

Top Myths about Falling Debunked

Myth – Falling happens to other people, not to me.

Reality – One in three old adults (about twelve million) fall every year in the U.S.

Myth – Falling is something normal that happens as you get older.

Reality – Falling is not a normal part of aging.

Myth – If I limit my activity, I won't fall.

Reality – Physical activities will help you stay independent, as your strength and range of motion benefit from remaining active.

Myth – As long I as I stay at home, I can avoid falling.

Reality – Over half of all falls take place at home.

Myth – Muscle strength and flexibility can't be regained.

Reality – While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program, so talk to your doctor about how to start.

Myth - Taking medication doesn't increase my risk of falling.

Reality – Taking any medication may increase your risk of falling as side effects may cause sleepiness, dizziness, etc. Drug interactions may produce similar effects.

Myth – Using a walker or cane will make me more dependent.

Reality – Walking aids help may older adults maintain or improve their mobility. A physical therapist should fit the walker or cane to you and instruct you in its safe use.

Myth – I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality – Fall prevention is a team effort so talk to your doctor, family, etc. because they want to help you maintain your mobility and reduce your risk of falling.

Check Your Risk for Falling - Please circle "Yes" or "No" for each statement below.

Yes (2)	No	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

Total _____ Add up number of points for each "Yes". If you scored 4 points or more, you may be at risk for falling. Discuss with your doctor.

The Westbrook Chatterbox

From Activities:

April Showers Bring May Flowers! I love April for many reasons. It's the month that flowers actually start showing up – not May. It's sometimes the month of Easter – but not this year. It's the month of Earth Day – the day when we consider what we are and aren't doing to sustain our planet. It's the month of April Fool's Day – when it's okay to pull pranks on friends and loved ones. It's the month of National Volunteer Week – a week when we acknowledge those who volunteer their time to help others. (We'll discuss that later in this article.) But most importantly, it's the month that two people in the Activity's/ Apartment Management office were born – April and myself.

Many of you are aware that April and I have been here for quite a while (April 14 years and myself 17 years). I was working for a day care center and bringing my pre-schoolers in to perform. When I started out here, I worked six hours a week. April had ran her own day care out of her home. She started out in the kitchen. We both ended worked under the tutelage of Winnie Kimsey. Talk about a lady that had a heart for others. She taught us so much. She was the original activity director and set up many of the activities that we still have today. April and I grew leaps and bounds while working with her. She passed away on December 13, 2008. I remember it so well. Arlo and God's Country Band was scheduled to play that Saturday morning. April and I both came in for the activity and to figure out how to tell everyone that our beloved Winnie had passed away in her sleep. Winnie had always said she would work until she died and she would die in her sleep. We jokingly say that even God listened to Winnie because that's exactly what she did.

We divided Winnie's job with me taking on the activities and April taking over the apartment management. Of course over the past eight years, our jobs have evolved. We continue to grow in our jobs as well as our job duties. April and I love what we get to do. We consider ourselves fortunate to be able to say we have over seventy grandparents.

Now on to our volunteers. We are incredibly lucky to have soooooo many great volunteers. I would love to be able to list all of our volunteers but there's not enough space on this page. From our musical talent to our churches and Bible studies to Bingo to Choir to Special Events, none of these would be possible without our volunteers. Joan, April and I can only be stretched so thin. So this month as you attend the various activities, be sure to thank our volunteers that are serving. Let's show them how much they are appreciated.

Until Next Month –
Janelle

For All Those Born Before 1940

We are survivors!!! Consider the changes we have witnessed. We were born before television, before penicillin, before polio shots, frozen foods, XEROX, plastic, contact lenses, Frisbees and the PILL.

We were before radar, credit cards, split atoms, laser beams and ball point pins, before panty-hose, dishwashers, clothes dryers, electric blankets, air conditioners, drip-dry clothes - and before man walked on the moon.

We got married first and then lived together (how quaint can you be?)

In our time closets were for clothes, not for "coming out of." Bunnies were small rabbits and rabbits were not Volkswagens. Designer Jeans were scheming girls named Jean or Jeannie, and having a meaningful relationship meant getting along well with our cousins. We were before house-husbands, gay rights, computer dating; dual careers and commuter marriages.

