



The Westbrook Chatterbox

It is Easter time!

Easter is the most celebrated Christian holiday in the United States. Christians commemorate Good Friday as the day that Jesus Christ died and Easter Sunday as the day that He was resurrected. Easter Sunday services are the most well attended all year. Those attending church on Easter Sunday outweighs even the Christmas season. Families celebrate Easter in all different ways.

The Easter Bunny is a rabbit-spirit. Long ago, he was called the Easter Hare. Hares and rabbits have frequent multiple births so they became a symbol of fertility. The custom of an Easter egg hunt began because children believed that hares laid eggs in the grass. The Romans believed that "All life comes from an egg". Christians consider eggs to be "the seed of life" and so they are symbolic of the resurrection of Jesus Christ. Many families, including the First Family, hold Easter egg hunts where eggs are dyed bright colors and plastic eggs are stuffed with candy and other goodies then spread throughout yards for children to collect and enjoy.

New York City holds an Easter Parade where Fashion Meets Fantasy. The Easter Parade is a tradition that dates back to the middle 1800's. The social elite would attend services at one of the 5th Avenue churches and parade their new fashions down the Avenue afterwards. While there is still some fashion involved in the Parade today the modern version tends to be more fantastic with flamboyant headgear and costumes.

In New Orleans, they hold an annual Easter carnival called Mardi Gras, which features lots of fun activities like a parade, jazz music and a huge party in the streets.

In England, Germany and other countries, children rolled eggs down hills on Easter morning, a game which has been connected to the rolling away of the rock from Jesus Christ's tomb when he was resurrected. British settlers brought this custom to the New World.

In my family, we celebrate by attending church on Good Friday, Holy Saturday and Easter Sunday. Then after services on Easter, we gather at my cousin's for a pot luck dinner and a big Easter Egg Hunt for the kids. I have been responsible for filling 400-600 eggs (depending on the number of kids we are expecting) every year for the past 14 years. Since I am the "Bunny" in the family, I don't have to cook that day!!

However you spend your Easter this year, please be kind to one another and remember that you may be the only person in someone's life that represents Christ. Isn't that what we are all called to do?

Terri

April is a month of transition going from winter into full spring with all its rain and storms. However, there is a week in April that historically is significant for its tragedies. Here is a list of events that have taken place between April 14th and April 20th. See how many you remember or are at least familiar with.

The Donner Party Begins Its Trek - April 14, 1846 – The Reed and Donner families leave Missouri headed to California for a new life. Along the way, they get lost in present-day Utah and Nevada. Winter storms beset them, supplies run low and the trip intended to be over by the fall stretches into the winter in the high western mountains. Out of food, some members of the party resort to cannibalism of the already dead to stay alive. Only 48 members of the 87-person party make it to California

Lincoln Assassinated - April 14, 1865 – President Abraham Lincoln is fatally shot while attending a play at Ford's Theatre in Washington, D.C.. He dies one day later.

Black Sunday - April 14, 1935 – The infamous Black Sunday storm rolls through Texas and Oklahoma, causing untold damage and leading hundreds of thousands of Dust Bowl residents to relocate.

The Black Hawk Incident - April 14, 1994 – Two military Black Hawk helicopters (not pictured) are shot down over the streets of Ebil, Iraq. Twenty-six people on board are killed, including military and civilians.

The Titanic Sinks - April 15, 1912 – The RMS Titanic finally sinks after hitting an iceberg the night before. As many as 1,635 passengers and crew members are killed.

The Great Mississippi Flood - April 15, 1927 – Fifteen inches of rain falls in New Orleans, bringing a Mississippi River already swollen from heavy rains upstream beyond its capacity. River levee systems pop in more than 140 places causing flooding in 10 states and killing 246 people.

Boston Marathon Bombing - April 15, 2013 – Three people are killed when two pressure cooker bombs go off in a terrorist attack during the Boston Marathon.

Texas City Explosion - April 16, 1947 – The SS Grandcamp explodes at 9:12 a.m. in Texas City, Texas, killing more than 575 people.

Virginia Tech Shooting - April 16, 2007 – A gunman kills 32 people then himself on the campus of Virginia Tech in Blacksburg, Va. Another 23 are injured.

