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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:
 brewsterplace.org or
 facebook.com/brewsterplace



The Not-for-Profit Difference | Mission Driven Values

Not-for-profit organizations like Brewster Place manage our financial resources in accordance with our missions. As a faith-based organization founded by four local Congregational churches, we follow in the churches' rich tradition, and their long-standing values are reflected in our governance and management.

We are not driven by daily pressure to increase our "bottom line" for owners, investors or shareholders. Quality, not earnings, is the barometer of a not-for-profit organization's efforts.

All of our proceeds are reinvested in improving the physical environment, serving more people, offering more and better accommodations and services and, ultimately, fulfilling our mission. In other words — people before profits.

Community oversight is another clear difference for not-for-profits like Brewster Place. Brewster management is accountable to a voluntary board of directors who donate their time and talents to ensure that ethical management, financial integrity and quality services are maintained.

Our board members are representative of our founding churches and the entire Topeka community. They have their fingers on the pulse of evolving local community needs, thereby bridg-

Brewster Place Board of Directors

- Dwight Parman**, Chairman
- Cynthia A. Hornberger, PhD**, Chair Elect
- Maria Wilson**, Secretary
- Mike Land**, Treasurer
- Chuck Engel**, At Large
- Judy Soule**, Immediate Past Chair

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(ex officio)

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Resident Council

(ex officio)

John Thiele, President-Elect

Resident Council

(ex officio)

Rev. Tobias Schlingensiepen, Pastor

First Congregational Church

(ex officio)

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Shepherd's Center of Topeka | Winter 2012

Shepherd's Center of Topeka, aka, "*Adventures in Learning*," a nonprofit ministry, is sponsored by 26 congregations and 16 community partners, *including Brewster Place*. Each sponsor is committed to the mission of the Shepherd's Center — many donate time, talent, money, or food and promote the benefits of the program to seniors.

These could be the best years of your life — a time **to learn** new things; **to experience** new places; **to meet** new people. "*Adventures in Learning*" is designed especially for you, adults 55 or older, to meet your mental, physical, spiritual and social needs.

Classes are held each Friday in February, beginning at 8:30 am with a healthy gym walk and 30 minute exercise class, followed by two 50 minute classes at 9:10 am and 10:40 am. Participants may choose from four different classes being offered in each time slot. At 11:40, a musical performance is given in the First Baptist Church sanctuary. A brunch buffet is served from 10:00 am - 10:40 am, compliments of one of our Community Partners (Brewster Place is providing the brunch on February 24). The cost is \$25.00 per session. So, for \$25 a person receives a fitness option, eight different classes of their choosing, four musical performances and four brunch buffets. Now that's a bargain! (borrowed from shepherdscentertopeka.org) ■

Friday, February 3

8:30 am

- Gym Walk
- Exercise Class

9:10 am Class Choices

- Current Events
- North Topeka Business District
- Long Term Care in Smaller Communities
- Kansas Author Max Yoho

10:00—10:40 am

- Brunch

10:40 am Class Choices

- Journey to Healing
- Our Dangerous Universe
- Topeka Through the Eyes of a Journalist
- Kansas Songs

11:40 am Music

- Australian Didgeridoo

Friday, February 10

8:30 am

- Gym Walk
- Exercise Class

9:10 am Class Choices

- Current Events
- Topeka — Kansas Railway Hub
- Crohn's & Colitis
- Freelance Writing

10:00—10:40 am

- Brunch

10:40 am Class Choices

- Constructive Conflict within the Body of Christ
- Ur, Iraq — Birthplace of Abraham
- AARP TaxAide
- Time for Tea

11:40 am Music

- Deo Gloria Singers

Friday, February 17

8:30 am

- Gym Walk
- Exercise Class

9:10 am Class Choices

- Current Events
- Baha'i Faith
- Audio Reader
- Crochet

10:00—10:40 am

- Brunch

10:40 am Class Choices

- Shroud of Turin
- Mrs. Kansas America
- Kansas Children's Discovery Center
- Classic Film Stars of the 1930s

