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Did you know...

Construction of Allen Fieldhouse in 1955 quickly slowed to a halt because of a federal mandate restricting steel consumption, following World War II and during the Korean War. However, university officials were able to find a loophole: by adding some rooms for gun and weapons storage, construction of the building was able to continue under the guise of an "armory."

Breaking Down Barriers in 2010

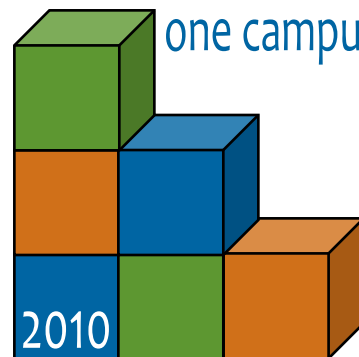
President Ronald Reagan famously demanded, "*Mr. Gorbachev, tear down this wall*" as he stood in front of the Brandenburg Gate in West Berlin. A couple of years later the wall did come down, and in November 2009 we observed the 20th anniversary of the fall of the Berlin Wall, the most famous barrier of our time. At Brewster Place we're working on tearing down our own barriers.

Our plan to add eighteen private rooms at the Brewster Health Center continues to be on track. First and foremost, the addition will make for a better rehab experience for Brewster residents who might need those services. The expansion has the extra benefit of improving our long-term financial position, helping to ensure that we're able to continue the tradition of the finest retirement community in the region.

The BHC project is an important part of our overall vision as we move forward. Progress continues on our *Reaching Out, Building Community* capital campaign with more than 500 gifts being received to date. Successful completion of this first phase of the campaign will enable us to pay off the note we took out when we purchased the Fairway Apartments site and move forward with additional plans. Those plans include eventually razing the apartment site and looking at new uses for that land, including a community wellness center. As we've visited with community leaders here in Shawnee County, they're excited about the ways in which Brewster Place can make it itself even stronger – both financially and as a community citizen – with the addition of the community wellness center; and we think they're willing to put their money where their mouths are!

It's exciting to think about the ways in which new development on the Fairway Apartments site can help us achieve our overall mission. But that excitement extends beyond new buildings and better programs and services. At its heart, that excitement is about our chance to finally unify our campus in a physical sense that's been impossible for many years.

brewster
many buildings,
one campus.



Continued on page 5...

Welcome New Residents

by Mary Baker-Mills, Resident

Jim and Doris Cioffi became part of our Brewster Place family in November. They did not have far to move as they lived for 46 years in the Knollwood area, just west of Brewster Place.

Jim was born in Rutland, Vermont. He smiled and called it “God’s Country.” But he admits that he has lived in Kansas many more years than he did in Vermont, and recognizes he is still living in God’s country.

Doris was born in Cleburne, Kansas. Cleburne is now gone. It was taken over when Tuttle Creek was being developed. She came to Topeka after she graduated from high school.

They met when Jim was a patient at “Winter General” VA Hospital. He was in the Infantry during WW II, and fought in the South Pacific from 1942 to 1944. The USS President Coolidge, a luxury liner converted to a troop ship, carried 4,000 men and was on its way to deliver millions of dollars worth of supplies to bases in the South Pacific. At 9:30 a.m., Oct 26, 1942, the ship hit Japanese mines and began to sink. Jim jumped 60 feet into the water and had nothing but his clothes, and his wallet that held a \$2.00 bill. The Navy nearby rescued them with their PT boats and brought them to “Espirto Island” near Guadalcanal. He still has that \$2.00 bill today. You can ask him how he lost it, and how years later he got it back.

After fighting in the jungles for some time, he developed “Jungle Rot” on both hands. He could no longer hold a rifle, write, or hold a fork. He was sent to a hospital in New Zealand, as well as others before he was placed in Winter General. Here he met Doris through a friend. Nine months later, they were married on July 4, 1944. Doris proudly claims that they started with a bang!

