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## Our Mission

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

## Five to Thrive



dimensions of wellness



The Brewster Health Center is accredited by The Joint Commission.

## 2018 Walk to End Alzheimer's Saturday, September 29 at Lake Shawnee



**A**lzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Alzheimer's is a progressive disease and currently there is no cure, although treatments for symptoms are available and research continues. (alz.org)

Sadly, Alzheimer's affects all of us as we witness friends, family members and neighbors deal with its effects. Many of us, including spouses, children, family members, staff and caregivers, provide support, care and love to those diagnosed with Alzheimer's. The financial cost of Alzheimer's is overwhelming, but the personal cost — watching loved ones slowly disappear mentally and physically — is heartbreaking.

Luckily there are organizations like the **Alzheimer's Association** whose mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. (alz.org)

Brewster's Wellness Committee encourages you to join **Team Brewster** and participate in this year's **Walk to End Alzheimer's**. Fundraising dollars from this event helps fuel the mission of the Alzheimer's Association with 77% of monies raised going toward Alzheimer's care, support, research, awareness and advocacy. (alz.org)

Brewster is sponsoring the Kid's Corner at the Walk again this year and we want to have a big group representing Brewster at the Walk to End Alzheimer's.

## Additional Events

### BINGO Extravaganza Fundraiser Wednesday, September 19 7:00 pm | Klinge Activity Center

Residents, BrewsterConnect and Live Well members, staff, family and friends are invited to play BINGO with All-Star BINGO Caller Tom Hagen. Prizes, snacks and fun for a good cause. Cards are .25 each. **Free-will donations accepted to support Team Brewster.**

### Honor Loved Ones

You will have the chance in September to color and sign a "Forget-Me-Not" flower **In Honor** or **In Memory** of someone affected by Alzheimer's. We will use the flowers to make a banner for the walk.

### Active Aging Spirit Week September 24—28

Let's build team spirit!

#### Monday — Sports Day

Wear your favorite team gear.

#### Tuesday — Twin Day

Dress like twins with your friends!

#### Wednesday — Hat Day

#### Thursday — Purple Day

Wear purple for Alzheimer's.

#### Friday — Brewster Team Shirt Day

Wear your favorite Brewster shirt.

### Ways to Support Team Brewster

- Join us for the Walk
- Donate to Team Brewster online at <http://act.alz.org/goto/teambrewster> or you may bring checks/cash to The Evergreens Business Office or Redwood Information Center. ■

# News from Wellness

## New Intergenerational Partnership with Meadows Elementary

by Katy Wright, Intergenerational Activities Coordinator

In the last few weeks you've probably seen those classic yellow buses appearing on Topeka streets. Summer has flown by, and school is in session once again. For the 2018 school year, Brewster Place is developing a wonderful intergenerational partnership with the 4<sup>th</sup> graders at Meadows Elementary. Over the next few months, Brewster Place residents will have the chance to create art, enjoy literature, and build relationships with these students while engaging in educational fun. Activities will happen both at Brewster Place and at Meadows Elementary. You won't even have to leave your apartment to participate in some of these activities!



**SOCIAL WELLNESS**  
Focus on Relationships  
The ability to engage with others in healthy ways

By taking part in this intergenerational partnership, you not only enhance your own social wellness, but you also help to shape a

child's life. The students at Meadows Elementary come from diverse backgrounds with a variety of needs and personalities. Studies have shown that there are benefits to both youth and adults who participate in intergenerational programs!

On Thursday September 6<sup>th</sup>, we will kick off the school year with a bus ride to Meadows Elementary at 12:30 PM. When was the last time you were inside an elementary school? We will take a brief tour to see how things have changed since we attended school! Afterward, we will head over to G's Frozen Custard for a frozen treat. Custard is Dutch treat.