11:40 am Music

- Carlos Cabezas on the Violin

Friday, February 24

8:30 am

- Gym Walk
- Exercise Class

9:10 am Class Choices

- Current Events
- Eisenhower: A Man of the Times — For the Times
- Stroke Facts
- Creativity — Learning to Draw

10:00—10:40 am

- Brunch

10:40 am Class Choices

- French Huguenots
- Privy Treasures
- Safe Streets Wisdom for Seniors
- Kansas Big Read: *Our Boys*

11:40 am Music

- Hurst Coffman at the Grand Piano

The Brewster bus will depart from the Lobbies of Main and East at 8:45 am each Friday in February.

For more information or bus reservations, please contact Jeanene Johnson at 274-3398.

New Automotive Service at Brewster Place!

Beginning February 1, the Brewster maintenance department will begin offering a limited Automobile and Tire Service for residents and Brewster at Home members. There will be two types of service available. The Full Service will include topping off fluid levels provided by the resident, except for windshield washer fluid which will be provided by Brewster Place. In addition, tires will be checked for proper air pressure and filled to the recommended pressure stamped on the tire. The charge for Full Service is \$10.00 which will be applied to your monthly bill upon your signing of a receipt at the time of service.

If you only want Tire Service, the cost is \$5.00. The service will be provided every Thursday from 1:00—2:00 pm at the Garden Shop, located east of the Oak apartments. Bruce Turpin, our grounds person, will be on hand at that time to assist with your automotive needs. ■



Open to Brewster Residents and
Brewster at Home Members

Full Service — \$10
(fluids and tires)

Tire Service — \$5

Start Planning Your Garden!

Are you dreaming of spring? Are you itching to order from the seed catalogues you are getting in the mail and plant that garden? If you didn't know already, you have an opportunity to garden at Brewster Place!

We have some small garden plots just south of the Oak and Maple covered parking stalls. Since there aren't enough for everyone, we use an established procedure to apportion them fairly. Residents who had a plot last year will have first choice. Bob Parman, Garden Committee Chair, will call last year's gardeners for a meeting the latter part of February. At that time he will have a list of all the assigned plots, and your choice can be made. If you cannot attend the meeting, please let Bob know of your request by the last week of February. You can reach him at 266-2671. If a more desirable plot is available than the one used in 2011, such a request should be made at this meeting or before March 1.



After March 1, those who did not have a garden plot in 2011 can choose a plot on first come-first served basis. You can reach Bob after 10:00 am on March 1. On March 15th, if any plots are still available, a lottery will be held to assign any remaining plots.

If you want your plot tilled, a work order request needs to be submitted to the Help Desk Hotline at 274-3399 at least two days before you want it tilled. Spring is almost here! Happy gardening! ■

“Gardens are a form of autobiography.”
—Sydney Eddison

Continued from page 1...

ing the Brewster community with the wider community. As we begin a new year, we want to recognize and thank our volunteer board members. At the annual meeting in November, board chair, Judy Soule, passed the gavel to incoming chair, Dwight Parman.

Judy's leadership during her two years as board chair provided the impetus for great accomplishments. Major accomplishments included fulfilling a decades-long dream of razing the Country Club Apartments as well as financing and building our beautiful state-of-the-art post-acute rehab center.

Claire Gaudiani, author of *The Greater Good*, often speaks of the generosity within the American culture. The Brewster Place board of director's job of translating our mission-driven, faith-based values into policies and enabling management to translate them into daily operations is clearly an enduring example of generosity in action. ■

Brewster at Home’s mission has been to provide services people need, when they need them, in the place they call home.

In addition to the popular “passport” that Brewster at Home members use to participate in exercise programs, social events, etc., and the network of providers delivering services to members in their homes, technology is an integral part of the program to enable people to “age in place.”

Medication cabinets have been available to remind people when to take their medication. Missed medication or double dosing can lead to serious problems including emergency room visits.