We were before day-care centers, group therapy and nursing homes. We never heard of FM radio, tape decks, electric typewriters; word processors, yogurt, and guys wearing earrings. For us, time sharing meant togetherness - not computers or condominiums, a "Chip" meant a piece of wood, hardware meant hardware, and software wasn't even a word.

In 1940, "Made In Japan" meant JUNK and the term "Making Out" referred to how you did on your exams. Pizzas, "McDonalds" and instant coffee were unheard of.

We hit the scene when there were 5 and 10 cent stores, and where you bought things for five and 10 cents. Saunders or Wilson sold ice cream cones for a nickel or a dime. For one nickel you could ride a street car, make a phone call, buy a Pepsi or enough stamps to mail one letter AND two postcards. A cocktail was a quarter and a beer was a dime at the Drift-On-Inn Roadhouse on the way to Playland Amusement Park on Old 99. You could buy a new Chevy Coupe for \$600, but who could afford one; a pity too, because gas was 11 cents a gallon!

In our day, cigarette smoking was fashionable, GRASS was mowed, COKE was a cold drink and POT was something you cooked in and Rock Music was a grandma's lullaby.

We were certainly not before the difference between the sexes was discovered, but we were surely before the sex change, we made do with what we had! And we were the last generation that was so dumb to think you needed a husband to have a baby!

No wonder we are so confused and there is such a generation gap today! But we survived!!! What better reason to Celebrate??

Tommy and his Dad

An old man lived alone in New York. He wanted to dig his potato garden, but it was very hard work. His only son, Tommy, who used to help him, was in prison. The old man wrote a letter to his son and mentioned his predicament.

Dear Tommy, I am feeling pretty bad because it looks like I won't be able to plant my potato garden this year. I'm just getting too old to be digging up a garden plot. If you were here, all my troubles would be over. I know you would dig the plot for me. Love, Dad

A few days later he received a letter from his son.

Dear Dad, 'For Heaven's SAKE, Dad, don't dig up the garden! That's where I buried the GUNS!' Love, Tommy.

At 6am, the next morning, a dozen security agents and local police officers showed up and dug up the entire area without finding any guns. They apologized to the old man and left. That same day the old man received another letter from his son.

Dear Dad, Go ahead and plant the potatoes now. It's the best I could do under the circumstances. Love, Tommy.

Featured Resident - Dorothy "Dottie" Maples

Dorothy was born in Ellis County, TX, near Waxahache. She was the oldest of two daughters born to Norman and Velma Clark; her sister was six years younger than her. She grew up on a cotton farm though they also grew corn. Dottie was a daddy's girl. She loved being with her dad. She was his "boy". By the time she was twelve years old, she had her own team of horses and was plowing rows beside her father. In the fall when the cotton was picked, the harvesters would come from Ft. Worth and Dottie would weigh all the cotton. She also enjoyed camping and taking care of the animals (dogs, cats and chickens). Her mom raised turkeys which she says are the dumbest animals on the earth. She would have to go round them up anytime they heard thunder so the turkeys wouldn't drown. Dottie grew up attending the Methodist Church where her mother played organ. She attended a country school and graduated in 1939.

During her last year of high school, Dottie was in her school's play. She asked her neighbor, Ken Maples, if he'd like to bring his family see it. He was a year older than her and had graduated from a different school. He came to the play with his entire family. After the play was over, he asked Dottie out. He showed up the next night on his white horse. However, when he arrived another young man was arriving to see her. Ken beat the other guy to the door and the rest is history. They dated her senior year and were married shortly after she graduated.

The couple moved to Dallas where Ken had a job with the Dixie Rug Company. She got a job with Brogan Jennings as an inspector. She eventually became a model for them because she wore a perfect ten. Ken went into the Navy and they moved to Oakland, CA. Dottie went to work for Kahn's Department Store selling cosmetics. When Ken shipped out for a year to the Philippines, Dottie returned to Dallas and worked for Brogan Jennings again. Ken returned home from the Navy and in 1947, their son, Kenneth Arnold was born.

