

The Westbrook Chatterbox

HAPPY SEPTEMBER!

THE WEATHER WAS AMAZING FOR AUGUST! IT EVEN COOPERATED AND QUIT RAINING SO WE COULD VIEW THE SOLAR ECLIPSE. THAT WAS A FUN AFTERNOON! I WAS TRULY IN AWE OF THE VIEW. IT AMAZED ME HOW DARK IT GOT AND HOW IT COOLED OFF SO QUICKLY AND THEN CAME BACK EQUALLY QUICKLY. THANK YOU TO ALL WHO CAME OUT AND JOINED US FOR THIS ACTIVITY. I POSTED A COUPLE OF PICTURES ON FACEBOOK AND WE GOT OVER 150 LIKES AND A COUPLE OF SHARES. BUT I DID DISCOVER THAT I DON'T CARE FOR MOON PIES.

I AM PRAYING THAT THE WEATHER CONTINUES TO BE FAVORABLE TO US, BECAUSE OUR 8TH ANNUAL FALL FESTIVAL IS SCHEDULED FOR FRIDAY, SEPTEMBER 22ND.

THIS YEAR WE WILL HAVE THE LARGE TENT SET UP IN THE PARKING LOT AGAIN. HOWEVER, THE FIRST ACTIVITY OF THE DAY WILL TAKE PLACE BOTH INSIDE AND OUTSIDE. STARTING AT 9:30, WE WILL BE HAVING AN ART SHOW FEATURING ART AND CRAFTS FROM BOTH RESIDENTS AND OUTSIDE SOURCES (HOPEFULLY) AS WELL AS A CLASSIC CAR SHOW. IF YOU HAVE ANY PAINTINGS, AFGHANS, QUILTS, CHINA, POTTERY, JEWELRY OR OTHER ART THAT YOU HAVE DONE, PLEASE CONTACT EITHER JOAN OR JANELLE ABOUT BEING PART OF THIS SHOW.

WE WILL BE SERVING BRUNCH THIS YEAR IN THE PARKING LOT. WE WILL HAVE TWO SEPARATE SEATINGS – ONE AT 10:30 AND ONE AT 11:30. WE WILL HAVE MORE INFORMATION ON WHO WILL BE SERVED DURING WHICH SEATING CLOSER TO THAT DAY. THE MENU INCLUDED PANCAKES, SAUSAGE LINKS, SCRAMBLED EGGS, FRIED POTATOES, FRIED CHICKEN, GRAPE SALAD, SLICED TOMATOES AND APPLE CRISP. SO YOU CAN HAVE BREAKFAST, LUNCH OR BOTH.

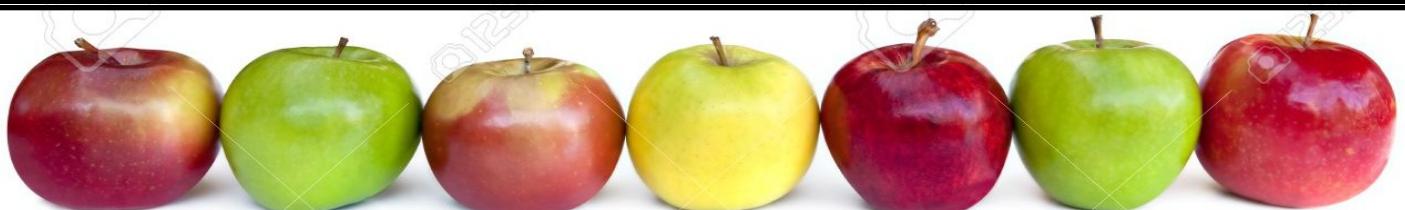
THE AFTERNOON ACTIVITY IS PIANO PLAYER, EARL BAKER AND WILL START AT 1:30PM. THE PLAN IS TO HAVE THIS OUTSIDE AS WELL. WE WILL ALSO BE SERVING ROOT BEER FLOATS.