Brewster at Home has looked at and utilized a number of personal emergency response systems to help keep members safe in their homes. While these systems have proven to be very good, they have been viewed as too expensive. Consequently, there has not been much demand for them. Recently, we have become aware of a system that is much more affordable and that will offer peace of mind, not only to our members, but to extended family as well.

BeClose is an unobtrusive home monitoring system that connects family members. It uses wireless sensors placed throughout the home to transmit information to a website where family members can log in to monitor daily activities. The real time information can



also be sent to hand-held devices for mobile alerts and the ability to monitor from anywhere. The system allows aging family members to stay in their homes when they feel strongly about maintaining their independence. In addition to the wireless sensors, a pendant is available to summon help in case of an emergency.

Understandably, some people from “the greatest generation” see systems like this as being intrusive. On the other hand, they have adult children living in distant parts of the country who are anxious, concerned and who feel guilty about not being there for their parents. A system like

BeClose allows immediate family members, with permission from their loved ones, to monitor activity in the home without constantly intruding on their privacy or calling all the time.

The BeClose system provides information about routines and activity in the home. When the system detects significant variations from these routines, family is alerted and interventions can be made, rather than waiting for a fall or major health event that necessitates expensive and unwanted hospital visits.

Please contact Tim McManus at 785-272-3303, whether you are an individual or an adult child interested in finding out more about technology available through Brewster at Home. ■

2012 Brewster at Home Board of Managers

<p>We thank our volunteer Board of Managers for their service to Brewster at Home.</p>	<p>Mike Franklin, M.D. Max Prosser Connie Hubbell Connie Wood Tammy Dishman</p>
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At the Movies on BPTV 14
Thursdays at 2:00 pm

- Thursday, February 2
“I Don’t Know How She Does It” (2011 comedy)
- Thursday, February 9
“Because of Winn-Dixie” (2005 family)
- Thursday, February 16
“The Tree of Life” (2011 drama)
- Thursday, February 23
“Larry Crowne” (2011 comedy)



How *Old* Are You?

by Rev. R.T. Wentling, Brewster Place resident

Age is not a matter of time, but rather, an experience in time. The resulting effects of the years upon the body depends more upon psychology than physiology. You can have consciousness of youthful zest and enthusiasm regardless of what the calendar records. You can be young at any age.

The basic human concepts of age arise in the tendency to identify self as a physical body. We are spiritual beings, eternal souls, ageless, deathless. You are not your body, you have a body.

We devote too much time preparing for, resisting, camouflaging, or proudly announcing birthdays. One man always replies to the questions about his age, "My age is none of my business."

A noted psychiatrist says that all enlightened people will use just three words in life; "Yes," "No," and "Wow!" Stir up your zeal and enthusiasm as did Charles Fillmore when he wrote, "I fairly sizzle with zeal and enthusiasm and spring forth with a mighty faith, to do the things that ought to be done by me." Can't you almost hear him shouting, "Wow!"

When we fall victim to self-pity, indulge in looking back to the good old days, become preoccupied with aches and pains, or act as if the interesting and important things of life have already happened, we are damming up the steam of life through our negative, careless thinking.

Perhaps no one really knows the potential of human kind to live in time. Some say we will ultimately live forever. But that is irrelevant. Quantity of years is unimportant. Quality of living is what really counts. When we live qualitatively, every day is an experience in eternity. Deep in the recesses of our being whispers the voice of our eternal self: "I am, I always was, I always will be." Then we know that we can never be old, because we can be only Spirit, and there is no age in Spirit. We know that we can be young at any age. Wow...so, how old are you? ■

peace be with you.



Knitters — We need ladies and gentlemen who are willing to crochet or knit items for the Bazaar in November. You can do this in your own home or at one of our weekly Workshop & Quilting classes (Mon-Wed-Fri from 10:00 am—12:00 pm). Joline Kovarik, arts and crafts supervisor, will furnish the yarn and patterns if needed. November may seem a long way away — but it will be here before we know it! Contact Joline at 274-3317 if you are interested!

Trash & Treasure Sale — The spring Trash & Treasure Sale is set for Friday and Saturday, March 23 and 24 from 9:00 am to 4:00 pm. Now is the time to donate your items for the Sale!