Bay of Pigs Invasion - April 17, 1961 – The Bay of Pigs invasion of Cuba by a CIA-sponsored military group is launched. Three days later, the invaders are defeated. Casualties include 118 deaths, 360 wounded and 1,202 capture

West Plant Explosion - April 17, 2013 – Fifteen people are killed and more than 160 are injured following an ammonium nitrate explosion at a fertilizer plant in West, Texas.

The British Invade - April 18, 1775 – British troops arrive in Massachusetts to arrest Samuel Adams and John Hancock. Paul Revere embarks on his famous ride to warn them, "The British are coming!"

San Francisco Earthquake - April 18, 1906 – More than 3,000 people are killed by a 7.8-magnitude earthquake and resulting fires in San Francisco.

U.S. Embassy Bombing in Beirut - April 18, 1983 – Sixty-three people are killed, including 17 Americans, when a suicide bomber in Lebanon drives a van filled with explosives into the American embassy.

USS Iowa Explosion - April 19, 1989 – A 16-inch turret on a Navy battleship stationed off Puerto Rico unexpectedly explodes, killing 47 seamen in the ship's gun room and wounding the ship.

The Waco Siege - April 19, 1993 – Four federal agents and six members of the Branch Davidian religious group were killed Feb. 28, 1993 when the ATF attempted to raid a sect compound outside of Waco, Texas. After a 51-day standoff, the government led a final assault on the compound resulting in 76 deaths

The Oklahoma City Bombing - April 19, 1995 – More than 160 people were killed and almost 700 more injured when domestic terrorists set off a bomb in the Alfred P. Murrah Federal Building in Oklahoma City. More than 320 buildings nearby also suffered some damage

The Ludlow Massacre - April 20, 1914 – Approximately 25 striking coal miners and members of their families were killed in a clash with the Colorado National Guard and Colorado Fuel & Iron Company.

The Columbine School Shooting - April 20, 1999 – Two students enter Columbine High School in a Denver suburb and open fire, killing 12 students, a coach and then themselves.

Deepwater Horizons (BP) Oil Spill - April 20, 2010 – A wellhead blowout on a BP-operated oil platform kills 11 and dumps 210 million gallons of oil into the Gulf of Mexico.

A Week of Victories, As Well - As horrifying of a week April 14-20 has been in American history, the country also has had some of its greatest moments, as well. Here are a few.

April 14: The first abolition society is formed (1775); the first commercial movie house opens in New York City (1894); "The Grapes of Wrath" is published (1939); the Human Genome Project is completed (2003).

April 15: The preliminary articles of peace ending the American Revolutionary War are ratified 1783); Jackie Robinson breaks the color barrier in Major League Baseball (1947); McDonald's opens its first franchised restaurant (1955); the Ford Mustang debuts (1964).

April 16: Boston Garden, America's oldest hockey arena, opens (1910).

April 17: George Lucas begins writing "Star Wars" (1973).

April 18: Paul Revere takes his midnight ride (1775); Yankee Stadium opens in New York (1923).

April 19: Americans earn their first Revolutionary War victory over the British at the Battle of Lexington and Concord (1775); "The Simpsons" premieres on as a cartoon short on "The Tracey Ullman Show" (1987).

April 20: The Civil Rights Act of 1871 becomes law (1871)



Where does the poem that states "April showers bring May flowers" come from?

Origins of the Rhyme

"April showers bring May flowers." We've all heard this rhyme at some point, usually having been taught it at an early age by our parents or teachers. It's a popular thing to say and hear around the springtime, but one thing you might not know is where the rhyme originated from. It can be traced back to the mid 1500s, although earlier use of "April showers bring May flowers" may have existed.

In 1557 a gentleman by the name of Thomas Tusser compiled a collection of writings he called A Hundred Good Points of Husbandry. In the April Husbandry section he wrote:

*Sweet April showers
Do spring May flowers*

As you can see, the rhyme was originally a short poem. There is meaning behind the words, as well. "April showers bring May flowers" is a reminder that even the most unpleasant of things, in this case the heavy rains of April, can bring about very enjoyable things indeed – in this case, an abundance of flowers in May. "April showers bring May flowers" is a lesson in patience, and one that remains valid to this day.

