

# The Westbrook Chatterbox

I know that it is cliché to write about the weather but that's what I'm going to do anyway. This winter is noteworthy in the fact that we have not had a winter. Usually we have sporadic snow starting in November and going through March. The highest KCI snowfall total in recorded history is 67" in 1911-1912. The lowest snowfall totals for KCI is 4.5" in 1922-1923. But this year, we have only had 2.2 inches so far. We are dry and warm. This is a bad combination. There is something very wrong when we have a record high temperature of 79 on February 22<sup>nd</sup>.

Chloe and I were talking about this very thing yesterday as we were listening to the birds singing, the sun was shining and we had the windows open. This is February! We are supposed to be cold and snowy. Winter cold is supposed to kill the bugs, freeze the allergens and supply us with much needed precipitation. However, none of that has happened this year. The trees are budding, the flowers are blooming and spring seems to have come without winter making an appearance. I fear that we are in for a very long, hot and miserable summer.

On a happier note, we have been so blessed with volunteers and entertainment. Last month, we have a new gentleman named Earl Baker play for our Valentine Happy Hour, which I sadly missed. I hear he was fabulous and a joy to listen to. This month, we have a new performer by the name of John Stanfield. He's a cousin of Neva Jones and will be here on March 31<sup>st</sup>. It is great to have new entertainers coming in but I want to mention some of our faithful. Every month, Gerry Barr is here twice and has been since 1999. He is our longest active volunteer. The Country Music Makers have been coming on the 2<sup>nd</sup> Thursday evening of every month since 2000. The group didn't have a name when they first started and they had a contest. Someone here at Westbrook came up with the name Country Music Makers and they loved it. That's what they've been called ever since. I cannot even begin to name all the entertainment that we have each and every month because there are so many. Tom Lay, Del Sutton, The SonShine Singers, Bob Knutter, Andrea Davenport, Dave Donaldson and Best of Friends are all faithful with their time and talents as well. We also have churches that are continually ministering to us. These include Kearney Bible Church, First United Methodist, Northern Hills, New Direction, Church of the Annunciation and Crossroads Community Church.

But on a personal level, I want to mention Martha Armstrong. This lady is so special to me. She used to volunteer here back in the early 2000s but had to quit when she took over the care of her twin great granddaughters. I did not know Martha well at that time. Martha began entertaining us again on the fourth Thursday evening in October of 2013. Since then, Martha has become an integral part of Westbrook. She started as our choir director in August 2015. She has helped plan and execute Happy Hours, New Year's Eve Parties and our Mother's Day Tea. She has invested herself not only in the activities and residents but in me personally. Martha is an inspiration to me as well as a mentor and friend. I am so thankful for her and her generous, giving spirit.

This month, as you attend activities, remember to thank these entertainers and volunteers. They are willingly giving of themselves for our benefit. If you haven't come out for some of these activities, this month make it a point to try a new one. You never know... you might find a new favorite.

Until Next Month – Janelle





## Fun Facts about the Bagpipes

**1) There is nothing uniquely Scottish about the bagpipes.** Scotland has a proud and venerable tradition of bagpiping, and the Great Highland Bagpipe was taken round the globe by the British Empire. Nevertheless, bagpipes are found right across Europe, North Africa and as far east as India. There are about 130 distinct 'species' of bagpipe in the world: France, alone, has eighteen. Although we cannot be certain, bagpipes probably originated in Antiquity in what we now call the Middle East. They have always been associated with shepherds, and their traditional role was in providing music for dancing, especially at weddings. They were the Fender Stratocaster of their day.

**2) Bagpipe bags are sometimes made out of animal bladders.** The bag of the bagpipes provides a reservoir of air that allows that distinctive, continuous sound to be made. As the player takes a breath, he or she squeezes air out of the bag and so keeps the reeds of both chanter and drone speaking. In Western Europe bags tend to be sewn from a piece of seasoned cow hide, though rubber and Gore-tex have been used. In Eastern Europe, the Balkans, North Africa, and the Middle East, bagpipe bags are made from whole goat skins, giving the instrument a dramatic, if grisly, appearance. Less commonly, the natural elasticity of animal bladders has been employed on so-called 'bladder pipes'.

