

The Westbrook Chatterbox

FEBRUARY – GROUNDHOG’S DAY, VALENTINE’S DAY AND PRESIDENT’S DAY. IT’S A BUSY MONTH. WE HAVE A COUPLE OF SPECIAL ACTIVITIES THIS MONTH. ON MONDAY, FEBRUARY 13TH, FOCUS HEALTH-CARE AND LIBERTY HEALTH AND WELLNESS ARE SPONSORING A MUSICAL BINGO FEATURING LOVE SONGS. PRIZES WILL NOT BE NICKELS AND CANDY BARS. I KNOW JOAN IS GETTING SOME FUN PRIZES. AND THEN ON FRIDAY, FEBRUARY 17TH, WE ARE HAVING A VALENTINE’S HAPPY HOUR. WE WILL BE FEATURING SPECIAL DRINKS AS WELL AS WINE, SODA AND SNACKS. TICKLING THE IVORIES FOR US DURING HAPPY HOUR WILL BE EARL BAKER, A RETIRED SCHOOL TEACHER WHO LOVES TO ENTERTAIN. HE HASN’T BEEN HERE BEFORE SO YOU’LL WANT TO BE SURE TO COME DOWN AND HEAR HIM.

ON SUNDAY AFTERNOONS FROM 4:00 – 6:00, SHOOTING STARS SQUARE DANCERS ARE PRACTICING IN OUR SOCIAL ROOM. THEY USE OUR ROOM FOR SQUARE DANCING LESSONS AND YOU ARE WELCOMED TO COME OUT AND WATCH ANYTIME YOU WOULD LIKE. THEY WILL BE HERE THROUGH MOST, IF NOT ALL OF, FEBRUARY.

DON’T FORGET THAT KATHRYN FROM BREATHE DEEP IS HERE EVERY FRIDAY MORNING FOR CHAIR YOGA. I STRONGLY ENCOURAGE YOU COME OUT AND GIVE IT A TRY. EVEN IF YOU’VE DONE YOGA BEFORE, COME AND SEE WHAT KATHRYN IS TEACHING US. WE HAVE FUN – LAUGH A LOT – BREATHE DEEPLY – AND GENTLY EXERCISE OUR BODIES.

WITH TAX SEASON STARTING, I HAVE INCLUDED AN ARTICLE BELOW TO HOPEFULLY HELP YOU GET PREPARED FOR HAVING YOUR TAXES DONE. IF YOU HAVE ANY QUESTIONS, PLEASE DON’T HESITATE TO ASK ME.

AND IN CLOSING, I FOUND A SAYING THE OTHER DAY THAT EPITOMIZES APRIL’S, JOAN’S AND MY RELATIONSHIP. IT SAYS, “ALWAYS REMEMBER IF YOU FALL, I WILL PICK YOU UP AFTER I FINISH LAUGHING.” I LOVE WORKING WITH THESE TWO AMAZING LADIES AND AM GRATEFUL TO THEM FOR PICKING ME UP AND FOR THE LAUGHTER.

UNTIL NEXT MONTH – JANELLE



It’s that time of year again ~ Tax season. I have recertified to do tax returns through AARP. I can electronically or paper file them. If you are interested in my doing your taxes, please let me know. You will need to have your copy of last year’s return, all forms of income (1099-SSA, 1099-R, 1099-INT, 1099-DIV or 1099-B), plus any charitable contributions and unreimbursed medical expenses (co-pays, medical or dental bills, prescription medication, chiropractor, insurance premiums) if you have enough to itemize. Once you have everything gathered, put them in an envelope with your name, date of birth and phone number. I’ll take them home, complete them and bring them back to you for your signature. Then I’ll file them for you. You can choose to have your refund, if one is due, either mailed to you or direct deposited. The best part is since I do them through AARP, the cost to you is nothing. It’s a free service and I do this as a volunteer. I do ask that you allow me three or four days to get them completed as I do this in my spare time. I look forward to another busy tax season.

