



The Westbrook Chatterbox

Wow! I can't believe it's time for the cooler weather, leaves changing and the ghost and ghouls making their presence known. This time of year starts a lot of our family traditions. I love having the time to take my grandma to see the changing scenery, still learning to fix her special fall meals or desserts and passing them on to my four kids. A lot of my off time is devoted to family.

The kids are too old for trick or treating but they still enjoy picking out costumes for their teenage Halloween parties. I miss going house to house seeing the different costumes other parents and kids were wearing and the decorations to match the holiday. My kids are feeling too old to go the apple orchards and pumpkin patches with dear old mom, but we'll adjust into new traditions there.

Speaking of too old, we have one completely licensed to drive and one learning to drive, one more that wants to learn but too young, and one that has no interest in driving. So when I look frazzled, you'll understand.

What a time we'll be having soon! Can't wait.

Until I see you around the building, have a blessed holiday season.

Dana
Nursing Staff



**KEEP
HEALTHY
AND
GET YOUR
FLU SHOT**

Red Cross Pharmacy will be here to administer flu shots on Wednesday, October 19th. The consent forms will be available in the Social Room. If you can have this form filled out when you arrive for the flu shot, it will speed up the process. This year we are assigning times according to halls. The 1000 hall will be from 9:30 - 9:50, the 900 hall from 9:50 - 11:10, 700 & 800 halls are from 11:10 - 11:30 and 500 & 600 halls will be from 11:30 - 11:50. Please plan to arrive at the assigned time. This should help keep the wait to a minimum,

Monday, October 31st is Halloween ~ the time for trick or treating, bobbing for apples, dressing up in costumes and eating lots of candy. The Guardian Angels Day Care will once again be visiting us in the morning. They will come dressed up in their costumes, entertain us with a few songs and/or poems and then trick or treat. We are asking that once again this year, please bring enough candy to give to 25 – 30 trick or treaters. Please have candy that is individually wrapped. We will sit in a circle and the kids will come by and trick or treat. Then we will be celebrating that afternoon with our own Halloween Happy Hour. We'll have specialty drinks – such as Mr. Hyde's Potion, Black Widow, Black Magic Halloween Cocktail, Witches Brew or maybe a Zombie Cocktail. You'll just have to show up to see what kind of concoctions we have up our sleeves. And as always, we will have non-alcoholic options. We will serve refreshments, maybe have a game or two – you just never know what we will do. But it will be fun. Remember - Feel free to dress up!!!



EXTRA! EXTRA! READ ALL ABOUT IT!!

We are honored to have Keri Sutter from Albuquerque, NM, perform for us this Saturday, Oct. 1st at 10:00am. She will perform songs and dance with music by Irving Berlin, Cole Porter and others. Below is a brief biography of her. Please plan to attend as she is "Shaking Away the Blues" for and with us!

Keri Sutter, dancer and singer. Keri graduated magna cum laude from the University of New Mexico with a major in dance and a minor in religious studies. She has directed Surgite since 1985, and was the director of the dance program at the Youth Activity Center at Kirtland Air Force Base for 8 years. She began studying voice with Jeanne Grealish in 1990 and studied with Jane Snow from 2000 until her death in 2013. She currently studies voice with Jacqueline Zander-Wall and dance at La Mesa Dance Academy, both in Albuquerque.

One dark night two men were walking home after a party and decided to take a shortcut through the cemetery just for laughs.

Right in the middle of the cemetery they were startled by a tap-tap-tapping noise coming from the misty shadows.

Trembling with fear, they found an old man with a hammer and chisel, chipping away at one of the headstones.

"Holy cow, Mister," one of them said after catching his breath, "You scared us half to death we thought you were a ghost! What are you doing working here so late at night?"

"Those fools!" the old man grumbled. "They misspelled my name!"