**3) The earliest manuscript of bagpipe music in Britain dates from 1733.** This manuscript was written down by one William Dixon. Little is known about him, other than that he was Christened in Stamfordham, Northumberland, in 1678, and that he had two sons, Parsivall and John. Many of the forty tunes he notated are still played in the North today, but in his collection they exist as sets of extended variations, probably for dancing. They were designed to be played on Border Bagpipes or some kind of smallpipe. They require a high level of virtuosity.

**4) England has bagpipes too!** The fact that there are hundreds of carvings of bagpipers in English churches, dating from the Middle Ages to the Renaissance, suggests that bagpipers were once commonplace south of the border, all the way down to Cornwall. There are literary references too: the solution to one 10th Century Anglo-Saxon riddle may be a bagpipe, and Chaucer's Miller definitely played the pipes on his pilgrimage to Canterbury.

Henry VIII owned five sets of bagpipes, but it seems the Reformation he helped instigate put paid to English piping. The instrument became indelibly associated with rude or lascivious behaviour, and, perhaps, the vernacular festivities of Catholicism. Falling from favour, it was gradually replaced by the more versatile fiddle. The bagpipe only clung on in pockets, such as the North East of England, where Northumbrian pipes are played to this day. There is, however, a vibrant English piping revival underway.

**5) Bagpipes were originally used to scare off enemies on the battlefield.** It is the only musical instrument in history that was ever deemed a weapon of war.

**6) The bagpipes have been banned twice in Scotland, once in 1560 and again in 1746.**

**7) The ancient Roman emperor Nero was another notorious piper,** who is said to have played the bagpipes as Rome burned. He can't have been very good though: he offered to play bagpipes in public as a penalty for losing a poetry contest.

**8) The song "A Flame of Wrath for Patrick MacCrimmon" is a piping standard.** It gets its name from the story of a piper from Glenelg, near The Isle of Skye. The musician set a whole village alight in order to avenge the murder of his brother, the eponymous Patrick. It is said the piper overlooked the blaze from a hill, playing this relentless chant.

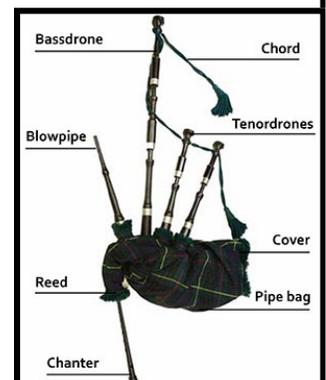
**10) The traditional bagpipes ringcaps are were made with elephant ivory.** This makes it problematic for pipers to travel to the United States, where ivory is banned, so a customs declaration must be made well in advance.

**11) Pipers were banned from playing into battle in 1915,** as 3000 were killed going over the top of the trenches during the First World War.

**12) Another famous war piper is 'Mad' Bill Millin,** who played Highland Laddie while his fellow troops fought on the beach at Normandy on D-Day during World War 2. When he asked a German commander 40 years later at a D-Day reunion why they didn't shoot him, the man replied, tapping his head: "Because we thought you were a dummkopf. Why waste bullets?"

**13) March 10th is International Bagpipe Day**

International Bagpipe Day was inaugurated by the Bagpipe Society, and is a grassroots celebration of all the world's bagpipes. Celebrations happen across the UK, but also in Greece, America, Kenya, and even Iran. Pipers of every kind gather, put on concerts, visit schools, play on the streets or for dancing. This ancient instrument, with its bombastic sound and wild associations has, in spite of everything, survived to the modern era. It shows no sign of disappearing!





**DAYLIGHT  
SAVINGS TIME  
BEGINS SUNDAY,  
MARCH 12TH**

**Friendship vs. Love**

**Friendship** is a quiet walk in the park with the one you trust.

**Love** is when you feel like you are the only two around.

**Friendship** is when they gaze into your eyes and you know they care.

**Love** is when they gaze into your eyes and it warms your heart.

**Friendship** is being close even when you are far apart.

**Love** is when you can still feel their hand on your heart when they are not near.

**Friendship** is hoping that they experience the very best.

**Love** is when you bring them the very best.

**Friendship** occupies your mind.

**Love** occupies your soul.

**Friendship** is knowing that you will always try to be there when in need.

**Love** is when you will give up everything to be at their side.

**Friendship** is a warm smile in winter.

**Love** is a warming touch that sends a pulse through your heart.

**Friendship** can survive without love.

**Love** cannot live without friendship.

Friendship is like a garden of flowers fine and rare it can not reach perfection except through loving care. The new and lovely blossoms with new day appear for FRIENDSHIP like a garden grows in beauty year by year.