Many of life's greatest things come only to those who wait, and by patiently and happily enduring the clouds and damp of April you can find yourself more easily able to take in the sights and smells of May. After all, it's easier to love something if you begin with an optimistic outlook! Here's some more in-depth information about the meaning of "April showers bring May flowers."

The Science Behind the Rhyme

"April showers bring May flowers" isn't just a rhyme. It's an example of the spring cycle of renewal that many parts of the Earth go through, and can be scientifically analyzed. There are actually several contributing factors to the appearance of flowers in May:

Rain – The trademark of April showers bring May flowers, the rain is definitely at the forefront of positive stimuli bringing about floral displays in May. Increased levels of moisture in the soil help plants to grow faster and healthier. The water can also help nutrients reach the roots faster as well, which is another side of the coin as far as rain is concerned.

Temperature – Another contributing factor to making "April showers bring May flowers" reality is the temperature. As the days grow warmer, plants find it easier to grow. They are genetically hard-wired to begin growth as the soil thaws and the frost becomes more distant. This combined with the rain is a perfect signal to the plant that it's time to return to life (or begin life in the case of a seed or bulb).

Wildlife – The springtime sees the return of many animals, birds and insects. The renewed ecosystem involving things eating and being eaten provides nourishment for new plants in the form of fecal matter and decaying organic compounds. The presence of insects also helps to pollinate the plants, which in turn allows them to reproduce. This combines well with the April showers to Bring may flowers we can all enjoy.

Conclusion

As you can see, the benefits of waiting for the April showers to bring May flowers are great. May heralds the beginning of the warmer months and leads into summer, when the highest concentrations of plants can be found blooming about the world.

So next time you're gloomy about the weather, keep in mind the classic rhyme, April showers bring May flowers.

Please go to our website at www.westbrookcarecenter.com or check us out on Facebook - Westbrook Villas or Twitter at #Westbrookcarecente.

If You Like Us
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 Lopez



What If Christ Had Come Down From The Cross?

What if Christ had come down from the cross?
 All the teaching, the miracles, the love would be lost.
 If he had called on the angels to pull out the nails,
 would all the world be condemned to hell?

The prophecies, the hope, the tears that were cried,
 would have all become a terrible lie.

No sins could be forgiven, no peace in our hearts,
 no healings, no prayers answered, no new life could start.

Hatred, greed, and selfishness would rule,
 the example of goodness would be for the fools.

No one to turn to for comfort or love,
 for these can't exist without God from above.

No way to atone for the sins of our life,
 even blood of animals would not be enough sacrifice.

If he had prayed only "let this cup pass from me"
 and followed man's will, not God's, where would we be?

But Jesus did not come down from that cross.
 He suffered and died so we would not be lost.

He followed the will from God up above
 he died on that cross to show us of love.

The one perfect man, no reason to die,
 He ascended to Heaven to prepare a place for you and I

God loved us so much he gave his only son,
 It's up to us to have faith and accept what was done.

Salvation is a Gift from God for the lost,
 Just think how the world would be different
 if Christ had come down from cross.



An Easter Prayer

God give us eyes to see the beauty of the Spring,
 And to behold Your majesty in every living thing.

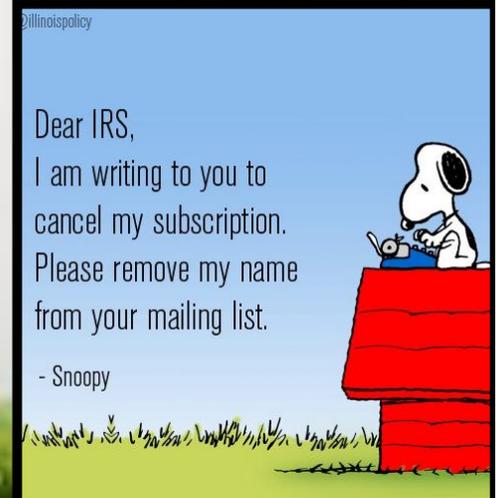
And may we see in lacy leaves and every budding flower
 The Hand that rules the universe with gentleness and power

And may this Easter grandeur that Spring lavishly imparts
 Awaken faded flowers of faith lying dormant in our hearts,

And give us ears to hear, dear God, the Springtime song of birds
 With messages more meaningful than man's often empty words

Telling harried human beings who are lost in dark despair
 "Be like us and do not worry for God has you in His care."