OCTOBER

The Witches' Spell - MacBeth 1606

*Thrice the brinded cat hath mew'd.
Thrice and once, the hedge-pig whin'd.
Harpier cries:—'tis time! 'tis time!
Round about the caldron go;
In the poison'd entrails throw.—
Toad, that under cold stone,
Days and nights has thirty-one;
Swelter'd venom sleeping got,
Boil thou first i' the charmed pot!
Double, double toil and trouble;
Fire burn, and caldron bubble.
Fillet of a fenny snake,
In the caldron boil and bake;
Eye of newt, and toe of frog,
Wool of bat, and tongue of dog,
Adder's fork, and blind-worm's sting,
Lizard's leg, and owlet's wing,—
For a charm of powerful trouble,
Like a hell-broth boil and bubble.*

*Double, double toil and trouble;
Fire burn, and caldron bubble.
Scale of dragon; tooth of wolf;
Witches' mummy; maw and gulf
Of the ravin'd salt-sea shark;
Root of hemlock digg'd i the dark;
Liver of blaspheming Jew;
Gall of goat, and slips of yew
Sliver'd in the moon's eclipse;
Nose of Turk, and Tartar's lips;
Finger of birth-strangled babe
Ditch-deliver'd by a drab,—
Make the gruel thick and slab:
Add thereto a tiger's chaudron,
For the ingrediants of our caldron.
Double, double toil and trouble;
Fire burn, and caldron bubble.
Cool it with a baboon's blood,
Then the charm is firm and good.*



I'm so glad
I live in a world
where there are
Octobers

Pumpkin Trivia

1. Native Americans grew pumpkins hundreds of years before the settlers first arrived. What did the Indians use pumpkins for?
(a) Food (b) Fertilizer (c) Medicine (d) All of the above
2. Pumpkin seeds sprout in how many days?
(a) 3 to 5 (b) 5 to 7 (c) 8 to 10 (d) 11 to 14
3. In the nursery rhyme, "Peter, Peter Pumpkin Eater" what did he put in his pumpkin shell?
(a) Gold coins (b) His knife and fork (c) His wife (d) Nothing. He ate the pumpkin.
4. It is believed that the smaller a pumpkin is...
(a) The better its flavor. (b) The more it will bounce at a pumpkin chunkin event
(c) The longer it will last (d) The more protein
5. In ancient times, the Jack O'Lantern's purpose was what?
(a) To provide light in the darkness (b) To ward off evil spirits
(c) To signal a courting male that he was welcome to visit (by putting it in the window).
(d) To frighten animals away from the crops.
6. In the fairy tale, "Cinderella," what turned into a pumpkin after midnight?
(a) The coach (b) Her glass slippers (c) Her purse (d) She did
7. Pumpkins are very nutritious. Which of the following nutrients do pumpkins have?
(a) Beta Carotene (b) Vitamin C (c) Calcium (d) All of the above
8. Another name for pumpkin seeds are:
(a) Pummies (b) Pepitas (c) Poseetos (d) There is no other name.
9. Which "Peanuts" cartoon character believed in 'the great pumpkin?'
(a) Linus (b) Charlie Brown (c) Lucy (d) Peppermint Patty
10. Pumpkins are classified as what?
(a) Fruit (b) Vegetable (c) Flower (d) Bulb
11. In colonial times, pumpkins were put on a person's head for what reason?
(a) As a guide for cutting their hair (b) To relieve headaches
(c) To prevent baldness (d) To show they were stupid = like dunce caps
12. Pumpkins are very resourceful food providers. However, which part of the pumpkin can't be eaten.
(a) The seeds (b) The flower (c) The stem (d) The pulp



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Post, tweet and/or rate us.

If You Like Us
Rate Us!

All of the staff I have interacted with at Westbrook Care Center have been willing to go above and beyond to meet the needs of their patients. They are great. . ~ Bobby B

Featured Resident – Jackie Newman

Jackie was born in the small town of Sheffield, MO. It was located between Northeast KC and Independence, but has since been incorporated into Kansas City. She was the oldest of two girls born to Thomas “Jack” and Ruby Griffin. Growing up the family moved from Sheffield to Fairmont to Sugar Creek to Claycomo and finally to Gashland (now part of KC North). She has fond memories of spending summers at her grandparent’s farm in Lowery City. She and her sister would scavenge through a local junkyard, put on shows with friends for fun, ride bikes and play canasta. In eighth grade she played Jo in the school’s performance of Little Women.