**The Call of Spring**



When spring begins again to light  
Our happy world with colors bright,  
The robins all come back to see  
How beautiful the earth will be,

With crocus gold, and daffodils  
Lighting meadows, fields, and hills;  
With leaves of green and tulips gay,  
And birds arriving every day.



Life is a garden, Good friends are the flowers and time spent together... life's happiest hours  
And friendships like flowers, blooms ever more fair... when carefully tended by dear friends who care.

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Rate Us!**

*"I like that the staff is very caring for each of the patients and make both patients and visitors feel very at home and comfortable."* Rita Miller

# MARCH

SPRING  
BREATHES  
NEW LIFE  
INTO THE  
WORLD  
AROUND US

hello.....  
SPRING  
We missed  
green YOUR  
GRASS  
WARM SUNSHINE  
AND  
Beautiful  
Flowers



Your mind  
is a garden.  
Your thoughts  
are the  
seeds.  
You can grow  
flowers  
Or you can grow  
weeds

The Claddagh Ring is universally recognized as an Irish token of love, loyalty and friendship. Claddagh is the name of the small fishing village in Galway, where this unique symbol first originated over 400 years ago!



*May your heart be warm and happy,  
With the lilt of Irish laughter,  
Every day in every way  
And forever and ever after.*

When Irish eyes  
are smiling,  
they're usually  
up to something.

*Bless you and yours  
As well as the cottage you live in.  
May the roof overhead be well thatched  
And those inside be well matched.*



*May your neighbors respect you,  
Trouble neglect you,  
The angels protect you,  
And heaven accept you.*

Treat everyone with politeness even those who are rude to you not because they are not nice but because YOU are nice.

If you watch how nature deals with adversity, continually renewing itself, you can't help but learn...

# HAPPY ST. PATRICK'S DAY

Featured Staff Member- Joan Nicely

Joan was born Joan Elizabeth Marshall in Marshalltown, Iowa in 1960. Her family lived one block away from Marshall Drive. Her father took over Marshall Insurance Agency when Joan's grandfather passed away. Are you beginning to see why Bill and Joan Nicely's son is named Marshall?!

Joan's dad was not keen on the insurance business and decided to follow in his big brother's footsteps and become an airline pilot. When he became a pilot for TWA in 1965, Joan's family moved to Overland Park, KS. Upon graduation from high school, Joan attended K-State and also KU! Sorry MU fans! After graduation, she and BILL married on a sunny, snowy day in January, 1987. Joan put her degree in Human Resources to use as a Compensation and Employee Relations Specialist as Bill taught high school chemistry and physics. Joan ended her human resources career as an HR Director for a Southwestern Bell company in Overland Park, KS.

Upon relocation to Sedalia, MO Joan worked for the local community college as a Dual Credit Director. She would travel the college's 14 county region enrolling high school juniors and seniors into college level classes. These students received college and high school credit after completing the class. Hence the term "dual credit"! Joan really enjoyed working with students, parents and high school administrators and thought this was the best job ever. Little did she know that a better job was in store for her at Westbrook!

When Bill received a job offer from Kearney School District in 2009, Bill, Joan and Marshall relocated to Kearney. Immediately, Marshall began attending a community college in Kansas City, MO. After one year he got the aviation bug like his grandfather before him. Much to Bill and Joan's dismay, he moved to Carlsbad, California to pursue training to become a flight instructor. Not that they weren't thrilled that he found his passion, but why so far away?! Turns out, the weather is much more predictable in California than Missouri and that means more flight time. As fellow Missourians we can believe that!

Joan is coming up on her third year as an employee at Westbrook. Bill is in his seventh year with the Kearney School District. And young Marshall just secured a job as a copilot with Mokulele Airlines in Kona, Hawaii!