In 1948, the couple moved to Houston, TX, and Ken went to work for Foley's in the flooring department. After a couple of years, he and a partner started their own floor covering company. They eventually owned four stores in the Houston area. Dottie stayed at home to raise their son. She was very involved with his Little League and they went all over the place. The family was involved in the Baptist Church and Dottie worked in their VBS. She also sewed all of her clothes, loved to embroider and was religious about her Wednesday bowling league.

In 1963, the family moved to Evansville, Arkansas. They purchased a ranch and raised polled Hereford cattle and 20,000 chickens every eight weeks for Hudson Foods. Ken had a heart attack in the early 70s. The couple then relocated to Stillwell, Oklahoma, to retire near their friends. The couple didn't travel much but did make a trip to Hawaii.

Ken and Dottie moved to Omaha, NE, in 1998 to be near their son, Kenn, Jr. who moved to Kearney, MO, in 2004 and the couple followed in 2006. Their son had built a house on his farm and included an apartment with a separate entrance for them. Ken, Sr., passed away with a heart attack in October of 2008.

Dottie continued to live in the apartment until February of 2016 when she moved to Westbrook. She still enjoys embroidering and watching TV. She says she loves Westbrook because she's around people her own age. She has made a lot of good friends since moving in and thinks the nurses are great. They make you feel so welcome. Everything runs so smoothly that the only thing she has to worry about is getting to the dinner table on time.

Besides her son, she has three grandchildren - Justin (Aurora, CO), James (Lathrop, MO) and Breanne (Omaha, NE).

We would like to take the time to remind everyone of the severe nature of tampering with the mail. Please see the below statement from the Postal Service:

18 U.S. Code § 1708 - Theft or receipt of stolen mail matter generally

“Whoever steals, takes, or abstracts, or by fraud or deception obtains, or attempts so to obtain, from or out of any mail, post office, or station thereof, letter box, mail receptacle, or any mail route or other authorized depository for mail matter, or from a letter or mail carrier, any letter, postal card, package, bag, or mail, or abstracts or removes from any such letter, package, bag, or mail, any article or thing contained therein, or secretes, embezzles, or destroys any such letter, postal card, package, bag, or mail, or any article or thing contained therein; or

Whoever steals, takes, or abstracts, or by fraud or deception obtains any letter, postal card, package, bag, or mail, or any article or thing contained therein which has been left for collection upon or adjacent to a collection box or other authorized depository of mail matter; or

Whoever buys, receives, or conceals, or unlawfully has in his possession, any letter, postal card, package, bag, or mail, or any article or thing contained therein, which has been so stolen, taken, embezzled, or abstracted, as herein described, knowing the same to have been stolen, taken, embezzled, or abstracted— Shall be fined under this title or imprisoned not more than five years, or both.”

Recently, there was an issue with some mail being tampered with, opened and something taken out of a package. We would like to believe that this was a case of mistaken ownership. Please respect other people’s mail and or packages and allow them to pick them up or send them.

If you are sending a package, you may leave it at the front desk for pick up or you may take it to the Post Office, your packages will still be delivered to the mailbox areas. If you have any questions or concerns regarding mail, please contact the office. Thank you.

Let's Talk about Fools

The first of April is the day we remember what we are the other 364 days of the year. ~ Mark Twain
The greatest lesson in life is to know that even fools are right sometimes. ~ Winston Churchill
For fools rush in where angels fear to tread. ~ Alexander Pope
Wise men learn more from fools than fools from the wise. ~ Cato the Elder
The mistakes of the fool are known to the world, but not to himself. The mistakes of the wise man are known to himself, but not to the world. ~ Charles Caleb Colton
The fool doth think he is wise, but the wise man knows himself a fool. ~ William Shakespeare
I sometimes wonder if the manufacturers of foolproof items keep a fool or two on their payroll to test things. - Alan Coren
A mother takes twenty years to make a man of her boy, and another woman makes a fool of him in twenty minutes. ~ Robert Frost
You can say any foolish thing to a dog, and the dog will give you this look that says, My God, you're right! I never would've thought of that! ~ Dave Barry
It is human nature to think wisely and act foolishly. ~ Anonymous
Wise men talk because they have something to say; fools talk because they have to say something. ~ Plato

Please go to our website at www.westbrookcarecenter.com or check us out on Facebook - Westbrook Villas or Twitter at #Westbrookcarecente. Post, tweet and/or rate us.

