

The Westbrook Chatterbox



It's Thursday evening and we have just finished our Choir's Concert and Ice Cream Social. It was so much fun. The choir's performance was amazing. The audience was very receptive and sang along some. Besides the music, there was laughter. Ice cream was served and family members and residents visited and laughed some more. Thank you to all who attended and helped make it a success.

I love our choir. It's so much fun to watch them enjoying themselves. They laugh when they mess up. They encourage each other. They look forward to rehearsal each week because they have a good time and love music.

And music is so powerful. It can evoke such feelings and so many memories. Scientific research has proven that patients with all forms of dementia, including Alzheimer's, still react to music. Sometimes it's merely singing along with the song, word for word, and for others it's sharing a long forgotten memory. Music stimulates eight separate sections of the brain, more than any other medium or activity. Music is an important part of our lives no matter what age we are.

Our choir would not be possible without Martha Armstrong. She came to us with the idea and ran with it. She is faithful to be here each week. Our choir, The Prime Time Singers, started meeting in August of 2015. Two years later, we are stronger than ever. If you are interested in joining the choir, they meet every Wednesday at 1:30pm in the Social Room.

On another note, life is constantly changing and we are experiencing a change in our yoga program. Friday, July 28th, was Kathryn's last day as our teacher. She is moving to Nairobi, Kenya, to be with her husband. She will be the regional director of the International Development Research Centre out of Ottawa, Canada. She will be helping facilitate research grants to local organizations to help with women's empowerment and women's rights as well as Our new teacher is Stacy Allenbrand and she joined us on the 28th to see how Kathryn ran our class and to meet our residents. I will have a write up on her next month so that you can get to know her better. Yoga meets every Friday morning at 9:30 in the Social Room. Now would be a great time to give it a try if you haven't done so already. Yoga is basically exercise that focuses on breathing and stretching in a such a way as to gently relax and rejuvenate the body.

And finally, I want to briefly go over the total eclipse we are going to be able to view on August 21st. There is an article with more facts about the eclipse itself on page 7. We are going to have a great view from our parking lot. Please if you plan to join us out there, let the activity office know so that we have enough chairs. Also your family is more than welcome to join us.

This is a really big deal. There are people coming to this area from all over the world. In Clay County alone, they are expecting close to 250,000 visitors. There are no hotel rooms available on either the I-29 or I-35 corridors and state parks in the area have been sold out for months. Some schools are closed or delaying their start because of the expecting traffic snarls. Here at Westbrook, we should not have any such problems. Hopefully, traffic will flow smoothly as we make our way to the parking lot. It is imperative that you wear the eclipse glasses that we will provide so as not to damage your eyes. It's been 38 years since the last total eclipse in this area. So you won't want to miss it!

Until Next Month -
Janelle

BACK TO SCHOOL

With school starting back up, I thought these were both humorous and timely. These are actual excuse notes from parents excusing their children from missing school (includes original spelling):

- ~ My son is under a doctor's care and should not take P.E. today. Please execute him.
- ~ Please excuse Lisa for being absent. She was sick and I had her shot.
- ~ Dear School: Please ekscuse John being absent on Jan. 28, 29, 30, 31, 32, and also 33.
- ~ Sally won't be in school a week from Friday. We have to attend her funeral.

The board of education in a nearby town sold off a building that had been a one-room schoolhouse. The buyer converted it to a tavern. One day an elderly man was walking by the place with his grandson and pointed to the building.

"That's where I went to school when I was your age."

"Really," said the boy. "Who was your bartender back then?"

I'm a high school geometry teacher and I started one lesson on triangles by reading a theorem. "If an exterior angle of a triangle, then its measure is greater than the measure of either of its corresponding interior angles."

I noticed that one student wasn't taking notes and asked him why. "Well," he replied sincerely. "I'm waiting until you start speaking English."

According to the Internet: Students in a Harvard English 101 class were asked to write a concise essay containing four elements: religion, royalty, sex and mystery. The only A+ in the class read: "My God,' said the Queen, 'I'm pregnant! I wonder who did it."

Driving my car one afternoon, I rolled through a stop sign. I was pulled over by a police officer, who recognized me as his former English teacher.

"Mrs. Brown," he said, "those stop signs are periods, not commas."

A friend was assigned a new post teaching English to inmates in prison. Feeling a little nervous on his first day, he began by asking the class a basic question:

"Now, who can tell me what a sentence is?"

My fellow teacher called for help – she needed someone who knew about animals. As a science teacher, I filled the bill. "Oh," she added, "bring a net." Expecting to find some kind of beast as I entered her classroom, I was greeted instead by the sight of excited kids watching a hummingbird fly around. Rather than use the net, I suggested they hang red paper by an open door. The bird would be drawn to it, I explained, and eventually fly out. Later, the teacher called back. The trick worked. "Now," she said, "we have two hummingbirds flying around the room."