On Tuesday, September 11<sup>th</sup>, there will be an informational session about our new partnership with Meadows Elementary. We will discuss future intergenerational activities that will take place here at Brewster and Meadows Elementary. Coffee and donuts will be provided. This coffee is open to all Brewster residents or Brewster Connect members interested in mentoring 4<sup>th</sup> grade students at Meadows Elementary. To attend either of these activities, please call Katy at 274-3309.

## Events in September

### Tour of Meadows Elementary and Custard at Gs Frozen Custard

Thursday, September 6  
12:30 pm | Lobbies

### Meadows Mentors Coffee and Information

Tuesday, September 11  
10:00 am  
Redwood Founders Room



## Why participate?

**Because the benefits are too great to miss out! You CAN make a difference!**

### Benefits for children:

- Improved academic performance
- Increases stability
- Decreases negative behaviors
- Enhances social skills

### Benefits for adults:

- Enhances socialization
- Stimulates learning
- Provides emotional support
- And many more! ■

## Creative Arts *with Kris Saia*



**Hello Fall!**

**Monday, September 17**

**1:00 pm | Redwood Lounge**

Join Kris to make an easy autumn decoration for your door or for a friend. ■





# iBalance, uBalance, Let's All Practice Our Balance

## Brewster Therapy Team Hosts iBalance Competition

### iBalance Competition

Fridays in September  
1:00—3:00 pm  
Winchell Wellness Center  
on Main Street

### Physical Wellness

#### Focus on the Physical Body

The ability to move and  
take action

**A**re you ready for a little friendly competition? During September the Brewster Therapy Team is hosting an iBalance competition. Therapy Team members will be available to assist residents, BrewsterConnect members, Live Well at Home members, *and* staff with the iBalance Machine. For the competition the **Penguin Maze** will be used to see who is the fastest one through the maze! Prizes will be awarded! Residents and staff can perform the maze on their own time as well. A log sheet will be available at the iBalance machine to write down your best time. ■



### Heads Up in October!

**Flu Shot Clinics** will be held in October. Flu Shot Clinic schedules will be posted in the October Brewster News, on bulletin boards and BPTV 1960.

**File of Life** information will be available at the clinics. ■



## KU Osher Lifelong Learning Institute

Learning for the *joy* of it!

### Six Drinks that Changed the World (Part 1)

Wednesdays, September 12, 19, & 26

2:00—4:00 pm

Main Street Chapel

**B**ased in part on *A History of the World in 6 Glasses* by Tom Standage, we will travel the world in search of where humans first produced beer, wine, spirits, coffee, tea, and sodas. We will then explore how, why, and where these drinks diffused from these hearths. Taught in two parts, the course emphasizes aspects of globalization from the Stone Age beer makers to the cola giants of the modern era. Historic themes include tea and the Opium Wars; sugar, rum, and the salve trade; and wine, Christianity and Islam. The course examines the three alcohol-related drinks: wine, beer, and spirits.

The course will be taught by **Tom Schmiedeler**, Ph.D. He is a professor emeritus of geography at Washburn University.

### Upcoming Osher Classes and Events

#### Apocalypse — Wow!

Wednesdays, October 10, 17 and 24

2:00—4:00 pm | Main Street Chapel

#### Instructor

Dr. Barry Crawford

#### Jazz at Lincoln Center Orchestra with Wynton Marsalis

Thursday, October 11

6:00 pm | Lobbies

**I**n celebration of the Lied Center's 25th Anniversary, the Jazz at Lincoln Center Orchestra with Wynton Marsalis will premiere a new work commissioned by the Lied Center. Each of the 15 members of the world's greatest jazz orchestra will compose one movement to capture the spirit of a beloved KU basketball tradition resulting in an unforgettable performance. Join us for dinner before the performance as Anthea Scouffas, Lied Center community engagement coordinator, introduces this unique orchestral event. Tickets are \$40 and Transportation is \$13. Please call Jamie at 274-3398 for reservations. ■



# From the Chaplain | Blessed Are Those Who Mourn

by Chaplain Roger Jackson, M. Div.

