



# *The Westbrook* *Chatterbox*

From Activities:

WOW! I've been looking back through the old Chatterboxes and I realized that the first issue was printed for July of 1999. It didn't even have a name back then. The first issue included a contest to name the newsletter. The winner would be taken out for a steak dinner by Steve and Amy. Residents submitted their ideas, volunteers narrowed it down to three and Steve & Amy ultimately picked the winner. The name "The Westbrook Chatterbox" was submitted by Frank and Mildred Ricketts.

The first issue also contained a list of all the residents living at Westbrook. At that time, there was no 900 or 1000 halls. The listing gave the resident's name, room number, birthdate, what they had done for a living and what their hobbies included. (This was obviously before today's HIPPA laws.) It also listed the staff and their positions, had an article about "How to Talk to Your Doctor", a poem, a quiz and a Ziggy cartoon. I'm including in this Chatterbox that poem and quiz as well as the Ziggy cartoon. See page six for these attractions.

As I think back over the past eighteen years, it amazes me that I have so far (knock on wood) never missed a deadline and have managed to always find new content. When we first started, Winnie wrote the intros. When Winnie passed away in December 2008, I took over writing the intros for the most part. I have asked others to write the intro from time to time because a new voice is always nice and sometimes I just can't think what to write about.

In the intervening years, I have given birth to Chloe, had my older two children graduate from high school, started the home school journey, became a grandma and lost both of my parents. I have been able to process these events and share them with you through the newsletter. I appreciate your graciousness in allowing me to do this as well as your interest and concern for me. Westbrook really is my family and I love writing the Chatterbox.

At the end of that first newsletter was the following paragraph. The sentiment still stands.

We would like for this newsletter to be something you look forward to reading, something you can find information you need, something that offers you some fun and inspiration. So please, if you have any ideas, any topic you would like to see information on, or a poem or inspirational story, submit them to the Activity Office. We hope you enjoy this paper.

Until Next Month ~  
Janelle

## Just For Laughs – Travel Misadventures

Throughout our tour of an early American bathhouse in Hot Springs, Arkansas, I explained to my four-year-old grandson what people once did there. When we came upon a mannequin at a desk, I told him, “She was probably writing a letter home to her friends telling them about her vacation to Hot Springs.” My grandson asked, “And then she died and they stuffed her?”

I was looking forward to the trip to New Orleans my mother and I were taking until we reached the airport. Suddenly I had a panic attack at the thought of having to fly. Dad, bless his heart, did everything he could to calm my nerves. “You know, you’re safer in a plane than you are in a car,” he reminded me. That reassurance eventually worked. He gave me a loving kiss on the head, then asked my mother, “Did you buy flight insurance?”

On our trip to California, we visited the Getty Museum. After a while, my bored ten-year-old, Nick, was flagging. “If you’re tired, find a place to sit,” I told him. I then went back to the portraits. Minutes later, alarms went off and security guards were scrambling. Turns out, Nick had found a place to get comfortable. He’d crawled under a velvet rope into an exhibit and perched on a priceless Louis XIV, with his legs up on the armrest.

I was buying airplane tickets when my eight-year-old asked, “Can a baby be considered a carry-on?” Before I could respond, my husband mumbled, “Well, it can definitely be considered baggage.”

After a long drive to Canada, border patrol agents asked my father the name of us five kids in the back. Dad was so tired that he drew a blank. The brief lapse resulted in Dad being hauled in for questioning. After convincing them that he hadn’t kidnapped us, he was released—15 hours later.