After his discharge from the VA Hospital, Jim did security work at the Sunflower Ordinance. After they closed, he transferred to Life Underwriter, then he took up barbering, and next became Chief of Police at the Topeka Air Force Depot. He worked there 19 years. He has been a member of the VFW for 65 years.

Doris worked at Hallmark Cards before she became a patrolman at Sunflower for two years with Jim. Next she worked for 25 years at Stauffer Publications as a bookkeeper.

As for hobbies, Doris enjoyed sewing and cooking and bowling. Jim’s hobbies were bowling and swimming. While at the VA Hospital, he began swimming. Jim has a plaque honoring him in recognition of swimming 4,000 miles as of January 1, 2002 in the Colmery-O’Neil swimming pool. This is equal to a round trip to Jim’s home in Vermont and almost back again.

Jim and Doris had no children. They did enjoy traveling. They have seen Norway, Sweden, Denmark, Finland, Russia, Ireland, met the Pope in Italy, Alaska, Hawaii and cruised the Caribbean. ■

Jim and Doris Cioffi
1205 SW 29th St., Apt. 110
Ph. 267-0209



**Betty Crocker Recipes
from the Past Lunch
Recipes from 1950
Thursday, January 21**

- Homemade Vegetable Soup
- Roasted Chicken with Potatoes and Onions
- Ham and Cheese Casserole
- Corn Pudding
- Red Cabbage
- Hot Rolls
- Mandarin Orange Cake

Audio Announcements...

Residents of Brewster Place can tune into **BPTV 14** Monday—Friday at 8:00 am for **audio announcements**. It’s a great way to start the day and find out any changes to the day’s schedule. ■

Welcome New Residents

by Mary Baker-Mills, Resident

Louise Smith made her new home at Brewster East in November. She is still in the process of unpacking some of her boxes. We can all relate to that.



Louise is an artist and loves to paint. She developed her love of art from studying for 16 years under the direction of Jan Burnett.

Louise was born and raised in Fort Scott, Kansas. She met her husband Dale just after he returned home from WW II. In just six weeks (June 16, 1946) they got married and Louise said it has been just great!

Dale rejoined the Army Air Force at Fort Leavenworth. He was then transferred to Langley Air Force Base in Hampton, Virginia. About that time, the Air Force branched off and it was no longer the "Army Air Force." Dale remained in the Air Force until he retired. They lived at Langley AFB until 1952. They had two baby boys while at Langley. Son Michael lives here in Topeka and has two girls. Son Patrick is now living in Fort Worth. Later at Nellis Air Force Base in Los Vegas, their son John was born. John also lives here in Topeka and has two girls and two boys. They were blessed with six grandchildren and seven great-grandchildren.

Dale retired from the Air Force in 1962 and began working for the Kansas Department of Corrections. He retired from that position 20 years later in 1983.

Louise delighted in being a "stay-at-home mom." She enjoyed baking cookies for Michael, Patrick and John to have when they came home from school.

When asked what her best memories were, she said it was when Patrick was born. This nine pound 13 ounce baby boy was born in the back seat of the car hurrying to the Navy Base Hospital at

Langley where there was maternity care. By the time they arrived, Patrick was already there. Both were doing fine.

Another favorite memory is when they drove from Langley to the Air Force base at Fairbanks, Alaska in a 35 foot mobile home. They lived in this mobile home at Fairbanks for two years. At times, the temperature came down to 60 degrees below zero. But Louise felt it was absolutely gorgeous up there. She remembers the snow looking like a picture post card. They had friends stationed at another AFB in Alaska. They often took a jeep to visit them. Louise loved the beauty in Alaska, and will never forget the wonderful drive through Canada with their children.

Louise was widowed three years ago, and she is twice a cancer survivor. You would never guess, when looking at this sweet, dear lady, how very tough she is. Welcome to Brewster, Louise. ■

Mrs. Louise Smith
1205 SW 29th St., Apt. 108
Ph. 266-3163

FREE Chair Massage Clinic

Monday, January 18
2:00—4:00 pm
Main Lounge

Drop by for a 10
minute massage with
Mary Lou Herring,
Massage Therapy
Student



Volunteer at Brewster Place...