THIS IS ALWAYS AN ENJOYABLE DAY. PLEASE PLAN ON JOINING US THIS YEAR! AND IT'S EVEN THE FIRST DAY OF AUTUMN.

SEPTEMBER 4TH IS LABOR DAY AND THE ACTIVITY OFFICE WILL BE CLOSED.

UNTIL NEXT MONTH,

JANELLE



PRIMARY EDUCATION – A Magazine for Primary Teachers

I stumbled across this as I was looking for some autumn poems. Below is an excerpt from the Volume 27 dated September 1919. This is an example of a lesson for students in a rural area. Thought it interesting....

If the children have never visited an apple orchard, try to take them on an excursion to some friendly farmer's one of these beautiful September days. Let them see for themselves that the poem by Helen Hunt Jackson, which you are teaching them, is really true.

The goldenrod is yellow; The corn is turning brown; The trees in apple orchards With fruit are bending down.

The gentian's bluest fringes Are curling in the sun; In dusky pods the milkweed Its hidden silk has spun.

The sedges flaunt their harvest In every meadow nook; And asters by the brookside Make asters in the brook.

From dewy lanes at morning The grapes' sweet odors rise. At noon the roads all flutter With yellow butterflies.

By all these lovely tokens September days are here, With summer's best of weather, And autumn's best of cheer.

They will always remember the enjoyment of a day spent in that way. For this little poem is certainly true:

There's a memory keeps a-runnin' Through my weary head to-night, An' I see a picture dancin' In the fire-flames' ruddy light;
Tis the picture of an orchard Wrapped in autumn's purple haze, With the tender light about it That I loved in other days.

An' a-standin' in a corner, Once again I seem to see The verdant leaves and branches Of an old apple-tree.

You, perhaps, would call it ugly, An I don't know but it's so, When you look the tree all over Unadorned by memory's glow;

For its boughs are gnarled and crooked, An' its leaves are gettin' thin, An' the apples of its bearin'

Wouldn't fill so large a bin As they used to. But I tell you, / When it comes to pleasin'* me,

It's the dearest in the orchard — Is that old apple-tree. —

The children will gain infinitely more from watching the farmer actually gathering his harvest than from all the descriptions you may give them or from many pictures.

If weather conditions are suitable, take a picnic lunch and enjoy it together in the woods. The children will be glad to see birds, butterflies and possibly squirrels. All this will help to develop their powers of observation. Let them sing in the open and repeat any memory gems as they rest or walk along.

Every fruit is mellow, Every field is yellow, Summer days are gone; Leaves the ground are strewing,
Cooler winds are blowing — Autumn has begun. Clustered grapes hang sleeping, Where the winds soft creeping,

Lift their leafy shade; See the pears are ripening, Golden apples deep'ning Into blushing red.

The work of the next days in the school will be full of reproductions of impressions and ideas gained. In the rest or play periods let the children imitate the motions of the activities of the farmer. Some of these are:

- Gathering Apples — Reaching arms upward, rising on toes, picking apple.
- Digging Potatoes — Bending over, digging, picking up potato and putting it in basket.
- Driving Horses — Hands holding reins while all run lightly around room.
- Feeding Hens — Scattering corn.
- Driving Home the Cows, etc.

The children will suggest numerous other activities.

Tell also of the work of the farmers' wives. Some of the children may have grandmas who live on farms. If they have visited these in the autumn they will like to tell of the many activities both in and out-of-doors on the farm. And just now impress on the children the need of care in saving all food possible that we may help feed the poor little children of other lands whose farmers are not yet able to raise food for them.

In the following Grandma is doing her part when she cans or dries the abundant fruit that might otherwise be wasted.

Grandma's paring apples, Sign that's full of cheer; Summer's nearly over, Autumn's nearly here.

Cozy evenings coming Mornings brisk and cool; Long vacation ended, Busy times at school.