~ Helen Steiner Rice



Featured Resident – Paul Clevenger

Paul Clevenger was the fourth child born to Everett and Nellie Clevenger. His oldest brother was still-born but he had two sisters – seven and nine years older than him. He was born in Rayville, but his parents bought a 40-acre farm in Orrick and moved the family there when Paul was three years old. Paul grew up helping out around the farm. He also had a love for running. The high school didn't have a track so he ran on dirt roads mostly. Though Paul enjoyed school, he dropped out after his sophomore year to help his dad on the farm full time. He had a team of mules he used and his dad had a team of horses.

When Paul was seventeen, he was drafted into the Army. It was \$45 a month but if he volunteered to be a paratrooper, he would receive an extra \$50 a month. So Paul went to paratrooper school in Ft. Benning, GA, and there he received the only diploma he'd ever earn.

Paul was in the 517th stationed in Joigny, France. Their mission was to land behind enemy lines and rescue soldiers who were trapped. Paul carried out missions in France, Italy, Germany and Belgium at the Battle of the Bulge. Paul was also at Normandy Beach during the D-Day invasion having come across the English Channel in a U-Boat. The 517th was headed to Japan but the war ended before they arrived and the boat (Oneida Victor) he was on turned around and headed stateside. Paul remained in the Army, as a cook, until his discharge in 1946.

Paul returned to Orrick and continued helping his dad on the farm. Paul attended Union Baptist Church and at the age of 22, he became a Christian. He started singing in church and at revivals. He became highly sought after and was soon leading the music at revivals in Ray, Clay, Clinton and Caldwell counties. He had 65 suits, a LOT of long sleeved white dress shirts and numerous pairs of cufflinks. He would sing with his dad, Uncle John, and Aunt Edna while his mother accompanied them on the piano. Paul was ordained a deacon at Union Baptist and was ordained a minister in Camden. Paul also borrowed the money and bought a hay bailer. He was very busy between baling for others, helping out on the farm and doing revival meetings.

In 1970, Paul met Betty Hyatt, a divorced mother of two boys. She collaborated with him writing the lyrics to "I Praise Him Everyday". Paul wrote the music and said it was very time consuming as he didn't really play the piano, but used the hunt and peck method to find the right notes. Paul copyrighted the song in 1971. It became very popular and was even recorded by The Gospelairees.

Paul and Betty started dating and married a few years later. The revivals had faded away and Paul started drifting away from church as well. However, he continued to read and study the Bible. He bought a 40-acre farm that adjoined his fathers and took to farming full time. Over the next several years, Paul continued to buy farmland and amassed 365 acres. Bobby, Betty's youngest son, lived with them on the farm. Her older son, Leroy, was in the Air Force. Paul and Betty traveled quite a bit since Paul had employees who could run the farm in his absence. They traveled throughout the US and into Mexico, but their favorite trip was going to Branson and fishing on Table Rock Lake, which they did often. Paul recalls how Betty's cousin in St. Joe had a plane and they would often fly to Texas for dinner and then fly back home the same night.

In the early 90's, they built Clevenger's Kennel and Cattery. They raised German Shepherds, Shih Tzus, Himalayan and Persian Cats. Paul said there was a lot of paperwork involved which Betty handled because all the animals were registered. They sold the kennel in 1998.

Paul and Betty divorced in 1994. Paul sold the farm and Betty moved into a fixer upper in Excelsior Springs that she received from Paul in the divorce. Paul moved into the house temporarily to help her get it livable as it didn't even have running water. Eighteen years later, she finally kicked him out. He said they were much better friends after the divorce.

Betty started working at Westbrook in 1995 as a CMT. A couple of years later, Steve mentioned he needed help in housekeeping and asked if she knew anyone. She said Paul could do that. And so in 1997, Paul started working at Westbrook in housekeeping. Paul said he didn't meet Steve until after he'd been working here for three weeks. Paul started helping out in the kitchen in 1999. Paul eventually only cooked in the kitchen before retiring in 2014.

When Paul moved out of Betty's house, he moved into Westbrook (2012). So Paul's commute from 2012-2014 was rather short – just from the 700 Hall to the kitchen. Paul's apartment is quite the showplace with all of his American Indian artifacts and numerous paraphernalia and awards from his days in the service.