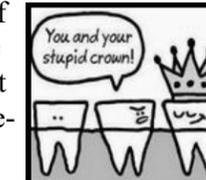


Everyone at Westbrook Care Center has been great. I could not be happier with all they have done for us as a family. They never fail to provide a safe and comfortable environment to those who they care for. Very pleased overall. ~ Janice L



Funny Fluke

My dentistry patients are called and reminded the day before their scheduled appointments. During an office visit, one man was in an especially good humor and explained why. “My staff kids me about the high opinion I have of myself,” he said. “Yesterday your receptionist left a message that had them in stitches.” He related the memo his secretary had handed him: “Your crown is ready.”



Take a Number

Our chain of travel agencies was small but growing. As office manager, I often got complaints from staff members who deplored the demise of our family-oriented operation and the impending arrival of Big Brother. Then a computer memo from the home office informed us that we all had been assigned employee numbers. We were to use them instead of names in correspondence or telephone communication with the company. “This is the last straw!” said an exasperated worker. “We’ve finally been reduced to a number!” commented another. One employee, however, read on. Imagine our delight when she discovered, at the end of the memo, this message: “In our book, you’re all Number One. Happy April Fools’ Day!”

Comic Calling

My younger brother, I explained to a friend, had quite a temper as a boy. Our parents had tried extra love, attention and patience on him, with little success. Then, in the middle of one of his tantrums, they simply handed him a shovel, pointed to the backyard and instructed him to go out and dig and not come back until he had control of his anger. “Apparently,” I said, “the therapy worked, because he’s turned out very nicely.” “What does he do for a living?” my friend asked. “He builds in-ground swimming pools.”



Bank on a Blunder

As a bank teller, I was required to obtain identification from customers making withdrawals, even if I knew them. On Mrs. Brady’s third visit to my window in a week, she balked at my request for ID. “I can’t believe you don’t know me after all these years,” she said. A few minutes later, I was relieving the drive-up teller and was surprised to see Mrs. Brady in the next car. “Hi, Mrs. Brady,” I said, laughing. “Back again so soon?” “I’m glad you remember me,” she huffed, “because that girl inside never does!”



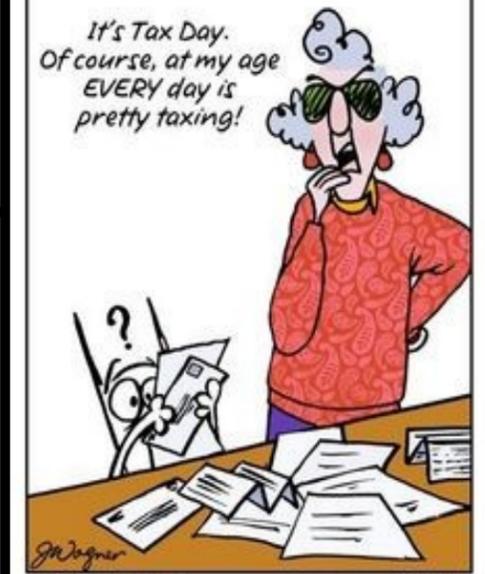
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A & B TAX PREP



“Even if your dog does do ‘his business’ in your basement, you still can’t deduct it as office space.”

Crabby Road 4-17-12



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Spring is here!
I’m so excited I
wet my plants!