Grandma's paring apples, Some of them she dries, Some make sauce and puddings, Some make spicy pies.

Pantry smells delicious, Nicest time of year; Children with their baskets Roam the orchard near.

Grandma's paring apples, Nicest time o' year; Firelight and lamplight Fill the house with cheer.

Odors sweet in cellar, Rosy fruit in bin; Grandma paring apples, Brings the autumn in.

10 Fun Facts About Apples

Here are 10 interesting facts you probably didn't know about apples, the quintessential American fruit (after all, the phrase isn't "as American as pumpkin pie..."):

1. More than 2,500 varieties of apples are grown in the United States, but only the crabapple is native to North America.
2. Apples contain no fat, sodium or cholesterol and are a good source of fiber.
3. Apple trees take four to five years to produce their first fruit.
4. Apples ripen six to 10 times faster at room temperature than if they are refrigerated.
5. Apple varieties range in size from a little larger than a cherry to as large as a grapefruit. The largest apple ever picked weighed 3 pounds.
6. Apples harvested from an average tree can fill 20 boxes that weigh 42 pounds each.
7. Apples are a member of the rose family.
8. The top apple producers around the world are China, United States, Turkey, Poland and Italy. Apples account for 50 percent of international deciduous fruit tree production.
9. A peck of apples weighs 10.5 pounds. A bushel of apples weighs about 42 pounds.
10. It takes about 36 apples to create one gallon of apple cider.

Old Johnny Appleseed

Grandpa stopped and from the grass at our feet, picked up an apple, large, juicy, sweet;

Then took out his jackknife, and, cutting a slice, said, as we ate it, "Isn't it nice

To have such apples to eat and enjoy? Well, there weren't very many when I was a boy,

For the country was new - e'en food was scant; we had hardly enough to keep us from
want,

And this good man, as he rode around, oft eating and sleeping upon the ground,
Always carried and planted apple seeds - Not for himself, but for others' needs.

The apple seeds grew, and we, today, eat of the fruit planted by the way.

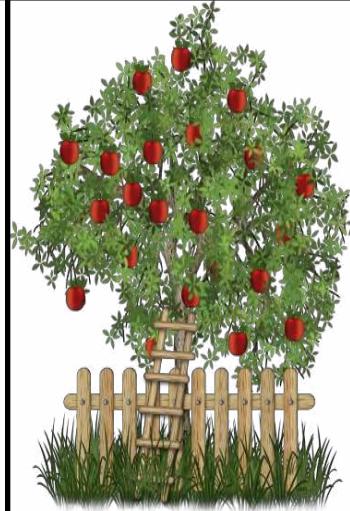
While Johnny - bless him -is under the sod - His body is - ah! he is with God;

For, child, though it seemed a trifling deed, for a man just to plant an Appleseed,

The apple tree's shade, the flowers, the fruit, have proved a blessing to man and to brute.

Look at the orchards throughout the land, all of them planted by old Johnny's hand.

He will forever remembered be; I would wish to have all so think of me."



THE APPLE AND ITS MEDICINAL USES

- The apple is a highly nutritive food. It contains minerals and vitamins in abundance. The food value of the apple is chiefly constituted by its contents of sugar which ranges from 9 to 51 percent. Apples are useful in kidney stones
- The skin of apple should not be discarded when taking it in raw form as the skin and the flesh just below it contain more vitamin C than the inner flesh. The vitamin content decreases gradually towards the center of the fruit. The skin also contains five times more vitamin A than the flesh. Iron contained in the apple helps in formation of blood.
- Raw apples are good for constipation. Cooked or baked apples are good for diarrhea. Apples have been found useful in acute and chronic dysentery among children. Ripe and sweet apples should be crushed into pulp and given to the child several times a day.
- Apples are of special value to heart patients. They are rich in potassium and phosphorus but low in sodium. It is also useful for patients of high blood pressure.
- Apple is also said to be beneficial to gout patients caused by increase of uric acid in blood. The apple peel water is an excellent medicine for the inflamed eyes as an eye wash. The over-ripe apples are useful as a poultice for sore eyes. The pulp is applied over the closed eyes.
- Tooth-decay can be prevented by regular consumption of apples as they possess a mouth cleansing property.
- The apple is the best fruit to tone up a weak and run-down patient. It removes deficiencies of vital organs and makes the body stout and strong. It tones up the body and the brain as it contains more phosphorus and iron than any other fruit or vegetable.