Furniture Sale — There will be a Furniture Sale Friday, February 10 from 12:00—4:00 pm in Main Building Apt. 225. Bargains for sure!

Brewster East Dining — Beginning Saturday, February 11, you can enjoy an evening meal at the Brewster East Dining Room. Serving time is 5:15—6:15 pm. Please make your reservations by 1:00 pm by calling 274-3359. Cost per meal is \$8.95.

Trip to Topeka and Shawnee County Public Library — The Vision Support Circle is now meeting at the TSCPL the third Thursday of each month. You are welcome to ride the bus if you would like to visit the Library. You do not have to attend the Support Group. Bus leaves at 10:00 am. ■

From Therapy Services — **Four** Ideas to Improve Your Health

Welcome 2012! It is the time to reflect on your aspirations and set meaningful goals to improve your health and get into (or stay in) good shape. This all sounds great, but it is not easy to stick with those healthy goals past January, is it? With that in mind, here are four ideas that you can incorporate into your routine to help you carry out your goals through the year.

one — increase your activity level

Include more “active” activities in your daily routine: take the stairs instead of elevators, park your car further away from the entrances of stores and shops, and instead of getting together with family and friends for meals, try meeting up and going for a walk.

two — don't let the weather get the best of you

Here are some options to being outside: think “outside the gym” and check out your Brewster Place physical therapists. If you have balance problems, weakness, cardiovascular, or orthopedic (bone/ joint) pain, a physical therapist can likely help.

Medicare Part B covers 80% of the cost, and supplemental insurance will generally cover the other 20%. Please call the Brewster Place therapy department at 274-3337 to talk with a therapist.

Brewster Place has the AlterG – an anti-gravity treadmill — that allows walking or running at as little as 20% of your total body weight. Also available is a Hydroworx therapy pool. Entry and exit to and from the pool is as easy as walking out onto the floor – the whole floor mechanically lifts and sinks back down into the water.

Non-Therapy Options: both the AlterG treadmill and the Hydroworx therapy pool are also available to use with staff supervision other than a therapist. Fees would be paid for as the equipment is used. Equipment is available to the general public, and at a discounted fee, to Brewster residents and Brewster at Home members. For more information, call Scott Sewell, admissions director, at 274-3336.

**Join the Brewster Travel Club
7 Day Alaskan Wellness Cruise
September 2—9, 2012
Call Jeanene Johnson at 274-3398
for more information!**

three — exercise with a partner for motivation

Find a friend, workout group, or trainer to check in with and compare progress. Julie Schmanke, wellness specialist, has a wellness program for Brewster residents and Brewster at Home members with both group and individual options. For more info, call Julie at: 274-3313.

four — try something new

Don't stick with something if it doesn't motivate or excite you. Try something new and get inspired — new workout or new routine. Check out new technology like the AlterG or the Therapy pool. The anti-gravity effects allow you to see what it feels like to run at a significantly decreased weight with less pounding on your joints – it makes working out more fun! ■



Wellness 2012 wednesdays

**Kick-Off Event
Health & Wellness Fair
Wednesday, February 1
9:00 am — 1:00 pm KAC**

As part of Brewster Place's new **Wellness Initiatives for 2012**, we will be having a “**Wellness Wednesday**” event each month. To kick off our “Wellness Wednesdays,” Brewster Place is hosting a Health & Wellness Fair in February. We invite residents, staff, Brewster at Home members and friends to be our guests and visit the many vendor booths we have lined up. Get ideas to improve your health and wellness. We look forward to seeing you at this kick-off event and be on the lookout for more information about future **Wellness Wednesday** events and programs.



BREWSTER FOUNDATION | Memorial Giving

This past year, memorial gifts were designated specifically for the Brewster Foundation in remembrance of the following residents: Ruby Bibb, Doris Bricker, Helen Dillon, Albert Dimmitt, Marjorie Drake, Willa Jean Gades, Rachel Gilbert, Ann Hale, Helen Hartschen, Eleanor Jordan, Rosemarie McElroy, Ed Morrill and Caroline Rayburn.