Also if you need a rent receipt for tax purposes, please sign up on the sheet in the Activities Office and I will get them to you as soon as I can. ~ Janelle

Presidential Trivia

- 1) Who was the only President to serve more than two terms?
A) George Washington B) Theodore Roosevelt C) Franklin D. Roosevelt D) Ulysses S Grant
- 2) Who was the only President to serve two non-consecutive terms?
A) Woodrow Wilson B) Ronald Reagan C) Grover Cleveland D) Theodore Roosevelt
- 3) Who was the oldest elected President?
A) James Buchanan B) Ronald Reagan C) Zachary Taylor D) Dwight D. Eisenhower
- 4) Who was the first President to live in the White House?
A) Andrew Jackson B) Thomas Jefferson C) George Washington D) John Adams
- 5) Who was the first President born outside the contiguous United States?
A) Franklin Pierce B) Benjamin Harrison C) Barack Obama D) William Howard Taft
- 6) Which U.S. President signed the treaty to purchase Alaska from Russia?
A) Ulysses S Grant B) Andrew Jackson C) James Buchanan D) Andrew Johnson
- 7) Who was the first President to appear on TV?
A) Dwight D Eisenhower B) Franklin D Roosevelt C) John F Kennedy D) Harry S Truman
- 8) Who was the first President to be impeached?
A) Andrew Johnson B) Bill Clinton C) Calvin Coolidge D) Richard Nixon
- 9) Who was the only unanimously elected President by the Electoral College?
A) John F Kennedy B) Ronald Reagan C) Franklin D Roosevelt D) George Washington
- 10) Who was the first President to appoint an African American to the Supreme Court?
A) Lyndon Johnson B) Bill Clinton C) George HW Bush D) John F Kennedy
- 11) Walt Whitman's poem "Oh Captain, My Captain" was written about which President?
A) Ulysses S Grant B) Theodore Roosevelt C) Abraham Lincoln D) George Washington
- 12) What name was given to the commission that was established to investigate John F. Kennedy's assassination?
A) Johnson Commission B) Warren Commission C) Oswald Commission D) Kennedy Commission
- 13) How many future Presidents signed the Declaration of Independence?
A) 3 B) 1 C) 2 D) 4
- 14) Who is the only President to resign from office?
A) Franklin Pierce B) Andrew Johnson C) Bill Clinton D) Richard Nixon
- 15) Which President signed the Civil Rights Act that extended the rights of emancipated slaves?
A) Andrew Johnson B) Ulysses S Grant C) Rutherford B Hayes D) Abraham Lincoln
- 16) Who awarded Rosa Parks the Presidential Medal of Freedom?
A) Lyndon Johnson B) Bill Clinton C) Jimmy Carter D) Barack Obama
- 17) Who is the only President to earn his Masters of Business Administration?
A) George HW Bush B) Bill Clinton C) Woodrow Wilson D) George W Bush
- 18) Who was the first President to win the Nobel Peace Prize?
A) Theodore Roosevelt B) Barack Obama C) Woodrow Wilson D) Jimmy Carter
- 19) In what city was William McKinley assassinated?
A) Cleveland OH B) Pittsburgh PA C) Norwood MA D) Buffalo NY
- 20) What disease did John F. Kennedy contract as a young child?
A) Asthma B) Polio C) Diabetes D) Scarlet Fever
- 21) What was the covert operation established during the Nixon presidency to prevent the leaking of classified information to the news media commonly known as?
A) The Ghosts B) The Cleaners C) The Plumbers D) The Thugs
- 22) Which President was the first to use an armored limousine, and who 'donated' it for the President's use?
A) Wilson from Henry Ford B) Eisenhower from Churchill
C) Truman from Howard Hughes D) FDR from Al Capone
- 23) Prior to the Capitol Building in Washington DC, where were presidential inaugurations held?
A) Independence Hall - Philadelphia B) Federal Hall in NY C) Faneuil Hall- Boston D) Monticello - Virginia
- 24) Before the Twelfth Amendment was passed in 1804, how was the Vice President determined?
A) President & Vice President were voted on separately. B) Was appointed by the President
C) There was no official Vice President before 1804
D) The Presidential candidate receiving the second-largest number of electoral votes

February

Meteorology:

The only profession where you can be wrong most of the time and still have a job and even get paid for it!

You know it's cold outside when you go outside and it's cold.



Don't knock the weather: Nine-tenths of the people couldn't start a conversation if it didn't change once in a while.



Let me get this straight. You are mad at a groundhog for predicting the weather incorrectly? Weathermen do it everyday! I don't see them being persecuted!



I met my husband while I was working in a science library. He came in every week to read the latest journals and eventually decided to take out the librarian instead of the books. After a year and a half of dating, he showed up at the library and started rummaging through my desk. I asked what he was looking for, but he didn't answer. Finally he unearthed one of the rubber stamps I used to identify reference books. "Since I couldn't find the right engagement ring," he said, "this will have to do," and he firmly stamped my hand.