There are always volunteer opportunities at Brewster Place. If you are interested in learning more, please call either Jeanene Johnson at 274-3398 or Jo Sumpter at 274-3312. Turn over a new leaf in 2010 and get involved in a great community!

What Is Lymphedema and How Can Therapy Help You?

Deborah Webb, Brewster Place Occupational Therapist, became certified as a Massage Therapy Lymphedema Technician through the Blue Heron Academy of Healing Arts and Sciences in August of this year. You may have some questions about what lymphedema is and how a therapist can help. First, let us give you an overview of the lymphatic system.

- The lymphatic system aids the immune system in destroying pathogens and filtering waste so that the lymph can be safely returned to the circulatory system.
- The lymphatic system removes excess fluid, waste, debris, dead blood cells, pathogens, and hormones from the blood to the cells that make up the tissues of the body.
- Protein molecules are created by cells in the tissues. Because these molecules are too large to enter the capillaries of the circulatory system, these protein molecules must be transported by the lymph to the bloodstream.
- In lymphedema affected tissues, the lymph is unable to drain properly. Instead within these swollen tissues the protein-rich lymph becomes stagnant. When bacteria enter this fluid through a break in the skin, they thrive on this protein-rich fluid. It is for this reason that lymphedema affected tissue is so prone to infection.

Lymph organs include the bone marrow, lymph nodes

(tonsils and adenoids) spleen and thymus. Cells in the bone marrow produce lymphocytes. Lymph nodes are bean-shaped and range in size from a few millimeters to about 1-2 cm in their normal state. They may feel enlarged due to a current or past infection. There are between 600-700 lymph nodes present in the average human body. It is the role of these nodes to filter the lymph before it can be returned to the circulatory system.

When lymph nodes or lymphatic tissues have been damaged, destroyed or removed, lymph cannot drain normally from the affected area. When this happens excess lymph accumulates and results in the swelling that is characteristic of lymphedema. Diseases such as obesity, diabetes, heart disease could be factors in compromising the lymphatic mechanisms. Also, medical interventions such as radiation or surgery with removal of or damage to the lymph nodes may cause symptoms of lymphedema.

Unlike the blood stream that is pumped by the heart, the lymph flows upward traveling from the extremities (feet and hands) and upward through the body to-

ward the neck via blind-ended tubes that are only a single cell in thickness. Pressure from the fluid surrounding the tubes forces these cells to open and the fluid moves upward primarily with the contraction of our muscles. (That it is one more reason to exercise.) At the base of the neck, the lymph enters the subclavian vein and once again becomes plasma in the bloodstream.

Now, the therapist uses manual lymphatic drainage techniques to move fluid and protein that have accumulated in and around the tissues back into the lymphatic vessels. This involves using a variety of massage, handling and positioning techniques. Compression garments and bandages are also sometimes worn between treatments or after the treatment has been discontinued to help control swelling. A healthy diet and exercise are also very important factors in controlling the reoccurrence of lymphedema.

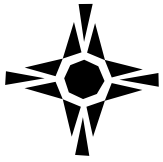
If you are concerned that you might have symptoms of lymphedema first contact your doctor or call Deb Webb, COT, at the Brewster Health Center with questions at 274-3337. ■

For more information about Brewster Place or to arrange a personal tour...

Please contact Phyllis Lansford,
Director of Marketing, at 274-3350.

You can also email Phyllis at:
brewster@brewsterplace.org

Visit us online at:
www.brewsterplace.org



From Chaplain Larry

“Do for others what you want
them to do for you...”
(Matthew 7:12) Living Bible

Instead of the traditional New Year resolutions (that few people keep), we all need reminders of the difference we can make in our world. An anonymous writer penned a poem that challenges each of us, not only for 2010, but for life as well.

The Final Analysis

People are often unreasonable, illogical
and self centered;
forgive them anyway.