As a sophomore, she met a young man named Virgil Newman who worked at the Skelly station. He was a senior at Park Hill and she attended NKC High School. Her friends bet him a date with her. They laughed about it but he actually called and asked her out. They started dating in April ‘59. Virgil graduated in May and went to work in August at Corn Products where Jackie’s father worked. They continued dating and married in Oct. ‘60, when Jackie was a senior in high school. She got pregnant immediately and had to quit attending school because pregnant girls weren’t allowed to attend. She did a correspondence course and graduated in 1961.

Virgil and Jackie lived in an apartment in Gashland. Thomas was born in 1961 and they bought a house in Gladstone in December. Virgil was into racing super modified (now Sprint cars) and would race at Riverside, Lakeside and Olympic Stadium. The couple also started bowling for fun, played pitch and would go dancing at the American Legion Hall. They had four more children – Angela in ‘63, Sherry in ‘64, Tim in ‘66 and Deanna in ‘67. Jackie would take all five kids to see their father race. They built a new house in 1965 in Winwood. The girls were involved in dancing and acrobatics and the boys played Little League.

Jackie went to work at the Kmart on Vivion and Antioch when it first opened but it wasn’t profitable for her and so she quit. Virgil worked two jobs so Jackie could stay home with the kids. When Deanna started school, Jackie went to work in the school cafeteria. She worked at Chouteau Elementary for three years then transferred to NKC High School. She hated working at the high school and quit.

In Sept. ‘76 she took the test to work for the state. She was hired to do clerical work for Family Services in Jackson County in December ‘76. She wanted to work for Clay County and with help from her boss, she was able to transfer to Clay County in January ‘77. After four years in clerical work, she took the test to become a case worker. She got hired as a case worker at the Worker’s Incentive (WIN) then from a couple of years she worked with Income Maintenance. She finally took the Social Worker’s test. She worked as a Relative Care Case Manager then as an Adoption Specialist. She retired in 2001.

The family built a house in Lawson and moved in on January 8, 1977. They sold it in ‘96 and went to Hawaii. They then built a home in Holt in 1997.

In 1978, Virgil was diagnosed with hardening of the arteries. While prepping for bypass surgery, he had a heart attack that they later found out killed half of his heart. In Sept. ‘92, he had a heart transplant. He passed away in January ‘03 from complications of a ruptured colon.

Jackie joined a pen pal club (Show Me Pen Pals and Friends) her mom and two aunts were involved with. She never had a pen pal but took part in yearly picnics with different groups. She even did their newsletter for a while after her mom passed away.

After her husband’s death, Jackie traveled with her Aunt Katie. They went to Mt. Rushmore, Glacier National Park, Canada and Florida. The entire family, all 18 of them, went to Disney World in Florida in 2006 for a week. Virgil and Jackie had started bowling on leagues in the early 70s and she continued until 2000 when she tore her rotator cuff during a tournament. She’s a member of the Country Red Hatters. She met the leader at a grief support group. She is also an avid reader.

Between 2000 and 2004, Jackie had three knee surgeries and surgery on both rotator cuffs. Due to health issues, she moved from her home in Holt to Westbrook in June of this year. She says she’s thrilled not to have to cook all the time. She also likes having her own space and likes the activities – though she says she tends to forget or doze off before making it out to them.

Family is very important to Jackie. She gets together with her mother’s family at the Corner Café in Liberty the first Thursday of each month. Besides her five children, she has a son-in-law (Mark) and a daughter-in-law (Stacy), five grandsons, four granddaughters and one great grandson.

How to Keep Your Lungs Strong and Healthy

The lungs are an essential respiratory organ, located near the backbone on either side of the heart. Their main function is to transport oxygen from the atmosphere into the bloodstream and to release carbon dioxide from the bloodstream into the atmosphere. The body's cells need the oxygen to work and grow.

The lungs never rest. In just one day, a healthy person breathes nearly 25,000 times.