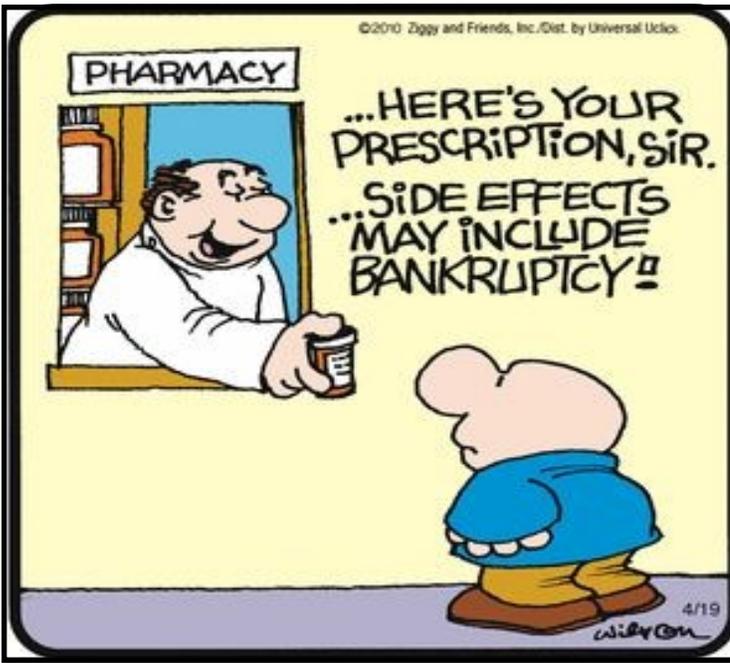
Heading toward a family reunion, some of us met up at a Denny’s, where we found my uncle digging through the Dumpster out back. He finally got out and showed us a wad of napkins: “Granny wrapped her teeth up, and I threw them away.” For the rest of the trip, he was referred to as the tooth fairy.

While snorkeling for the very first time, I had finally gained control of my breathing and started to relax when I saw this black, snakelike thing swimming close to my chest. I began screaming and quickly swam back to the boat. It was a big relief when the “snake” turned out to be the belt strap from my life jacket.

I had to buy a whole new wardrobe for my toddler after I opened up her suitcase to find that she had replaced all of her clothing with toys. Her explanation: “I just wanted to play.” Once we returned home, I saw the suitcase’s original contents sitting in a big pile on her bedroom floor.

Two years ago, my husband and I booked a city bus tour in Athens, Greece. We were told to wait in the hotel lobby at 7 a.m. and hop onto the bus when it arrived, which we did. First red flag? Our guide spoke only Portuguese. Second red flag? The bus stopped at a port, and everyone was herded onto a boat. It turns out that we, two 69-year-olds, had boarded a 12-hour party-boat tour of the Aegean Islands with a Brazilian tour group! We had no IDs and very little money, so we decided to stay put (instead of getting off at one of the island stops), drink a few beers, and get some sun. Lesson learned: Speak up at the first red flag.

**MY LIVING WILL** - Last night, my friend and I were sitting in the living room and I said to her, ‘I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug.’ She got up, unplugged the TV, and threw out my beer.



**Puzzle Corner - Fill in the blanks.**

1. Back in the early 40's, one of the Army's most infamous generals was \_\_\_\_\_.
2. Back in 1945, the Army's most popular pin-up girl was \_\_\_\_\_.
3. Back in the 40's, every Tuesday night, Johnson Wax brought you "\_\_\_\_\_".
4. Back in the 50's, Art Baker hosted "\_\_\_\_\_".
5. Back in the late 50's, people were traveling more because of \_\_\_\_\_.
6. Back in the 50's, The Songbird belonged to \_\_\_\_\_.
7. Back in 168, necklaces were worn with \_\_\_\_\_.
8. Back in 1967, Herman Tarnower created the \_\_\_\_\_.
9. Back in 1968, Larry Love, The Singing Canary, became famous as \_\_\_\_\_.
10. Back in 1974, a "slow down" was declared when \_\_\_\_\_.

**~ A RECIPE FOR HAPPINESS ~**

Happiness is something we create in our mind,  
It's not something you search for and so seldom find,  
It's just waking up and beginning the day  
By counting our blessings and kneeling to pray.  
It's giving up thoughts that breed discontent  
And accepting what comes as a gift heaven-sent.  
It's giving up wishing for things we have not  
And making the best of whatever we've got.  
For it's by completing what God gives us to do  
That we find real contentment and happiness, too.