If you are kind, people may accuse you of selfish,
ulterior motives;
be kind anyway.

If you are successful, you will win some false
friends and some true enemies;
succeed anyway.

If you are honest and frank; people may cheat you;
be honest anyway.

If you spend years building, someone could
destroy overnight;
build anyway.

If you find serenity and happiness,
they may be jealous;
be happy anyway.

The good you do today, people will often
forget tomorrow;
do good anyway.

Give the world the best you have; and
it may never be enough;
Give the world the best you've got anyway.

You see, in the final analysis,
it is between you and God;
it never was between you and them anyway.

God's blessings for 2010!

Chaplain Larry ■

Continued from page 1...

Over the last 45 years, Brewster Place has grown up around the Fairway Apartments. With the addition of the Brewster Health Center in 1998, the apartment complex split our campus in two, isolating residents from each other and reinforcing the perception that the health center is not an active part of Brewster.

Razing the apartment complex – simply removing it as a barrier between the health center and the rest of campus – will go a long way toward making two separate parts whole again. And the addition of the short term rehabilitation rooms will introduce more Brewster residents to the services provided at the health center that make it possible for people to be more independent.

We don't have to wait for the walls to come tumbling down at the apartment complex or for the short term rehab addition to be completed to begin unifying our campus. Beginning in January, we're going to be incorporating ALL of our residents into our regular Friday afternoon socials. Long a Brewster tradition, the Friday afternoon socials give residents a chance to unwind at the end of the week with lively conversation and camaraderie in the company of friends. However, for those residents who've made the Brewster Health Center their home, they miss out on the fun that they enjoyed when they were on the "independent" side of campus.

Starting in January, we'll be adding the Brewster Health Center to our regular rotation of Friday afternoon social "locations." Our January 8 social will be held in the Main Building living room, our January 15 social will be held in the Brewster East Community Room (and to relieve overcrowding we'll be expanding into the Dining Room too), and our January 22nd social will be held in the Brewster Health Center's beautiful Fink Living Room. We'll proceed from those dates with a "three-location" rotation.

We all face "barriers" in our lives that may hold us back from enjoying life to the fullest. Fear of change can be one of those barriers as can fear of what the future might hold. What better time than now to start breaking down those personal barriers! ■



Wellness Wise

January Is National Glaucoma Awareness Month

Glaucoma is the Second Leading Cause of Blindness and Can Strike At Any Age! It is often called the "sneak thief of sight" because half of all patients have it and do not know it. Although some may consider the eye disease something that only happens to older people, the truth is, even children and teenagers can be diagnosed with it.

An elevation in the pressure within the eye (the intraocular pressure, or IOP) is generally, but not always, associated with the development of glaucoma. The optic nerve fibers inside the eye are damaged, resulting in vision loss that begins in the peripheral fields of vision. African-Americans are six to eight times more likely to develop glaucoma than Caucasians. People over 60 years of age and anyone with a family history of glaucoma are also at increased risk.

The American Academy of Ophthalmology's recommended intervals for eye exams are:

Age 20-29:

Individuals of African descent or with a family history of glaucoma should have an eye examination every three to five years. Others should have an eye exam at least once during this period.

Age 30-39:

Individuals of African descent or with a family history of glaucoma should have an eye examination every two to four years. Others should have an eye exam at least twice during this period.

Age 40-64:

Every two to four years.

Age 65 or older:

Every one to two years.

Source: American Academy of Ophthalmology's ■

Life Story Writing...Everyone Has a Story to Tell

"I hear him calling to me. *'Berenice, bring me a big glass of water.'* I'd see him—his arms resting on the banister—straw hat in hand—wiping his head with a big red handkerchief. *'Fill it again,' he'd say.*"

Berenice Johnson was in her late eighties when she saw an ad in a local paper about a writing class for seniors. She always wanted to write about her life and she took the plunge, made the call and began her journey, telling her story, in her own time, in her own words, the way she remembered.