Let's talk about the importance of grieving for our state of mind and our spiritual life.



Matthew's gospel includes the most well-known sermon of Jesus, the "Sermon on the Mount." That discourse includes say-

ings that have come to be known as the "Beatitudes." In **Matthew 5:4** Jesus says, "**Blessed are those who mourn, for they shall be comforted.**" We are blessed when we are willing to go through our loss and the grief process as we let God comfort us.

Coping with the loss of a close friend or family member may be one of the hardest things we may ever face. When we lose a spouse, child, sibling or parent, our grief can be particularly intense. Loss is understood as a natural part of life, but we can still be overwhelmed by shock and confusion, leading to prolonged periods of sadness or depression. The sadness typically diminishes in intensity as time passes, but grieving is an important process in order to overcome these feelings and continue to embrace the time you had with your loved one.

Everyone reacts differently to death and uses personal coping mechanisms for grief. Research shows that most people can recover from loss on their own with time if they have social support and healthy habits. Though, it may take months or years to come to terms with a loss. There is no "normal" time period to grieve. Katherine C. Nordal, Ph.D., says not to expect our grief in phases because new research now suggests that most people do not go through stages as progressive steps. Dr. Nordal also says, research tells us that mourning the loss of a close friend or family member takes time; it can be the catalyst for a renewed sense of meaning that offers purpose and direction to life.

Dr. Nordal gives the following strategies to help come to terms with loss as you go through the grieving process:

- **Talk about the death of your loved one** with friends and colleagues in order to understand what happened and remember your friend or family member. Denying the death is an easy way to isolate yourself and will frustrate your support system in the process.
- **Accept your feelings.** People experience all kinds of emotions after the death of someone close. Sadness, anger, frustration and even exhaustion are all normal.
- **Take care of yourself and your family.** Eating well, exercising, and getting plenty of rest help us get through each day and move forward.
- **Reach out and help others dealing with the loss.** Helping others has the added benefit of making you feel better as well. Sharing stories of the deceased can help everyone cope.
- **Remember and celebrate the lives of your loved ones.** Possibilities include donating to a favorite charity of the deceased, framing photos of fun times, passing on a family name to a baby, or planting a garden in memory. What you choose is up to you, as long as it allows you to honor that relationship in a way that feels right to you. If you feel stuck or overwhelmed by your emotions, it may be helpful to talk with a professional who can help you cope with your feelings and find ways to get back on track.

And I would add, connect with a faith community that can love and support you through the grief process. Allow yourself to mourn the loss of a close friend or family member. Remember, God promises to comfort you. "**Blessed are those who mourn, for they shall be comforted**" (**Matthew 5:4**). ■

## Tour of Fort Leavenworth

Thursday, September 20

8:30 am | Lobbies

Join us for an informative and enjoyable day at Fort Leavenworth. Historic Leavenworth and the Buffalo Soldiers have the distinction of being listed as two of the “8 Wonders of Kansas.”

We will begin with a general tour of the fort, which features the Buffalo Soldier Monument, the Frontier Army Museum, Oregon and Santa Fe Trails, Memorial Chapel, and more. Our tour will also include a drive by and stories of the Haunted Homes and buildings of Fort Leavenworth. We will also drive through the National Cemetery, established by President Abraham Lincoln in 1862. It is one of the first 14 national cemeteries and is the final resting place for 23,000 veterans from every war since 1812.

We will enjoy a guided driving tour of the nationally-recognized Buffalo Soldiers Monument, which was dedicated in 1992 by General Colin Powell to the memory of the 9th and 10th Cavalry Regiments comprised of black soldiers.

Lunch will be at the Solarium Buffet at the Frontier Conference Center. This buffet includes a wide selection of meats, fish and yummy side dishes. Top it off with a sweet treat from the desert bar.