APRIL 2016



April Birthdays

April 3
Janelle Simoneau - Staff

April 10th
Bob Shaffer

April 19th
Mary Warren

April 20th
Faye Ervin

April 22nd
Robyn Rule - Staff

April 29th
April Stephenson - Staff



						Friday, April 1 Exercise 9:30am Catholic Mass 10:15am Music by Bob Knutter 2:00pm BEAUTY SHOP	Saturday, April 2 Crossroads Community Church 6:30pm
Sunday, April 3 Sunday School 9:30am Kearney Bible Church 2:00pm Sunday Night Devotion with Richard Dodson 6:30pm	Monday, April 4 Exercise 9:30am Bible Discussion Group 10:00am This Month in History 1:30pm	Tuesday, April 5 Exercise 9:30am Music by The SonShine Singers 10:00am BINGO 2:00pm	Wednesday, April 6 Cards and Dominoes 9:30am Technology Help with Angela & Shelly 12:30 Westbrook's Prime Time Singers Rehearsal 1:30pm BEAUTY SHOP	Thursday, April 7 Nails 9:30am Rosary 10:00am Exercise 11:00am Wii Bowling 1:00pm Music by Jim and Sue Pollitt 6:30pm BEAUTY SHOP	Friday, April 8 Exercise 9:30am Tri-County Health Presentation: Engage As You Age 10:15am Piano Music by Mary Baehr 1:30pm BEAUTY SHOP	Saturday, April 9 Bunco 10:00am Crossroads Community Church 6:30pm	
Sunday, April 10 Sunday School 9:30am Kearney United Methodist Church 2:00pm Sunday Night Devotion with Richard Dodson 6:30pm	Monday, April 11 Exercise 9:30am Coloring with Linda 10:00am Music by Gerry Barr 2:00pm	Tuesday, April 12 Exercise 9:30am Masonry Artist Presentation 10:00am BINGO 2:00pm	Wednesday, April 13 Cards and Dominoes 9:30am Westbrook's Prime Time Singers Rehearsal 1:30pm BEAUTY SHOP	Thursday, April 14 Exercise 9:30am Rosary 10:00am Coffee Chat 10:30am Wii Bowling 1:00pm Music by Country Music Makers 7:00pm BEAUTY SHOP	Friday, April 15 Exercise 9:30am Music by Andrea Davenport 10:15am Painting Class 1:00pm - 3:00pm BEAUTY SHOP	Saturday, April 16 Music by Arlo and God's Country Band 10:00am Crossroads Community Church 6:30pm	
Sunday, April 17 Sunday School 9:30am Northern Hills Baptist Church 2:00pm Sunday Night Devotion with Richard Dodson 6:30pm	Monday, April 18 Exercise 9:30am Bible Discussion Group 10:00am Cooking Club 1:30pm	Tuesday, April 19 Exercise 9:30am Wheel of Fortune 10:00am BINGO 2:00pm	Wednesday, April 20 Cards and Dominoes 9:30am Westbrook's Prime Time Singers Rehearsal 1:30pm BEAUTY SHOP	Thursday, April 21 Exercise 9:30am Rosary 10:00am Coffee Chat 10:30am Wii Bowling 1:00 BEAUTY SHOP	Friday, April 22 Exercise 9:30am Music by Kingdom 's Call 10:00am Happy Hour 1:30pm BEAUTY SHOP	Saturday, April 23 Music by Gerry Barr 10:00am Crossroads Community Church 6:30pm	
Sunday, April 24 Sunday School 9:30am Tryst Falls Baptist Church 1:00pm Sunday Night Devotion with Richard Dodson 6:30pm	Monday, April 25 Exercise 9:30am Music by Del Sutton 10:00am Spelling Bee 1:30	Tuesday, April 26 Exercise 9:30am Bible Devotion with Richard Dodson 10:00am BINGO 2:00pm	Wednesday, April 27 Cards and Dominoes 9:30am Westbrook's Prime Time Singers Rehearsal 1:30pm BEAUTY SHOP	Thursday, April 28 Exercise 9:30am Rosary 10:00am Coffee Chat 10:30am Wii Bowling 1:00 Prime Time Singers Concert 6:30pm BEAUTY SHOP	Friday, April 29 Exercise 9:30am May Day Basket Making 10:00am Accordion Music by Rick McDowell 1:30pm BEAUTY SHOP	Saturday, April 30 Crossroads Community Church 6:30pm	