Berenice was an ordinary Colorado farm girl who lived an ordinary life. But through her words and stories, her ordinary life became an extraordinary gift to her family. They each now have a

book called "Reflections" that is treasured beyond measure. Berenice passed away at the age of 99, but her story lives on, not only through the memories her family and friends have of her, but through the written word...her words.

For about 10 years now, Brewster Place has offered a writing class to help you write your story. No experience is required (Berenice had no writing experience when she started her journey). Resident **B Horne** leads this group and will provide you with prompts and ideas to get you started. The **Life Story Writing Group** at Brewster Place meets twice a month (**Mondays, January**

11 and 25 at 9:00 am in the Main Building Sun Porch).

"One of the markers of a life well lived must surely be the stories, experiences and memories that are told, retold, remembered and re-experienced throughout the life span. Life story writing captures the priceless and the poignant, the truly memorable and the quirkily remembered, the historic and the unique. It leaves a legacy of living history for future generations. And it can bring enjoyment, satisfaction and closure in the last stage of life." (Kathleen Adams, The Center for Journal Therapy) ■

Berenice Johnson was the grandmother of Janis Swanson. If you'd like to see her book called "**Reflections,**" please see Janis in the DocADuck Resource Center.

Take Stock of Important Documents

With a new year stretched out in front of us, it's a good time to take stock of those important documents in our lives. January is a great month to:

Review, review, review

Look over your will and make sure that it still provides for others and for charities in the ways you intend. Including the Brewster Foundation in your will and/or making a specific gift for the Foundation's *Reaching Out, Building Community* Capital Campaign does not require the rewriting of your will, just the addition of a simple codicil.

Examine your advance directives. Are the individuals listed for financial and health care decisions still appropriate? Do you need to update any of the specific provisions listed?

Copy, copy, copy

Do you have copies of important papers in your lock box? With your legal and/or financial advisors? With important loved ones?

Consult, consult, consult

Set an appointment with your legal and/or financial advisor to ensure that your will and other planning documents are up-to-date in light of recent tax law changes. It's always a good idea to review your plans with a trusted professional to make certain your documents actually do what you intend.

Of course, if you don't currently have a will or advance directives, there's no time like the present to get started. As always, for questions or assistance with any of these items or information on how to include the Brewster Foundation in your estate plan, contact Mary Beth Saylor, Director of Foundation Development at 274-3327. ■

“If you have much, give of your wealth; if you have little, give of your heart.”
Arab Proverb



At the Movies on BPTV 14

Thursdays
2:00 pm

Thursday, January 7
“The Proposal” (2009 romance)

Thursday January 14
“Julie and Julia” (2009 drama)

Thursday, January 21
“A Man Named Pearl”
(2006 documentary)

Thursday, January 28
“Up” (2009 family)



Arts & Crafts

Classes at Brewster Place!

Workshop & Quilting

Monday, Wednesday & Friday
10:00 am - Noon
Klinge Activity Center
Main Building lower level

Oil Painting Classes

Two classes each Tuesday
9:30 am - 11:30 am
Brewster East Art Studio

1:30 pm - 3:30 pm
Klinge Activity Center
Main Building lower level

Call Joline Kovarik, Arts & Crafts Supervisor, at 274-3317 to join a class.

Craft Painting

Monday
1:30 pm - 3:30 pm
Thursday
10:00 am - Noon
Both classes at
Brewster East Art Studio

Watercolor Class

Wednesday
1:30 pm - 3:30 pm
Brewster East Art Studio

Woodcarving

Thursday
1:30 pm - 3:30 pm
Klinge Activity Center
Main Building lower level

“Weather the Winter” at Brewster Place



You’ve probably heard about Brewster’s *Weather the Winter* promotion that gives people a chance to try out a Brewster Place apartment at a low monthly fee without a long-term contractual commitment. For the first time ever Brewster Place is offering comfortable, fully furnished, ready-to-live-in apartments for people to try for a month or two or for the entire winter. It’s a great way for folks who are considering Brewster Place to give us a try while escaping the icy roads, sidewalk shoveling and isolation that often goes along with winter weather in Kansas.

