## For Your Wellness | Occupational Therapy

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

Patients who are admitted to rehabilitation hospitals and sub-acute rehabilitation centers often

**physical**

**WELLNESS**

### Wellness Wednesday

Wednesday, September 3

11:00 am

Main Lounge

receive occupational therapy. Contrary to what may first come to mind when hearing the term, patients are not receiving job counseling! What is occupational therapy and what

do occupational therapists do? In the most simple terms, occupational therapists help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities, called “occupations.” Occupational therapists may serve a variety of clients: from children with disabilities to engage in school and social situations, to adults recovering from injury or disease working to regain skills, to older adults that may have decline in physical and cognitive abilities.

Occupational therapists conduct individual evaluations and help establish patient and family goals. The therapist then develops an intervention or plan to improve the individual’s ability to perform daily activities and reach specific goals. Finally, the therapist evaluates whether the patient’s goals have been met and if there needs to be changes to the plan or reevaluation of goals.

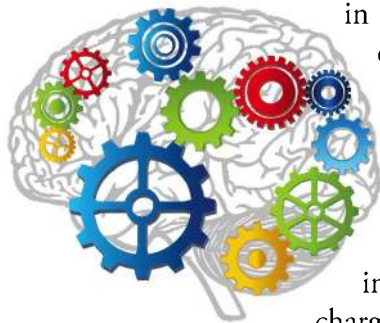
Occupational therapists can work in conjunction with the care team to help you be safe and independent in your home. Some suggestions they may make for your intervention or plan, could include adaptive equipment such as grab bars, stair lifts, lowering counter heights, adding railings, widening doorways.

We have invited Brewster’s Occupational Therapist Deb Webb to speak at Wellness Wednesday in September. Join us to see occupational therapy can help people live more independently. ■

## Change Is a Pain, But It Helps Your Brain

Julie Schmanke, Wellness Specialist

Did you know as little as three hours a week of brisk walking can halt brain shrinkage and even reverse the atrophy that starts in your middle 40s? The increase of oxygen that occurs from exercise allows us to increase the connectors known as synapses between neurons and even create new neurons in the brain. The areas in charge of memory and higher thinking seem to be most affected.



Have you ever wondered why exercise class routines are changed and refreshed every 8—10 weeks at Brewster Place? It is important for your brain to be challenged by memorization of new movement. New routines create new movements which in turn can increase the brain’s oxygen intake. All of these positive changes in the brain can happen no matter your age, so it is never too late to start exercising! ■



## Brewster Singers Practice to Begin in September

Do you enjoy singing? Do you like to meet new friends and have a great time? Brewster Singers is a group of residents who gather weekly to practice and prepare for music concerts throughout the year. Singing together is a great way to share your love of music and work toward a goal as a creative group. Brewster Singers is always looking for new members and hope you will join them this year! ■

### Practice Schedule

**Beginning Monday, September 8**

**Every Monday**

**12:45—1:45 pm**

**Klinge Activity Center**

Are you wearing your SARA (Situational Awareness and Response Assistant) monitoring device? We have been asking that exact question at

events in the past few weeks. It is important to have the monitoring device with you as it can be vital for your health and safety in case of an emergency. Recently, however, we are also interested in knowing how many of you are wearing your SARA monitoring devices because it can impact donations to the Brewster Foundation Benevolent Care Fund.

The Brewster Foundation has a donor wanted to make a donation but wanted to make it a little more exciting than just writing a check. The donation will be based on the number of residents that have the SARA device with them at five pre-selected

In early August, nine staff members from Brewster Health Center were able to attend the Pioneer Networks Conference in Kansas City. For the third year in a row, an anonymous donor provided funding to send Brewster Health Center staff on an educational adventure.

The wish of the donor is that the trips are not only educational, but will also be a lifetime experience. According to Kaizen Debbi Wells, she enjoyed the opportunity to bond with co-workers and the calming atmosphere of the restaurants they were fortunate enough to visit. Dining on the Plaza in Kansas City at Brio and Fogo de Chao was the fun part, but the real work took place during the day.

Conference attendees learned from staff from other Continuing Care Retirement Communities like Brewster Place and bring back practical ideas to implement.

Marta Robinson, Assistant Director of Nursing said, "I learned so much and it is hard to pin down any one thing that I am most excited about. I am going to implement a new household model that I have seen work at Meadowlark Hills in Manhattan. I participated in the session they presented at the conference and I am so impressed with their self sustaining households and their journey to get there. I am going to be implementing some of their leadership team roles and focus on making Eagle Ridge a stellar household for our elders to live in!"

Brewster Health Center Administrator Lea Chaffee, who helped coordinate the trip, commented, "It is great to see the level of commitment and enthusiasm rise upon their return." From ideas about new "fall programs" to changed perspectives on long-term care and the value of residents, this was a very productive trip.

campus events. Four of the events will be in August, and the last one will take place sometime in September.

The donor will pay up to \$5 for each person that has the device with them at the event. In order to receive the \$5, we must have 100% of residents in attendance wearing their device. If we have 75% wearing the device, we will get \$3 for each one. We will receive \$2 if at least 50% have the device with them.

It is wonderful that a donor felt so strongly about the value of the emergency monitoring device that they would make a donation to draw attention to the importance of wearing your SARA necklace or bracelet at all times. At the four events in August we had good results but we can improve. We are hoping to reach that 100% mark at our September event. So wear your SARA device to help keep you safe and at the same time help the Benevolent Care Fund as well.