A gentleman entered a busy florist shop that displayed a large sign that read, "Say It With Flowers". "Wrap up one red rose," he told the florist. "Just one?" the florist asked. "I'm a man of few words," he replied.



Across my knuckles, in capital letters, it read "NOT FOR CIRCULATION."

The soldier serving overseas, far from home was annoyed and upset when his girl wrote, breaking off their engagement and asking for her photograph back. He went out and collected from his friends all the unwanted photographs of women that he could find, bundled them all together and sent them back with a note saying: "Regret cannot remember which one is you – please keep your photo and return the others."

HAPPY VALENTINE DAY

Clef Notes



Listen!

Oh, my... what is that sound? Do I hear music.....singing....laughter....? What could it be? Someone please tell me what is going on at 1:30pm on Wednesdays in the Social Room!

Well, I think I can tell you if you really want to know....

There is a group of residents who enjoy singing, talking about music and just having a great time together. We are led by Martha Armstrong and call ourselves The Prime Time Singers.... We sing all kinds of music from Sentimental Journey to Itsy Bitsy Spider. Some of us have been singers all our lives and others just began so we are a group of people who love to make a "joyful noise". Can't stay on key.....doesn't matter....don't know the song.....doesn't matter.....we all work together and are surprised by how many songs we know. We have songbooks but also do memory work each week. With just a little work we can sing a song that we had no idea we remembered.

We would love to have you come and join us..... either by singing or just listening to the noise.....oops....!



A minister was completing a Temperance sermon. With great emphasis he said, "If I had all the beer in the world, I'd take it and pour it into the river."

With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and pour it into the river."

And then finally, shaking his fist in the air, he said, "And if I had all the whiskey in the world, I'd take it and pour it into the river."

Sermon complete, he sat down. The song leader stood very cautiously and announced with a smile, nearly laughing, "For our closing song, let us sing Hymn #365, "Shall We Gather at the River."

The Pastor vs. the Organist

A pastor and an organist at a certain church were not getting along. Actually, they had never gotten along. The choir at that church was very quick at picking up hymns and anthems without practicing them, so the organist usually picked a hymn on the spot after hearing the sermon topic.

One day the pastor preached a sermon on commitment. Just to annoy him, the organist quickly chose and led the next hymn: "I Will Not Be Moved"

Next week the pastor preached on gossip. Organist's hymn pick: "I Love to Tell the Story"

And then the good pastor next preached on the importance of tithing. The organist chose: "Jesus Paid it All"

By now the pastor was getting discouraged. So next week he talked about how he was thinking of leaving the parish. Our friend the organist chose: "O Why not Tonight?"

So the pastor did resign. In his final sermon he spoke of how Jesus had led him to that church, and now Jesus had led him away. Organist's choice: "What a Friend We Have in Jesus"

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"There are always people on premises, they keep an eye on my dad, they know him very well, and they know how to work with him. I appreciate everything about Westbrook Care Center." Michael Davis

Featured Resident – Neva Jones

Nita and Neva were born in New Albany, KS, to Clifford and Blanche Morris. Neva was five minutes younger than Nita, who never let her forget it. Neva also had two younger sisters. Neva's father worked as a farm hand and therefore the family moved around quite a bit. When Neva was twelve years old, her parents divorced. Her uncle moved the girls and their mother to Eureka, KS, and got them settled. The girls didn't have bikes and so they enjoyed walking everywhere and exploring as they went. Neva started working in sixth grade. She helped out at a nursing home across the street from her house. She also started babysitting. As the girls got older, they enjoyed going to the local dances.

Neva quit school her junior year and moved with a friend to Independence. She went to work for Sears and Robuck. Her friend's husband was in the service. When he came home, Neva moved back home to Eureka and started working in a local restaurant.

She continued going to the dances every Saturday night. One Saturday, she met Eldon Jones. She was 17. He was 19 and just out of the Marines. His family all knew her family but these two just hadn't met. It was love at first sight and he even went and met her mother that very evening. After dating for three months, they married in February of 1947.

Eldon worked for the highway crew and the couple moved to Humboldt, KS. After two years, Eldon decided they needed extra money and so he started working the wheat harvest. Neva moved back home to Eureka and started managing a local motel. She was 8 months pregnant at the time. Jack was born in December 1947.