To conclude our day, we will visit the Frontier Army Museum, which is home to personal artifacts of General Henry Leavenworth, an exhibit depicting the history of Africa-American servicemen, the Buffalo Soldiers, and many other intriguing galleries and memorabilia from 1804-1917.

There is a \$10.00 cost for the Guided Tours, \$9.95 for the lunch buffet, and transportation will be \$13.00. A US photo ID is required to enter Fort Leavenworth. **Please make reservations no later than Wednesday, September 12, as a background check is required to enter Fort Leavenworth.** Call Jamie with questions or to reserve a spot at 274-3398. ■

## Cottonwood Villas Open House

Monday, September 17

10:00 am—12:00 pm

Be among the first to tour the new Cottonwood Villas. All Brewster residents and staff are welcome — and feel free to bring a friend from the community!

*Refreshments will be served.*

We are looking forward to seeing you there! ■

## MOVIE AND DISCUSSION

*God's Not Dead: A Light in Darkness*

Monday, September 24

2:00 pm | Main Street Chapel

A church destroyed. A congregation silenced. A relationship shattered. Yet even in life's



darkest valleys, a small flame can light the way toward healing and hope.

After a deadly fire rips through St. James Church, Hadleigh University leaders use the tragedy to push the congregation off campus, forcing the church to defend its rights and bringing together estranged brothers for a reunion that opens old wounds and forces them to address the issues that pulled them apart.

Intermission—Refreshments

Discussion Following

Facilitated by Chaplain Roger Jackson

Join us for this powerful and inspiring movie! ■



## Foundation Forum

Thursday, September 6

10:00 am

The Evergreens Community Room

**S**heriff Herman Jones will be joining us to provide some information on crime and the happenings in the Sheriff's department. He will be open to answering any questions that you may have. Join us! ■

## News and Views With Kevin McFarland

Tuesday, September 11

10:15 am

Redwood Chandler Sun Porch

**J**oin Kevin McFarland for a lively discussion about current events and other things that are happening in our community. This is an enjoyable hour of conversation with Kevin, as we discuss current events in an open and fun environment. ■

## Charitable Giving Do it Your Way

Monday, September 17

6:00 pm | Redwood Lounge

**J**oin **Nancy Goodall** for an easy to follow guide to charitable giving and how to do it your way.



What are the best ways to give to charities? Will the new tax laws impact my charitable giving? What can I give to charities besides cash? What are the tax benefits of giving? Should I involve my family in my charitable giving decisions? Nancy Goodall

answers these and many other issues and questions in her down-to-earth presentation style. Don't miss it!

**Nancy Goodall, J.D., LL.M., CTFA**, is a Senior Vice President and Trust Officer with CoreFirst Bank & Trust, Topeka, Kansas. She is also an attorney and frequent lecturer in the areas of estate planning, investments, trusts, probate and taxes. ■

## National Assisted Living Week September 9—15

**T**he theme for this year's week-long event is "Capture the Moment." Brewster Assisted Living will be celebrating throughout the week with fun activities and special events.



No matter your age, we should all be living life to the fullest. Assisted

Living caregivers help seniors realize this by supporting them with everyday tasks, while maximizing their independence and honoring individuality.

Assisted Living communities across the country are encouraged to organize activities and events during National Assisted Living Week that help residents celebrate their past while also enjoying the present. ■

## At the Movies on BPTV 1960

Thursdays at 2:00 pm  
BPTV 1960

**September 6**  
"The Founder"  
(2016 biography)

**September 13**  
"The Exception"  
(2017 drama based on a book)

**September 20**  
"Book Club"  
(2018 comedy)

**September 27**  
"Won't You Be My Neighbor?"  
(2018 biographical documentary)





Friday and Saturday  
September 28 and 29  
9:00 am—3:00 pm  
Klinge Activity Center

**D**ue to construction on campus this year, this is our only **Trash & Treasure Sale** of the year so it's going to be **HUGE!** Resident and staff have worked together to organize and price hundreds of items to be sold — all to benefit the **Brewster Service Fund**. Proceeds from the Trash & Treasure Sale are allocated by the Brewster Service Fund Committee and are used for resident programming and special projects at Brewster Place.