*I meet God in the morning and go with Him through the day, then in the stillness of the night, I pray.*

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**If You Like Us  
Rate Us!**

***"I love the staff at Westbrook. I've never had a question, problem or situation where they haven't gone above and beyond to help."*** Helen D

Happy 4<sup>th</sup> of July!

And I'm Proud To Be An  
**AMERICAN**

Where At Least I Know I'm  
**FREE** and I won't **FORGET**  
The Men Who **DIED**  
who gave that **RIGHT** to me  
And I Gladly Next To You And  
**STAND UP** **DEFEND**  
**HER** still **Cuz there ain't**  
today. **NO doubt**  
**I LOVE** this land.   
God Bless the **U.S.A.**

*1 Am An American*

*I am an American.*

*That's the way most of us put it, just matter of factly.*

*They are plain words, those four.*

*You could write them on your thumbnail,*

*Or you could sweep them clear across this bright autumn sky.*

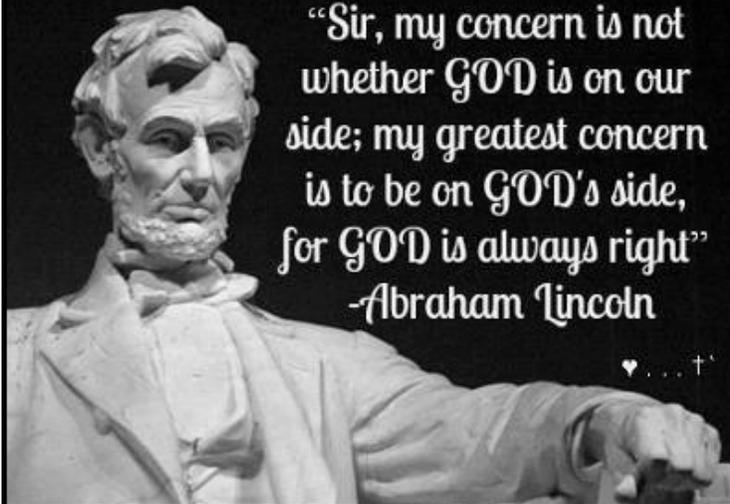
*But remember too that they are more than words.*

*They are a way of life.*

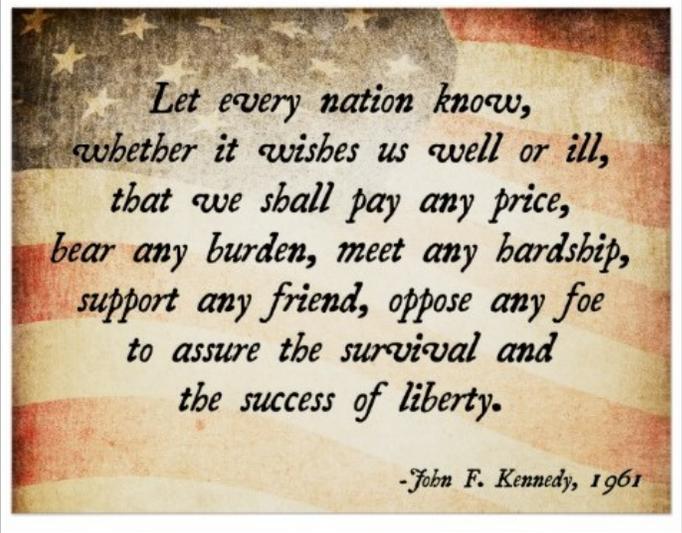
*So whenever you speak them, speak them firmly;*