What you may not have heard though, is that Brewster residents can also use the *Weather the Winter* program to try out Catered Living in the Main Building. One of the

great benefits of Catered Living in the Main Building is that you can get access to just about anything you need without going outside in inclement weather. Of course there is food when you want it and where you want it, but you can also get to all kinds of social activities, table games, arts and crafts programs, intellectual and cultural programs, and of course the basics like the beauty shop, chapel, bank, market, computer resource center, and wellness center – all without ever leaving the building!

It’s your opportunity to enjoy the comforts of Catered Living without paying a transfer fee or making a permanent commitment. Call Phyllis or Carleita in the marketing office at 274-3350 to take advantage of this unique limited time opportunity. ■

There Is Always Something to Celebrate at Brewster Place

Right: Arthur and Gale Curtis celebrated 67 years of marriage in December. Their friends at the Brewster Health Center hosted a party in their honor.



Below: Audene Miller and Gizmo attended the anniversary celebration for Arthur and Gale Curtis. Gizmo belongs to Director of Nursing Shirley Boltz and is a good pal to all at BHC.



Left: Nadine and Don Manley celebrated the holiday season by attending the Annual CoreFirst Holiday Party in December. This party is a highlight of the holiday season and is attended by a majority of Brewster Place residents.

get the most
out of life!





January remembrances...

Birthdays

Donald Bruner	1
Vel Stawicki	1
Ann Conley	1
Max Baker	2
Steve Hall	2
Jean Ingersoll	3
Barbara Brownell	4
Edna McCracken	4
Donna Love	4
Gale Curtis	6
Phyllis Foltz	6
Evelyn Halbert	7
Bernice Riggert	8
Jimmie Lacy	10
Royal Sanborn	11
Jodie Rardin	12
Georgiana Morrill	12
Joy Glover	13
Maggie Killinger	16
Edna Schwarz	16
Connie Buergin	17
Anderson Chandler	21
Nyla Faye Shoemaker	21
Edith Lessenden Chandler	21
Virginia Skinner	22
Elsie Becker	23
Ruth Esther Shorthill	23
Esther Heidebrecht	23
Shirley Day	24
James Stanton	25
Arlene Burkdoll	29
Naomi Patterson	30
Tootie Salisbury	30
Mid Smith	30

Anniversaries

Jim and Ethel Krieg	1-1-01
Jim and Evelyn McCune	1-6-43
Max and Liz Kiene	1-17-42
John and Barbara Thiele	1-24-49
Max and Lillie DaMetz	1-24-43
Bill and Ruth Larson	1-25-57
Warren and Freida Schriener	1-29-55

Staff Anniversaries

These Brewster staff members are celebrating their employment anniversaries in January! ■

Department	Office/Work Location	Years
Dining Services		
Margaret Buergin	BHC	2
Dora Jackson Lafleur	MB	9
Environmental Services		
Rita Hulsing	Campus	6
Rod Bacon	BE	6
Health Services		
Pam Navarre	BHC	6
Shay Mason	BHC	2
Jane Railey	BHC	2
Dorise Fletcher	BHC	4
Lea Morgan	BHC	12
Sharon Doolin	BHC	2
Lisa Lohmeyer	AL	10
Monique Wingo	AL	3
Laura Scribner	HH	7
Human Resources		
Jill Morrow	MB	11
Therapy		
Beth Ott	BHC	3

New Residents

Wayne and Barbara Fernkopf	BE 204
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Transfers

Marjorie Johnson	MB 516
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Pendant Tests in January...

Oak, Maple, Cedar, North and South Terrace, A and B Cottages and Townhomes

Please call security at 274-5000 before you press your pendant to let them know you are about to test it. After calling, press your pendant while in your home.

The Brewster News is a monthly publication for the residents and friends of Brewster Place.

It is also available online at www.brewsterplace.org.

Janis Swanson, Editor - janiss@brewsterplace.org