- Furniture
- Antiques
- Jewelry
- Kitchen items
- Books
- Electronics
- Lamps
- Bedding
- Linens
- Pots and pans
- Small appliances
- Florals
- Baskets
- And much more!

## From Dining Services

### Brewster Meal Club Sign-up Extended!

**J**oin our Brewster Meal Club! Sign up by September 30, and enjoy a minimum of **52 FREE MEALS** over the next three months on Brewster! Why be a slave to your dirty dishes when you can enjoy a good meal with friends and leave the dishes to us? Hurry! Offer expires on September 30. Contact Kelly Chavez, Culinary Arts Manager for details at 274-3365.

### Special Dietary Needs

**T**here are many choices at each of our campus restaurants to ensure that your dining experiences are varied and enjoyable. Independent Living residents who need help navigating the choices, due to special dietary needs, will be happy to know that assistance is available. If you would like help managing your special diet, please contact Connie Geartz, Brewster Certified Dietary Manager, at 274-3348. ■



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

## Reminders from Security

### Transportation:

- All transportation on campus is a free service to our residents.
- Transportation off campus on Tuesdays and Thursdays is an \$8.00 round trip charge.
- Transportation any other day of the week is a \$35.00 round trip charge.
- Transportation in the lift van is a \$55.00 round trip charge.

### Safety Tip:

**D**o not share your personal or financial information with strangers over the phone or online. If there is an unusual situation that concerns you, please feel free to call Security Manager, Ron Dean, at 274-3370. ■

## Construction Update

Wednesday, September 19

10:00 am

The Evergreens Community Room

**J**oin Chief Operating Office, Claudia Larkin, and Director of Environmental Services, Matt Burns, for an update on the status of the construction projects on the Brewster Campus. We would like to thank all of our residents for their patience as we transform our campus to offer additional services. ■



Kansas Humanities Council Book TALK

Call Jamie at 274-3398 with questions. Books will be available in the Redwood Information Center on September 4.

We are pleased to continue our participation in the Kansas Humanities Book TALK Series this fall with the series African Experiences of Migration. The United States celebrates the fact that we are a nation of immigrants. But, what do we know about the experiences of recent African migrants who have come to call the United States home? A growing number of these immigrants have settled into Kansas communities over the past several decades. The books in this series explore some of the fault lines between being African and being American, particularly for the young characters who come of age in these stories. (humanitieskansas.org)

SEPTEMBER 25

Brooklyn Heights

by Miral al-Tahawy
This is the story of Hind and her eight year old son, who have arrived in New York to start a new life. It finds the two of them drawing parallels between their new urban community and memories of the Bedouin village where Hind was raised.

OCTOBER 22

The Beautiful Things That Heaven Bears

by Dinaw Mengestu
In 1990 Sepha Stephanos fled the Ethiopian revolution. Now he finds himself running a grocery store in a poor African-American neighborhood in Washington, DC. Told in a haunting and powerful first-person narrative that casts the streets of DC and Addis Ababa through Sepha's eyes, this novel illuminates what it means to lose a family and country.

NOVEMBER 27

A Long Way Gone: Memoirs of a Boy Soldier

by Ishmael Beah
Ishmael Beah's life in war-torn Sierra Leone did not prepare him for his move to the United States in 1998, where he finished his last two years of high school at the United Nations International School in New York. He went on to earn a degree in Political Science from Oberlin College and become a member of the Human Rights Watch Children's Division Advisory Committee.

Right: Jeanene Johnson, Mary Mulenburg and Mary Lou Mitchell looked "happy as sunflowers" in this beautiful field of our state flower.