Featured Resident – Mary Temple

Mary was the youngest of nine children (8 girls, 1 boy) born to George Washington and Beulah May Wooten. She was born and raised in Poplar Bluff, MO. She liked to play with dolls that her mother made for her. She also helped with the housework and bringing in firewood. Being the youngest, Mary had to fight for what she wanted and earned the nickname “Fussing Feathers”. She attended a rural country school before going to Eugene Fields School. She attended there through ninth grade which was the highest grade offered.

Mary started singing in church at the age of six. She went on to be part of a quartet with two of her sisters and a bass singer named Floyd Garrett that traveled through Southeast Missouri. She did this for about eight years.

Mary started working at the local store at the age of five restocking shelves and bringing supplies from the grocery warehouse. It was while working there that she met John A Logan Temple. He would ride this horse, Rex, up the river and hang out at the store. They were about eight or nine years old. Somewhere along the line he asked her, “How would you like to make tracks around my flour barrel?” They married on June 2, 1947. They married in Piggott, AR, because they were only seventeen and could not legally marry in Missouri.

The couple moved to St. Louis to look for work. They moved in a four family flat. He went to work Westvaco

factories until the kids were out of college. Mary was an avid reader and loved learning. She read all the books her children had for school. When John III went to college, she studied and got her GED. making corrugated boxes and Mary went to work in a shoe factory. They welcomed their daughter, Gloria Jean, into their family on April 7, 1949. One year to the day later, John A Logan Temple III was born. The family regularly attended Water Tower Baptist Church.

Mary stayed home with the children until they were in high school. She then went back to work in various

In 1969, the couple bought a farm just outside of St. Louis that had a gas station as well as a farmhouse on it. John retired in 1970 and opened a tool and die company. In 1972, they moved to the farm and ran the gas station for about a year and a half.

They moved back to Poplar Bluff in 1974 and ran the Keener Springs Resort on the Black River. In 1981, Mary went to work for the Gates Rubber Co in Poplar Bluff so they could have health insurance. John worked for the Missouri Department of Conservation from 1981 – 1983. Mary continued to work and they bought a 69 acre farm in Neeleyville, MO, about eighteen miles from Poplar Bluff. John passed away from a heart attack in 1994.

Mary sold the farm and moved into an apartment in Poplar Bluff until her house was built in 1996. Mary loved quilting and crocheting (especially doilies). She retired from Gates Rubber Co after a work accident in 2007. She was 78 years old and had been there 26 years.

Mary has always been involved in church. She is still a member of First Baptist Church in Poplar Bluff. Her favorite song is “Through It All” and her favorite verse in Psalm 46:11. She knows her family history. Both of her grandfathers fought in the Civil War, one of which was the last living Civil War veteran in Butler County. He passed away in 1947 at the age of 94. He had fought in the Battle of Vicksburg. One of her ancestors, Thomas Wotton, came to America on the Susan Constant in 1607. He was one of the settlers that came across with John Smith and settled in Jamestown. He was one of 104 immigrants (only 44 survived) and the first doctor to arrive in America.

On March 4, 2017, Mary fell and broke her pelvis and collar bone. Her son moved her to Westbrook in Kearney to be near him. She moved here on March 27th. She loves that her son is close by. She says the food is good and likes all the ice cream. She has met some really nice people and loves the ladies that she eats her meals with. Mary’s philosophy is be considerate of other people. They have feelings too.

Besides her two children, Mary also has 4 grandchildren, 9 great grandchildren and 2 great great grandchildren.

Setting Up Camp

The loaded mini-van pulled into the only remaining campsite. Four children leaped from the vehicle and began feverishly unloading gear and setting up the tent. The boys rushed to gather firewood, while the girls and their mother set up the camp stove and cooking utensils.

A nearby camper marveled to the youngsters' father, "That, sir, is some display of teamwork." The father replied, "I have a system — no one goes to the bathroom until the camp is set up."

A Simple Answer

Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal, they lay down for the night and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend. Holmes said: "Watson, look up and tell me what you see".

Watson said: "I see a fantastic panorama of countless stars".

Holmes: "And what does that tell you?"

Watson pondered for a moment: "Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow."

"Why? – What does it tell you, Holmes?"

Holmes was silent for a moment then spoke: "Someone has stolen our tent."

Miniature Golf

It was at a miniature golf course on a brutally hot day when I saw a father with 3 kids. "Who's winning?" I asked cheerfully. "I am" said one "no, I am" said another. "No," the father said "their mother is!"

Summer Job

For her summer job, my 18-year-old daughter arranged interviews at several day-care centers. At one meeting, she sat down on one of the kiddie seats, no simple task for most people. The interview went well, and at the end, the day-care center director asked the standard question, "Can you give me one good reason we should hire you?" "Because I fit in the chairs." She got the job

"You Know It's Hot When....."

*The birds have to use pot holders to pull worms out of the ground.

*The potatoes cook underground, and all you have to do to have lunch is to pull one out and add butter, salt and pepper.

*Farmers are feeding their chickens crushed ice to keep them from laying hard boiled eggs.

*The cows are giving evaporated milk.