AN APPLE A DAY KEEP DOCTORS AWAY!!!



Stacy Allenbrand

Stacy grew up on a farm north of Richmond, MO with her parents and older brother. She always had a love for animals and music and would spend hours in her room singing and playing the piano or outside with the animals and nature.

Stacy attended college at Missouri Western in St. Joseph where she began with a major in music. However, that changed over the next couple of years and she ended up with a BA in French and a minor in Spanish. After college, she went to work for a financial institution. This wasn't her passion by any means, but it was a good job right out of school. After a few years, Stacy left to go to work for her father, who was and is an independent financial advisor. She still works for him part time, but a couple of years ago Stacy realized her true passion in life of teaching yoga and has been pursuing it ever since.

Stacy has been practicing yoga for 13 years. She fell in love with it after the first class. She has come to realize how many wonderful benefits come from a regular yoga practice. She decided she wanted to share that with anyone who was willing to listen and give it a try. Yoga truly is for everybody! There is no age limit, weight limit, height limit, or any other limit. In 2016, Stacy went through the teacher training program and received her certification. She has been teaching for a couple of years now at various studios in the Kansas City area. Her dream is to open her own studio one day.

In her spare time, Stacy likes to play guitar and sing, catch up on her favorite shows and spend time with her family and friends. When the weather is nice, Stacy enjoys going for walks or hikes and taking in the beautiful sights and sounds of nature.

Yoga Humor

- Using the toilet on the airplane means I'm certified to teach yoga now
- I remember when yoga was called Twister.
- I started to go to yoga today and then I remembered that I could lie on the floor in my own house without driving anywhere
- A guy walks past yoga studio, looks in window and his eyes widen. He thinks, "Awesome. It's like kindergarten." He walks into class, unrolls mat and takes a nap.
- I think I just invented four new yoga poses trying to get a chocolate chip cookie that I dropped under the table.
- A young woman who was worried about her habit of biting her fingernails down to the quick was advised by a friend to take up yoga. She did, and soon her fingernails were growing normally. Her friend asked her if yoga had totally cured her nervousness. "No," she replied, "but now I can reach my toe-nails so I bite them instead."



SAVE THE DATE!!!!
FALL FESTIVAL — FRIDAY, SEPTEMBER 22ND
STARTING AT 9:30AM



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



I love the facility but the staff is what I like the most. They are all really great. Everyone on the staff goes above and beyond." Debbie Doak



September

Who Am I?

I am no one special.



I'm the little boy that gives up his favorite teddy bear so that a stranger might be comforted.
I'm the single mother who has been trying to teach her child to sleep in their own bed, who holds them tight long into the night, thanking God it wasn't her child that died.

I'm the old man, angry and resentful that his military doesn't want him because of his age.

I'm the teenage girl that spends hours cutting ribbons for others to wear as a symbol of remembrance.
I'm the young man who doesn't understand why his father was running up the stairs as the building fell, trying to save just one more person, instead of saving himself.

I'm the old woman who will never see her grandchild again.

I'm the little girl, playing with her doll, who can't understand when someone screams hateful things at her because of where her family is from.

I'm the police officer, trying to keep idiotic reporters safe, when his wife is still among the missing.

I'm the fire fighter that called in sick that day, only to discover that someone else died in his place.

I'm the man who survived the falling building only to learn that his sister and baby niece were in the plane.