Paul loves the people at Westbrook, especially Steve and Amy. They hold a special place in his heart even though he is fond of all the staff and residents. Steve and Amy even accompanied him on the Honor Flight to Washington DC in 2009. Paul's love for music is still present and he enjoys coming out for all the music programs. Paul's passion is going to the boats and he likes that Westbrook is close to the boats. Paul says that he has never played BINGO here at Westbrook but he thinks that he probably ought to try it sometime.

Irritable Bowel Syndrome: Controlling Symptoms With Diet

Introduction

Many people with irritable bowel syndrome (IBS) find that eating can cause symptoms of belly pain, constipation, diarrhea (or, sometimes, alternating periods of constipation and diarrhea), and bloating. Making some changes to your diet can provide relief.

- Limit or eliminate foods that may make diarrhea, gas, and bloating worse. These may include caffeine, alcohol, carbonated (fizzy) drinks, milk products, foods high in sugar, fatty foods, gas-producing foods (such as beans, cabbage, and broccoli), and the artificial sweeteners sorbitol and xylitol (often used in sugarless gum and sugarless candy).
- To reduce constipation, add fiber to your diet, drink plenty of water, and get regular exercise.
- Keep a daily diary of what you eat and whether you have symptoms after eating.
- Eat slowly and have meals in a quiet, relaxing environment. Don't skip meals.

How do I control irritable bowel syndrome with diet?

Although there is no particular diet to follow, you can manage your irritable bowel syndrome (IBS) by limiting or eliminating foods that may bring on symptoms, particularly diarrhea, gas, and bloating. Make sure you don't stop eating completely from any one food group without talking with a dietitian. You need to make sure you are still getting all the nutrients you need.

Tips for controlling symptoms

Here are some suggestions to get you started:

- Have regular meals. Take time to eat.
- Don't skip meals or wait too long between meals.
- Drink plenty of fluids, enough so that your urine is light yellow or clear like water.
- Limit coffee and tea to 3 cups a day.
- Limit the number of alcohol and carbonated ("fizzy") drinks you have.
- It might help to limit the amount of high-fiber foods you eat, especially if you have a lot of gas and bloating. This especially includes whole grain breads, cereals, pasta, and rice.
- Reduce the amount of "resistant starch" you eat. Resistant starch isn't digested well by your body and can cause gas and bloating. It is found in foods like cold or reheated potatoes, bread, and cereal.
- Limit your intake of fresh fruit to 3 portions a day.
- If you have gas and bloating, eating soluble fiber (such as oats) may help.

Avoiding foods that might be causing symptoms

Many people find that their irritable bowel syndrome (IBS) symptoms become worse after they eat. Sometimes certain foods make symptoms worse. Foods most commonly listed as causing symptoms include:

Cabbage.	Onions.	Peas and beans.	Hot spices.	Deep-fried and fried food.
Pizza.	Coffee.	Cream.	Smoked food.	

Other types of food that can make IBS symptoms worse include:

- A sugar found in milk, called lactose. About 1 out of 10 people with IBS also have lactose intolerance. Other people with IBS may have worse symptoms when they eat dairy. It's not a good idea to stop eating dairy altogether. Instead, try dairy products (like cheese and yogurt) that have less lactose, and spread the amount of dairy you eat throughout the day.
- A sugar found in sweet vegetables and fruit, called fructose. In people with IBS, fructose may not be digested as it should. This can cause diarrhea, gas, and bloating.
- An artificial sweetener called sorbitol. If you have diarrhea, avoid sorbitol. It is found in sugar-free chewing gum, drinks, and other sugar-free sweets.
- Caffeine. Caffeine can make the intestines move food along more quickly. But the most common digestive tract side effect of caffeine is acid reflux. In people with IBS, caffeine may not have much effect on diarrhea, gas, or bloating.

Keeping a food diary

Some people who have IBS use a daily food diary to keep track of what they eat and whether they have any symptoms after eating certain foods. The diary also can be a good way to record what is going on in your life. Stress plays a role in IBS. If you are aware that particular stresses bring on symptoms, you can try to reduce those stresses.

From WebMD website