*Speak them proudly; speak them gratefully.*

*I am an American.*



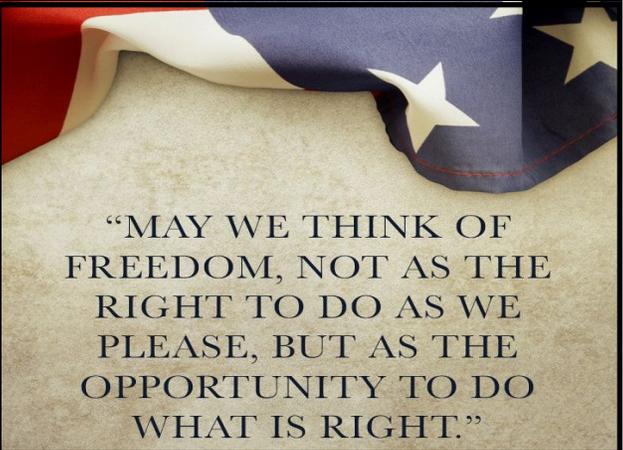
"Sir, my concern is not whether GOD is on our side; my greatest concern is to be on GOD's side, for GOD is always right"  
-Abraham Lincoln



*Let every nation know,  
whether it wishes us well or ill,  
that we shall pay any price,  
bear any burden, meet any hardship,  
support any friend, oppose any foe  
to assure the survival and  
the success of liberty.*

-John F. Kennedy, 1961

**JULY** **AMERICA** the beautiful  
Home of the Free and the Brave  
**WITH LIBERTY AND JUSTICE FOR ALL**  
from **SEA** to shining **SEA**  
For the People, by the People ★ **USA** ★  
★ **INDEPENDENCE** ★ **PATRIOTISM**  
**OH SAY DOES THAT STAR SPANGLED BANNER YET WAVE**



"MAY WE THINK OF FREEDOM, NOT AS THE RIGHT TO DO AS WE PLEASE, BUT AS THE OPPORTUNITY TO DO WHAT IS RIGHT."

## Featured Resident – Dorthy Babcock

Dorthy (DD) Babcock was born in Wewoka, OK for MC and Maudie Pittman. A few months after her birth, her parent relocated to Bogata, TX, to work in the oil fields and as a share cropper. DD's mom passed away when DD was only 4 years old. Her older brother and she lived with a series of family members over the next several years because her father didn't know what to do with them. At the age of 14, DD went to live with her grandmother in Dallas. Her grandmother became DD's rock and taught her about life, morals and the Bible.

When DD was 15, she started working as an usherette at the local movie theater. By the age of 16, she was attending beauty school and dropped out of high school. DD got her license and went to work at Sewell's Beauty Shop. Times were hard on DD. She had to choose between eating lunch or dinner. Her boss and one of her customers, Darlene, convinced her to go back to high school. Both of these ladies became mother figures to DD. So she would work half a day and go to school half a day. Darlene would make appointments in the evening and often brought DD dinner. And DD did graduate.

DD met Foy Babcock when she went to visit her neighbor. They had a television and DD had never seen one. Foy was staying with his brother and when he saw DD, he asked her out. The rest is history and the couple married in February of 1950.

After a year in Dallas, Foy went to work in the oil fields and the couple bought a small travel trailer without a bathroom. They would use the trailer park bath house. In December 1951, their son, Alan, was born. Seventeen months later they welcomed their second son, Larry. They traded their trailer in for one that was bigger and had a bathroom. DD says that the space was tight but they made do. In 1958, Jimmy was born.

DD was a mother bear, very protective of her boys. Because of her upbringing, she made sure that her boys could do everything around the house from laundry to cooking. She wanted them to be able to take care of themselves. Foy sometimes had to step in and veto DD because he wanted his boys to be men, not sissies.

DD was very active in her church – teaching pre-school, VBS, working in the nursery and whatever else she was volunteered to do. She was also very active in the schools – sometimes being a room mother for all three boys.

She made sure the boys learned how to behave in church. She felt it was important that they were in service and not in the nursery. As they got older, they used to sit on either side of her and often got in trouble for leaning forward - making faces and talking across her. She took to carrying a switch in her purse. If they acted up, all she had to do was open her purse and show them the switch. She believed that the schools should be empowered to discipline her boys and went to so far as to put a signed note in their files giving the principal that authority.