The body has a natural defense system designed to protect the lungs. This works very well most of the time, keeping out dirt and fighting off germs. However, several harmful substances can damage the airways and threaten the lungs' ability to work properly, which can lead to lung disease. (asthma, COPD, bronchitis, pneumonia, emphysema, lung cancer and acute respiratory distress syndrome (ARDS). People with lung disease have difficulty breathing and some diseases can even lead to respiratory failure.

There are many things that you can do to keep your lungs functioning properly. Simple lifestyle changes, dietary changes and healthy habits can be highly beneficial for your lungs.

Here are some of the ways to keep your lungs strong and healthy.

1. **Quit Smoking** - If you smoke, it is time to quit to improve the condition of your lungs. Cigarette smoke contains thousands of harmful chemicals, some of which can cause health problems. In fact, smoking is the major cause of serious lung diseases like lung cancer and COPD.

2. **Avoid Secondhand Smoke** - Non-smokers must avoid exposure to secondhand smoke to improve the condition of their lungs. Secondhand smoke is highly toxic and can cause havoc to your lungs and your overall health. Here are some things you can do to avoid secondhand smoke: Do not allow other people to smoke in your home, car or workplace.

3. **Limit Your Exposure to Pollutants** - In addition to cigarette smoke, there are various other pollutants present in the air that are harmful for your lungs as well as overall health. Even the synthetic fragrances used in various laundry products and air fresheners emit toxic chemicals.

4. **Improve Indoor Air** - In a late 1980s NASA study, it was found that several houseplants act as natural air purifiers as they filter out common volatile organic compounds (VOCs) including formaldehyde, benzene and trichloroethylene. Example: * Use at least 2 houseplants per 100 square feet of space. These plants should be in 10- to 12-inch pots. * Get indoor plants such as a fern, spider plant, peace lily, bamboo palm, aloe vera, English Ivy, dracaena, and others. Make sure to keep the foliage dust-free. Also, do not over-water the plants as it may lead to mold growth. * Minimize the use of harsh cleaners and cleaners with strong fragrances. * Avoid using aerosol sprays. * Ensure adequate ventilation.

5. **Do Deep Breathing Exercises Daily** - Breathing feeds oxygen to every cell in the body. Without sufficient oxygen, people are more prone to lung problems and even heart disease.

With regular deep breathing exercises, you can easily strengthen your lungs. It can also help clear out toxins that may have built up in the lungs. This in turn helps improve lung performance and clear airways. Example: 1. Sit down in a relaxing and quiet place. 2. Close your eyes, and breathe in deeply through your nose. 3. Count to five, slowly inhaling the entire time. 4. Hold your breath for a few seconds, then exhale slowly. 5. Repeat this breathing exercise 6 to 8 times. 6. Perform this deep breathing exercise on a daily basis to help cleanse your lungs and keep you stress free.

6. **Be Active with Regular Exercise** - Exercising is a great way to increase lung capacity. With regular exercise, it will be easier for your lungs to keep your heart and muscles well supplied with oxygen. This in turn will help you enjoy a healthier heart and a better mood. Examples: * Perform rigorous cardiovascular activities for at least 20 minutes, 5 days a week. Cardiovascular exercises strengthen the muscles that surround your lungs. * Try aerobic exercises, such as walking, dancing or biking, a few days a week. Due to the short bursts of intense training during aerobic exercises, your lung capacity will develop a lot.

7. **Maintain Proper Hygiene** - People who are more susceptible to lung infections, which can lead to breathing difficulties, must practice proper hygiene. Proper hygiene helps prevent common infectious respiratory diseases like colds and the flu. Examples: * Wash your hands thoroughly with soap and water. * Use an alcohol-based hand sanitizer when you do not have access to soap and water. * Cover your nose and mouth with a tissue or handkerchief while coughing or sneezing. * Avoid crowded places during the cold and flu season. * If you get sick, stay home from work or school until you are feeling better.

8. **Get Regular Health Checkups** - Regular health checkups can help keep your lungs healthy and functioning properly. Remember, when it is about your health, prevention is always better than the cure.

Most lung diseases go undetected until they are serious. However, during a health checkup, doctors can easily examine the condition of your lungs and pick up any trouble signs early.