A special thanks goes to the donor for sponsoring this trip. One participant said, "We want to thank the donor and say that we feel very fortunate that we got to see what good things we are doing for our elders and also learned what new and exciting things we have to show our elders."

The staff has returned to work and has begun to share their knowledge and we look forward to seeing how new ideas can help Brewster Health Center be the best it can be.

The Brewster Foundation would again like to thank the benefactor of this trip for providing this opportunity. We believe this group not only brought back practical knowledge they will be able to put to use, but they also enjoyed new life experiences they will never forget. ■



## Charles Curtis House Museum



**Friday, September 19**  
**1:00 pm Lobbies**  
 Please call Jeanene at  
 274-3398 for reservations.  
 Admission is \$5

In September Brewster Place will host the KU Osher Lifelong Learning Institute's class, "From Reservation to Washington: The Remarkable Life of Charles Curtis" (see page 4 of this issue) where we will learn about the life and accomplishments of Charles Curtis. Curtis was the only Vice President of the United States from Kansas and the only Vice President with Native American heritage. Since the historic Curtis House is located in Topeka, this is the perfect time to tour the home of this historic figure.

The structure is believed to be the work of Seymour Davis, a prominent architect of the time, although no actual construction records have been found. The Curtis residence is an example of the eclectic style of architecture popular in Kansas at the time. It was built in 1879 and was described as "not surpassed by any residence in the city." The mansion has exceptional chandeliers, ornamental plaster, a grand staircase, parquet floors, stained and jeweled glass windows, and four fireplaces: two white oak, one solid cherry, and one of Italian marble. According to the Historical Society, the house has more intact parquet flooring than any other historical house in Kansas.

The mansion has a large collection of historical memorabilia and artifacts. It is furnished with antiques, some from the Curtis family, as well as some of the Curtis memorabilia. The mansion is fabulously decorated for the holidays every year from November 26th to January 1st. Every year on January 25th, the mansion is open to the public, free of charge, to celebrate Charles Curtis' Birthday. The Charles Curtis home is the official meeting place for the Native American Indian Chamber of Commerce. ■  
*(borrowed from www.charlescurtismuseum.com)*

## Variety Is the SPICE of Life!



**Left:** Randy Ellis and his dog, Lady, participated in the Brewminster Dog Show in August. We had quite the variety of dogs and handlers making the show a lot of fun for everyone. Pet pals bring joy and happiness and they are welcome at Brewster Place.

**Left:** Resident artist Dorthy Bennett and former Board President Judy Soule both attended the Brewster Place 50th Anniversary Art Exhibit in August.

**Right:** Wellness Specialist Julie Schmanke and resident Pat Oppitz at the Brewster Foundation New Ladies Luncheon. Great food and conversation is always on the menu!





**Resident Birthdays**

Georgia McKeever	1
Mary Lou Atherly	2
Maxine Noller	2
Elizabeth Packard	2
Lloyd Purcell	3
LaVonne Blankenship	4
Eva Courtner	4
Darrell Humphries	4
Barbara Harris	6
Pat McEwan	7
Mary Ann Bonebrake	8
Alan Bradbury	9
Bert Tyrrell	9
Julia Merrifield	10
Frank Cohoon	12
Charlotte Burris	13
Pauline Yockey	14
Harry Briscoe	15
Lenore Marschall	17
Betty Harley	19
Alice Barron	21
Betty Fenton	21
Tina Heide	21
Shirley Rausch	21
Sue Smith	21
George Riggins	22
Beth Sparling	22
Bill Larson	24
Marion Cutler	25
Carolyn Adams	27
Lorice Ann Woner	27
Mary Cohoon	29

**Anniversaries**

Keith and Reeta Akins	9-3-48
Frank and Betty Rice	9-5-53
Elmer and Doris Davis	9-30-45



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

**Staff Anniversaries**

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

<b>Department</b>	<b>Location</b>	<b>Years</b>
<b><u>Environmental Services</u></b>		
Sid Mitchell	Campus	13
Margaret Hines	MB	5
<b><u>Health Services Administration</u></b>		
Angala Anderson	BHC	15
Bryan McDaniel	MB	3
<b><u>Health Services</u></b>		
Myrtle Morris	BHC	4
Helen Paxson	BHC	23
Samantha Chitwood	BHC	1
Melissa Ray	BHC	2
Pogyena Mpofo	BHC	3
Erin Presswood	BHC	3
Eileen Krystofosky	AL	1
Mary Priest	AL	2
Chelsie Runyon	AL	1
<b><u>Rehab</u></b>		
Quontez Livingston	Rehab	4
Cheri Holliday	Rehab	2
<b><u>Therapy</u></b>		
Kim Mercer	BHC	3

**New Residents**

Robert and Marion Knight	BE 119
Carolyn Taylor	BE 333
Jerry and Judy Reed	Townhome 2933

**Transfers**

Dorothy Beverly	BHC
Deane Casebeer	BHC
Dorothy Slemmons	BHC
Jean Holcomb	BHC
Betsy Tudor	Off campus
Maurice and Gladys Trower	MB 322
Fran Olin	Aspen 12

**In Memoriam**

Mrs. Eleanor Tietze	7-24-2014
Miss Ruth Ausherman	8-3-2014
Mr. Norman "Dick" King	8-11-2014
Mrs. Matilda Bonnel	8-24-2014