DD went back to work when Jimmy was in third grade as a grocery store checker. She worked 3pm-6pm and the older two boys watched Jimmy. DD was promoted to non-food manager (OTC medication). Her son teased her about being a drug pusher. DD went to work for the highway department but was so bored that she went back to the grocery store. When they moved to Amarillo, she sold insurance for American National. Foy and DD were house parents for a children's home in Culbertson, NE. She cooked, did laundry and attended all the school activities for eight boys.

They moved to Temple, TX, to take care of Foy's mother. DD did everything for her – cooking and cleaning, bathing and medication. Foy's mom passed away in 1994 and Foy retired. They relocated to Bogata, TX. Foy had a huge garden and DD canned and preserved much of the produce.

While at the children's home, DD took painting lessons and has several of her works in their apartment. She started knitting in 1969 and has knitted countless afghans and sweaters.

The couple moved to Kansas City in 2001 to be closer to Larry. DD has had several health issues over the years but is in good health now. Her life motto is "Get up Happy and GO to bed happy and you'll always be happy".

The couple moved to Westbrook in May after being in KC for 16 years. She says that she gets more exercise here and loves that they can walk the halls instead of out in the weather. She enjoys living here because of the good food and just being with people. When they had their house, it was just the two of them and she likes having others around.

Besides their three children, DD has three daughters-in-law (Norma, Gina & Kathy), seven grandchildren and eight great grandchildren.

## **Why should people born from 1945-1965 get tested for hepatitis C?**

People born from 1945–1965, sometimes referred to as baby boomers, are 5 times more likely to have hepatitis C than other adults. Hepatitis C can lead to liver damage, cirrhosis, and even liver cancer. Most people with hepatitis C do not know they are infected. Since many people can live with hepatitis C for decades without symptoms or feeling sick, testing is critical so those who are infected can get treated and cured.

**While anyone can get hepatitis C, 3 in 4 people with hepatitis C were born from 1945–1965.**

## **What should baby boomers know about hepatitis C?**

Hepatitis C is a liver disease that results from infection with the hepatitis C virus. Some people who get infected are able to clear, or get rid of, the hepatitis C virus, but most people who get infected develop a chronic, or long-term, infection. Over time, chronic hepatitis C can cause serious health problems. In fact, hepatitis C is a leading cause of liver cancer and the leading cause of liver transplants. Treatments are now available that can cure hepatitis C. CDC recommends that everyone born from 1945–1965 get tested for hepatitis C.

## **Why do people born from 1945-1965 have such high rates of hepatitis C?**

The reason that people born from 1945–1965 have high rates of hepatitis C is not completely understood. Most baby boomers are believed to have become infected in the 1960s through the 1980s when transmission of hepatitis C was highest. Hepatitis C is primarily spread through contact with blood from an infected person. Baby boomers could have gotten infected from medical equipment or procedures before universal precautions and infection control procedures were adopted. Others could have gotten infected from contaminated blood and blood products before widespread screening virtually eliminated the virus from the blood supply by 1992. Sharing needles or equipment used to prepare or inject drugs, even if only once in the past, could spread hepatitis C. Still, many people do not know how or when they were infected.

## **Getting tested for hepatitis C**

The only way to know if you have hepatitis C is to get tested. A blood test, called a hepatitis C antibody test, can tell if a person has ever been infected with the hepatitis C virus. This test looks for antibodies to the hepatitis C virus. Antibodies are chemicals released into the bloodstream when someone gets infected.

When getting tested for hepatitis C, ask when and how test results will be shared. There are two possible antibody test results:

- Non-reactive, or a negative, means that a person does not have hepatitis C. However, if a person has been recently exposed to the hepatitis C virus, he or she will need to be tested again.
- Reactive, or a positive, means that hepatitis C antibodies were found in the blood and a person has been infected with the hepatitis C virus at some point in time. A reactive antibody test does not necessarily mean a person has hepatitis C. Once someone has been infected, they will always have antibodies in their blood. This is true if even if they have cleared the hepatitis C virus.
- **A reactive antibody test requires an additional, follow-up test to determine if a person is currently infected with hepatitis C.**