Choosing the Brewster Foundation as the recipient of memorial donations serves as a recognition and affirmation of the impact of the care and quality of life offered at Brewster Place. Some gifts are “unrestricted,” going to areas of greatest need at Brewster Place.

Many gifts, however, are specifically designated for a particular fund. The **Employee Assistance Fund** and the **Benevolent Care Fund** are the two funds most frequently mentioned. These gifts serve as a thank you for the loving hands that have offered care or serve as a “paying forward” to neighbors and friends who may some day need financial assistance.

With a planned gift of \$10,000 or more, you may create a lasting memorial by establishing a **Named Fund** to be held within the Foundation. Friends and family then have the opportunity to make a commemorative gift on birthdays, anniversaries, or other special occasions.

Some ways of creating a Named Fund might be by making a gift through your Will, Trust or a Memorial Charitable Gift Annuity. A donor might also create a Named Fund with a gift of life

insurance, appreciated stock or real estate. For a Named Fund, it is also not required to gift the entire amount all at one time.

The late **Don Gibbs** chose to honor his wife, Maxine, by creating the **Maxine Gibbs Celebration of Life Fund**. Proceeds to this Named Fund are all designated to benefit a specific area of interest to the Gibbs family, supporting end-of-life care and comfort at the Brewster Health Center. The Foundation remembers Don with deep appreciation and thanks his family for their continued wonderful support.

Designating the Brewster Foundation as the recipient of memorial gifts is an excellent way of insuring that the community and support offered at Brewster Place will remain for other families. While doing estate planning, please consider including these important words:

**The family requests that donations be made to the Brewster Foundation.
(name a Fund here, if you wish)
1205 SW 29th Street
Topeka, KS 66611**

The Brewster Foundation would like to take this opportunity to thank our wonderful volunteer board of trustees for their time, expertise and guidance.

2012 Brewster Foundation Board of Trustees

Carolyn Adams, Chair	Connie Brown
Jed Dunnichay, Past Chair	Garry Cushinberry
Max Bennett	Richard Harmon
Duane Bond	John Koger
Rob Briman	Diana Siegal

BREWSTER REHAB

The Rehab Center at Brewster Place
For more information about inpatient and outpatient services, please contact:

Scott Sewell,
Admissions Director

Phone: 785-274-3336

Email: scotts@brewsterplace.org

To learn more, visit our website at:
www.brewsterplace.org
and click on the Rehab Center tab.

Truman and more!



Join us!
Trip to Independence, Missouri
Thursday, February 23
8:00 am Lobbies
Call Jeanene at 274-3398 for reservations.

Join us as we travel to Independence, Missouri to tour the Harry S. Truman Library & Museum.

The museum collection consists of approximately 30,000 objects, primarily three dimensional items and works of art on paper and canvas. Most of these objects fall into one of five main categories: gifts to President and Mrs. Truman from foreign heads of state; gifts to the Trumans from private citizens, both American and foreign; personal possessions of the Truman family; political memorabilia relating to the Tru-

man Presidency and to the American Presidency in general; and objects associated with the historical events of Truman's career, and particularly with his Presidency.

After touring the Truman museum, library and home, we will dine Dutch treat at the delicious Verona Café. If we have time, we may explore the historic Vaile Mansion which is supposedly haunted! Admission is \$12 and transportation is \$12. ■

*"If you can't stand the heat, get out of the kitchen."
-Harry S. Truman*

Our Residents Are the *Heart* of Brewster Place



Left: Jimmie Lacy celebrated his 101st birthday in January. He is a great fella who always has something nice to say.

Above: Jean Lamb, Mary Stryker, Maxine McDaniel and Laura Semler attended our Volunteer Tea. We thank them and all of our wonderful volunteers for helping Brewster Place fulfill its mission.

Right: Betsy Tudor attended the New Resident Ladies Luncheon sponsored by the Brewster Foundation. Ladies get the chance to meet the resident services team and enjoy a lovely lunch.



get the most
out of life!