Eldon went to work at the grain elevator and they stayed at the motel. He eventually got a job managing the gas station across the street from the motel. In the evenings, Eldon would watch Jack and the motel while Neva would work at the restaurant up the road. Eldon went to work delivering packages in town that came into the Santa Fe Depot. In 1953, they welcome their daughter, Darlene. Two years later they had Nita Kay. And then Marjorie was born in 1958 and Peggy Jo in 1963. In 1964, they bought a house and moved to Fall River.

In 1966, the family relocated to Holt, MO. Eldon opened a welding shop called Jones Welding and Neva went to work at First National Bank in downtown Kansas City. Her boss told her she needed to get her GED. So Neva went to Maple Woods Community College and got her GED. They moved to Kearney in 1973. She would come home from work and then go next door to the shop and help out there. Eldon had COPD due to smoking and all the welding he had done and had to quit working. Neva retired from the bank in 1989 after 22 years. They finally had to close the shop in 1994. Neva stayed home and took care of Eldon until his death in 2003.

She enjoyed genealogy – researching both families- and traveling. She enjoyed going to Oklahoma and staying with her twin sister until she lost her in 2016.

Neva started volunteering at the Senior Center after Eldon's death. She would go there three days a week. She served food, washed dishes and cleaned after the meals. She was voted "Volunteer of the Year" at the Senior Center in 2012.

Keeping up the home got harder for Neva and she moved to Westbrook in January 2017. She loves that she doesn't have to cook or worry about any upkeep. She really loves her apartment. She brought the things that were important to her from her house and made it her own. Neva already knew some of Westbrook's residents but has enjoyed getting to know more of them. She likes country music and loves doing puzzles – both jigsaw and word puzzles.

Besides Neva's five children, she has three sons-in-law, fourteen grandchildren and eighteen great grandchildren. Her advice about children is to love your kids while you have them at home and then to turn them loose.

10 Tips to Help Minimize Flu Symptoms

I heard on the radio today that the flu is going to be peaking over the next month or so. In many states, there are already high outbreak rates. The flu is never any fun but there are some things you can do to ease the symptoms. Here are a few that you can try.

1. Stay home and get plenty of rest. ~ Mind your flu manners. On the first day you have symptoms, call your work or school and tell them you won't be coming in for a few days. You're sick -- and very contagious! Take advantage of down time and give your body some much-needed rest. Curl up on the couch and spend some time reading, watching DVDs, or just cat-napping while your body battles the virus.
2. Drink plenty of fluids. ~ Make sure you get more liquids. It doesn't all have to be water -- fruit juices, sports drinks, and broth-based soups (like chicken noodle soup) also count. They keep your respiratory system hydrated and turn that nasty, thick mucus into a thin liquid you can cough up and spit out. That's good -- if it builds up in your lungs it could lead to an infection.
3. Treat aches and fever. ~ Got fever? That's because your body has turned up the heat to fight off the flu virus. Treat it and the aches that come with it with over-the-counter medications like acetaminophen, ibuprofen, or naproxen. Ask your doctor which is right for you .
4. Take care of your cough. ~ Over-the-counter treatments can calm your hack. Try an expectorant, which turns mucus into liquid so you can cough it up. Don't give over-the-counter cough or cold medicine to children under 4.
5. Breathe in steam. ~ Fill the bathroom sink with hot water. Add 1 teaspoon of an over-the-counter menthol rub and breathe in the steam for several minutes until you feel better. You can also add a few drops of menthol or eucalyptus oil. They can open your airways, ease congestion, and make it easier to breathe. There's no proof, though, that any of these really help with the symptoms.
6. Sit in a steamy bathroom. ~ If you're still stuffed up, sit in the bathroom with the door closed. Let the shower run hot until the room fills with moist steam. Sit away from the water to avoid burns.
7. Run the humidifier. ~ If the air in your house is dry, a mist humidifier or vaporizer can moisten it to ease congestion and coughs. Don't use a warm mist because it can promote the growth of bacteria and molds. Also make sure to keep the device clean to prevent mold development.
8. Try a lozenge. ~ Sucking on soothing lozenges will moisten and coat a scratchy throat. It may quiet your cough, too.
9. Get salty. ~ Saline nose drops or sprays are available over-the-counter at any drug or grocery store. They work, they're safe -- even for kids -- and they won't make your sore throat worse. Put several drops into one nostril, and gently blow the mucus and saline out. Repeat the process on the other side until both are unblocked.
10. Ask for an antiviral. ~ You take these drugs when symptoms start. They can lessen and shorten the flu. Call your doctor if you have signs of the flu or think you were exposed, especially if you have a condition like diabetes, heart disease, or HIV that makes you more likely to have complications.