I'm the secretary, angered by the seemingly callous response of those around her.

I'm a spelunker, who is climbing down into the remains of a building, hoping to find someone still alive.

I'm the dog handler, searching for bodies, that has to comfort my animal when only death remains.

I'm the woman who stands in line for five hours in order to give blood, hoping to help strangers in need.

I'm the man who gets up and goes to work every day, in spite of the tragedy, because he still has a family to feed.

I'm the first passenger to get back on a plane, even though I'm terrified, because I know somebody has to be first.

Who am I?

I'm nobody special.

I'm just an American.



Remember this:

God won't ask what kind of car you drove, but He'll ask how many people you drove who didn't have transportation.

God won't ask the square footage of your house, but He'll ask how many people you welcomed into your home.

God won't ask about the clothes you had in your closet, but He'll ask how many you helped to clothe.

God won't ask about your job title, but He'll ask if you performed your job to the best of your ability.

God won't ask how many friends you had, but He'll ask how many people to whom you were a friend.

God won't ask how your heart is, but He'll ask how careful you were with other hearts.

God won't ask in what neighborhood you lived, but He'll ask how you treated your neighbors.

God won't ask about the color of your skin, but He'll ask about the content of your character.



September is official National Yoga Month (*a national observance designated by the Department of Health & Human Services*) designed to educate about the health benefits of yoga and to inspire a healthy lifestyle.

We started Chair Yoga classes in July of 2016 with Kathryn from Breathe Deep here in Kearney. We recently said goodbye to Kathryn as she is moving back to Africa. We are now enjoying getting to know Stacy as she continues teaching our Yoga class.

September would be a great time for you to try out our class. We meet Friday mornings at 9:30am in the Social Room. Below is an article on health benefits of chair yoga. Also be sure to read Stacy's bio including in this Chatterbox. Then come and join us and see how it can benefit you!

6 Benefits Of Chair Yoga

When you picture people practicing yoga, do you imagine impossibly supple, young people bent into all sorts of shapes no human should be able to get themselves into?

If so, then you'd be surprised to hear that yoga can be incredibly beneficial for people with mobility issues, including elderly people and those with disabilities. What's more, yoga can be practiced not just from the comfort of your own home, but even from the comfort of your own chair!

Yoga has been shown to improve overall health, prevent and (even in some cases) reverse disease when practiced regularly as a lifestyle. With this in mind, it's no surprise that it can therefore lend its benefits to those with mobility issues. Here are some of them:

1. Improved Strength

This means that elderly people will be better able to continue with hobbies and daily activities independently for many more years to come. If they are unlucky enough to suffer a fall or injury, a strong body will be able to withstand this better and sustain fewer injuries.

2. Improved Flexibility

Chair yoga can help those with mobility issues to undertake activities that they have perhaps been unable to, such as reaching down to tie shoe laces or pick things up.

3. Improved proprioception

Proprioception is the skill of knowing where your body is in space, and coordinating your movements accurately. This is particularly important for elderly people and can prevent falls. For people with disabilities or conditions such as MS, it may mean having greater control over your body and its movements.

4. Reduced stress and improved mental clarity

Chair yoga can lessen the impact of chronic illnesses and pain. For elderly people, it may also help them cope with feelings of isolation, if this is a problem. Being calmer and more relaxed inevitably leads to a greater feeling of happiness and well-being, which everyone can benefit from!

5. Opportunities to meet people and socialize

Joining chair yoga classes for those with mobility issues and the elderly will also give them a venue to socialize and make friends. However, it's important that you choose an appropriate class so that the instructor will have specific knowledge about what is appropriate for you to do—they'll be able to suitably adapt the exercises.

6. Improved stress and pain management

Chair yoga (and yoga in general, really) includes breath work, which can help people not only with stress management but also for coping and managing pain. Through meditation and paying attention to your breath, you can help your body and mind to cope with the pain of an illness or condition you may suffer with.