Joan never dreamed she would go to "work" to play and socialize with such incredible people. From the wisdom she's taken in during Coffee Chat, the casual chit-chat as a group plays Wii Bowling, learning alongside residents during the Mid-Continent Library programs to spending the day with coworkers that are full of compassion and humor, Joan appreciates her blessings. She says she looks forward to many more years ahead at Westbrook.

TODAY YOU ARE  
**YOU,**  
*that is* TRUER THAN  
**TRUE,**  
there is no one *alive*  
**WHO IS YOUR**  
**THAN you**  
-dr. seuss

Be who you are  
And say what you feel  
Because those  
who mind don't  
**Matter**  
And those who  
**Matter**  
Don't Mind.  
Dr. Seuss



"We are all a little weird and life's a little weird, and when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love."  
~ Dr. Seuss

## How to Keep Your Eyes Healthy

Don't take your eyes for granted. Take these easy steps to keep your peepers healthy.

**1. Eat Well** - Good eye health starts with the food on your plate. Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E might help ward off age-related vision problems like macular degeneration and cataracts. To get them, fill your plate with:

- Green leafy vegetables like spinach, kale, and collards
- Salmon, tuna, and other oily fish
- Eggs, nuts, beans, and other nonmeat protein sources
- Oranges and other citrus fruits or juices
- Oysters and pork

A well-balanced diet also helps you stay at a healthy weight. That lowers your odds of obesity and related diseases like type 2 diabetes, which is the leading cause of blindness in adults.

**2. Quit Smoking** - It makes you more likely to get cataracts, damage to your optic nerve, and macular degeneration. If you've tried to kick the habit before only to start again, keep at it. The more times you try to quit, the more likely you are to succeed. Ask your doctor for help.

**3. Wear Sunglasses** - The right pair of shades will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your chances of cataracts and macular degeneration.

Choose a pair that blocks 99% to 100% of UVA and UVB rays. Wraparound lenses help protect your eyes from the side. Polarized lenses reduce glare while you drive.

If you wear contact lenses, some offer UV protection. It's still a good idea to wear sunglasses for an extra layer.

**4. Use Safety Eyewear** - If you use hazardous or airborne materials on the job or at home, wear safety glasses or protective goggles.

Sports like ice hockey, racquetball, and lacrosse can also lead to eye injury. Wear eye protection. Helmets with protective face masks or sports goggles with polycarbonate lenses will shield your eyes.

**5. Look Away From the Computer Screen** - Staring at a computer or phone screen for too long can cause: Eyestrain - Blurry vision - Trouble focusing at a distance - Dry eyes - Headaches - Neck, back, and shoulder pain

To protect your eyes:

- Make sure your glasses or contacts prescription is up to date and good for looking at a computer screen.
- If your eye strain won't go away, talk to your doctor about computer glasses.
- Move the screen so your eyes are level with the top of the monitor. That lets you look slightly down at the screen.
- Try to avoid glare from windows and lights. Use an anti-glare screen if needed.
- Choose a comfortable, supportive chair. Position it so that your feet are flat on the floor.
- If your eyes are dry, blink more.
- Rest your eyes every 20 minutes. Look 20 feet away for 20 seconds. Get up at least every 2 hours and take a 15-minute break.

**6. Visit Your Eye Doctor Regularly** - Everyone needs a regular eye exam, even young children. It helps protect your sight and lets you see your best. Eye exams can also find diseases, like glaucoma, that have no symptoms. It's important to spot them early on, when they're easier to treat.

Depending on your eye health needs, you can see one of two types of doctors:

- Ophthalmologists are medical doctors who specialize in eye care. They can provide general eye care, treat eye diseases, and perform eye surgery.
- Optometrists have had 4 years of specialized training after college. They provide general eye care and treat the most common eye diseases. They don't do eye surgery.

A comprehensive eye exam might include: Talking about your personal and family medical history - Vision tests to see if you're nearsighted, farsighted, have an astigmatism (a curved cornea that blurs vision), or presbyopia (age-related vision changes) - Tests to see how well your eyes work together - Eye pressure and optic nerve tests to check for glaucoma - External and microscopic examination of your eyes before and after dilation .

You might also need other tests