Below: Martha Williams traveled to the sunflower field with the group in August. Beautiful photo of a beautiful lady!



Below: You can tell by Ann Uhl's smile that she also enjoyed this annual trip. Ann loves to participate in the varied events at Brewster Place. She also serves as President of Resident Council.



keep your face to the sunshine and you cannot see the shadow. it's what the sunflowers do.

-Helen Keller





## Birthdays

Georgia McKeever	1
Betsy Packard	2
Esta Christianson	4
Darrell Humphries	4
Louida Arnold	5
Howard Anderson	6
Barbara Harris	6
Alan Bradbury	9
Linda Jackson	12
Maggie Beers	13
Charlotte Burris	13
Ron Brunsvold	14
Pauline Yockey	14
Lenore Marschall	17
Betty Harley	19
Mary Berryman	20
Alicia Salisbury	20
Jack Strukel, Jr.	20
Alice Barron	21
Betty Fenton	21
Tina Heide	21
Sue Smith	21
Beth Sparling	22
Diana Reed	23
David Sterbenz	23
Bill Larson	24
Ronn Boyd	27
Carolyn Adams	27
Lorice Ann Woner	27
Walter David	30

## Anniversaries

Gary and Judy McGinnis	9/02/1967
Jack and Janet Strukel	9/02/1956
Don and Shirley Moses	9/09/1956
Glenn and Barbara Wehking	9/09/1961
Dan and Theresa Cain	9/29/1956

## In Memoriam

Mrs. Mary Larkin	8/02/2018
Mrs. Ada Bishop	8/06/2018
Mr. Gilbert Singleton	8/12/2018
Mr. Jerry Jaramillo	8/16/2018

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](http://www.BrewsterLiving.org)**

Janis Swanson, Editor

[Janis.Swanson@BrewsterLiving.org](mailto:Janis.Swanson@BrewsterLiving.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>Dining Services</u></b>		
Patricia May	RW	2
Isabelle Fritz	RW	1
Donna Musick	RW	3
<b><u>Environmental Services</u></b>		
Aurora McBeth	EV	4
Deborah Streeter	EV	3
Margaret Hines	RW	9
<b><u>Health Services Administration</u></b>		
Angala Anderson	BHC	19
<b><u>Health Services</u></b>		
Maranda Hill	BHC	1
Nicholas Jamison	BHC	1
Ashley Tull	BHC	1
Dian Morris	BHC	8
Karlee Hammond	BHC	1
Alysha Ford	BHC	3
Mindy Bonner	BHC	3
Toiya James	BHC	1
Pogyena Mpofu	BHC	7
Desiree Fund	BHC	1
Raymond Lax	BHC	4
Erin Presswood	BHC	7
Shirley Hecht-Asher	AL	3
Laura Donaldson	HH	2
<b><u>Information Technology</u></b>		
Stephen Scheele	RW	4
<b><u>Rehab</u></b>		
DaeQuina Smith	BHC	2
Serena Kent	BHC	4
<b><u>Resident Services</u></b>		
Jamie Fritz	RW	3
Kris Saia	RW	1
<b><u>Security/Transportation</u></b>		
Deanna Howard	Campus	1
<b><u>Therapy</u></b>		
Katherine Renyer	BHC	1

## New Residents

Sharon Aderman	Cottonwood 106
Donald and Jackie Buchanan	Cottonwood 202
Eldon and Linda Danenhauer	Cottonwood 105
John "Jack" Dicus	Cottonwood 107
Brice and Lois Durbin	Cottonwood 205
Virgil and Joyce Funk	Cottonwood 201
Alvin and Janet Metz	Cottonwood 207
Donald and Carol Morris	Cottonwood 102
Marilyn Nellis	Cottonwood 103
David and Roseanna Sterbenz	Cottonwood 101
Larry and Anita Wolgast	Cottonwood 203