*You can say 110 degrees without fainting.

*The temperature drops below 95 and you feel a bit chilly.

*You notice the best parking place is determined by shade instead of distance.

*Hot water now comes out of both taps.

*Your biggest bicycle wreck fear is, "What if I get knocked out and end up lying on the pavement and cook to death?" *You realize that asphalt has a liquid state

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



"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 L



Total Solar Eclipse 2017

By now, you've probably heard something about this year's total eclipse of the sun that cuts a path across the United States including—fortunately for us—right across the upper-central portion of Missouri. The last time a total solar eclipse swept the whole width of the U.S. was in 1918.

A Total Solar Eclipse is when the moon passes between the sun and the earth, blocking the sun from view as casting a shadow on the

Earth. If you're in the dark part of that shadow, you'll see a total eclipse.

This celestial event will occur on Monday, August 21st and will block all or part of the sun for up to about three hours, from beginning to end. For this eclipse, the longest period when the moon completely blocks the sun from any given location along the path will be about two minutes and 40 seconds. The last time the contiguous U.S. saw a total eclipse was in 1979.

The path of totality will pass over Oregon, Idaho, Montana, Nebraska, Iowa, Kansas, Missouri, Illinois, Kentucky, Tennessee, Georgia, North Carolina and ending in South Carolina. Those on the outskirts — all the way into Canada, Central America and even the upper part of South America — will be treated to a partial eclipse.

Chances are, you've experienced many partial eclipses in your lifetime. They're not that rare. In reality, neither are total eclipses, with the planet experiencing one every two or three years. But most of those celestial events take place over water or in remote locations. Of the nearly 8,600 miles of totality covered by this year's eclipse, only about 2,500 miles are over land and that path is only seventy miles wide.

In Kearney, the eclipse will start at approximately 11:42am and the total eclipse will occur between 1:07:54 and 1:10:20. The partial eclipse will continue until approximately 2:26pm.

Here at Westbrook, we will have a section of the parking lot cordoned off and will have chairs set up for your viewing pleasure. We will have FREE eclipse glasses that are certified to protect your eyes against harmful rays while viewing the eclipse. Feel free to invite your family to join us. However, if they are attending, please RSVP so that we make sure to have enough viewing glasses.

On Aug. 21, the moon's shadow will cross:



The Importance of Staying Hydrated for Seniors

Dehydration occurs when a person uses or loses more fluid than is consumed, and the body doesn't have enough water and other fluids to carry out its normal functions. It is especially important that seniors pay attention to keeping hydrated since it can lead to delirium, infections or worse. Staying hydrated for seniors can be simple and may help prevent the need to go to the hospital.

There are many factors which determine how much of our bodies are made up of water, such as gender, weight and percentage of body fat. But, in general, as we age, our bodies tend to hold less and less water. As a result, older individuals typically develop a more rapid onset of dehydration.

Older adults also have a muted perception of thirst, so they may not know they need to drink something until the early signs of dehydration start. Some seniors may have added difficulty getting water for themselves due to age-related physical impairments. Others may try to limit their liquid intake in an attempt to prevent frequent trips to the bathroom or urinary incontinence. All of these factors increase the danger of dehydration for seniors, so it is important to monitor your daily water intake, and be able to recognize the signs that you may need to start drinking more.

Signs and Symptoms of Dehydration

The signs and symptoms of dehydration may worsen over time. Dehydration symptoms vary based on the age and background of an individual. The signs and symptoms of dehydration can be mild, severe, frequent or chronic.

Mild Dehydration

The most common signs and symptoms in the early stages of dehydration include:

A dry mouth	Thirst	Dry skin	Decreased urination
Headaches	Sleepiness or irritability	Cramping in the limbs	
Weakness or general unwell feeling			

Severe Dehydration

When mild dehydration becomes severe, the signs and symptoms can evolve into more serious conditions, including:

Lack of sweating	Severe muscle cramps or contractions
Low blood pressure	Rapid breathing
Confusion and irritability	Dry and sunken eyes with few or no tears
Unconsciousness or delirium	Wrinkled skin – with no elasticity
Rapid but weak pulse	

Frequent or Chronic Dehydration

Frequent or chronic dehydration may cause serious complications, including:

Swelling in the brain	Seizures	Kidney failure	Coma or death
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Hydration Tips for Seniors

Older individuals should drink plenty of water each day, increasing daily intake gradually if necessary, without waiting to experience thirst. It's easier to drink in moderate amounts if you keep a water bottle handy at all times.

Also, many foods contain water. Eating fruits and vegetables like cucumbers, tomatoes and watermelon can help keep you hydrated. Other foods that can help hydrate include: Soups and broths, natural applesauce, popsicles, yogurt with fresh berries, Jell-O and green salads.

Avoiding alcohol and minimizing your sodium and caffeine intake can also help keep you hydrated.

According to one study, UCLA researcher Janet C. Mentes found that older individuals who stay hydrated may experience fewer falls – an added bonus. So, get drinking!