

The Westbrook Chatterbox

Happy Fall ~

It's finally feeling like fall. Thank you to all of you who came out for our Fall Festival despite the almost 90 degree weather. It's always fun to change things up and do something different. I was impressed with all the art talent we have in our building. SO many beautiful quilts, cross stitches, paintings and other crafts!! And let's talk about the car show! WOW! Some of those cars were absolutely breathtaking. It was so much fun listening to your memories about some of these cars.

Fall brings to mind change. Life is constantly transitioning; from birth to school to adulthood to jobs to retirement and finally death. It's not always easy to keep a smile on your face. I feel so blessed to be working here but there are days that are hard. And today is one of many lately. In the last few months, we have lost some dear friends, some to death and some to other facilities. It's never easy to say good-bye.

On Monday, we watched the movie *Courageous*. One of the main characters loses his 9 year old daughter in a car accident. While talking with his pastor, he is given a new perspective. The pastor reminds him that "God promises to walk with us through the pain. And the hard choice for us is whether or not we're going to be angry for the time we didn't have... or grateful for the time that we did have." A resident came up to me today and said that quote helped her in dealing with the loss. I've seen the movie several times and had never pulled that out. Now that she's pointed it out to me, I have to say that it does help to remember the time we have had. Memories are so precious and I will always smile fondly when I walk by certain apartments and anytime that I see a pair of crocheted red slippers.

As life continues to transition, seasons change and we move forward. There is so much to be grateful for each and every day. I love the fall colors - mums of purple, gold, yellow and oranges and leaves of red, yellow, orange and brown. The smells of autumn include the crisp scent of the morning air, the fresh cut smell of hay, marshmallows and hot dogs roasting over bonfires and the luscious scent of hot chocolate.

But the most important thing is my family and friends. I love spending time with them. As the children have grown older, life has become busier and noisier. I loved the other night when Chloe had two girls over and she was teaching them to cook. It sounded like an entire platoon was in my kitchen. Memories are being made and I will cherish them as life changes yet again.

Until Next Month ~

Janelle





Peace of Mind

What a simple life it used to be in the old porch swing,
Listening to the frogs and an old hoot owl, instead of a tele-
phone ring.

Life seemed so simple, so carefree and gay. Worries just
seemed to cease

Our troubles were there, but didn't seem so bad.

We relaxed more, and had much more peace.

Oh, when I think of how much it takes to keep a person happy
these days,

They've missed all the simple pleasures of life with their most extravagant ways.

Why worry and fret about things you can't have, money isn't the answer at all;

We have so many things that money can't buy, so stop, think and recall.

If My Body Were a Car

If my body were a car, this is the time I would be thinking
about trading it in for a newer model. I've got bumps
and dents and scratches in my finish and my paint job is
getting a little dull, but that's not the worst of it. My fend-
ers are too wide to be considered stylish. They were
once as sleek as a little MG; now they look more like an
old Buick. My seat cushions have split open at the
seams. My seats are sagging. Seat belts? I gave up all



belts when Krispy Kremes opened a shop in my neighborhood! Air bags: Forget it.
The only bags I have these days are under my eyes. Not counting the saddlebags, of
course. I have sooooo many miles on my odometer. Sure, I've been many places
and seen many things, but when's the last time an appraiser factored life experiences
against depreciation? My headlights are out of focus and it's especially hard to see
things up close. My traction is not as graceful as it once was. I slip and slide and
skid and bump into things even in the best of weather. My whitewalls are stained with
varicose veins. It takes me hours to reach my maximum speed. My fuel rate burns
inefficiently. But here's the worst of it – Almost every time I sneeze, cough or sput-
ter... either my radiator leaks or my exhaust backfires.

Shopkeeper's Competition

The shopkeeper was dismayed when a brand-new business much like his own
opened up next door and erected a huge sign which read BEST DEALS.

He was horrified when another competitor opened up on his right, and an-
nounced its arrival with an even larger sign, reading LOWEST PRICES.

The shopkeeper was panicked, until he got an idea. He put the biggest sign of all
over his own shop. It read ... MAIN ENTRANCE.

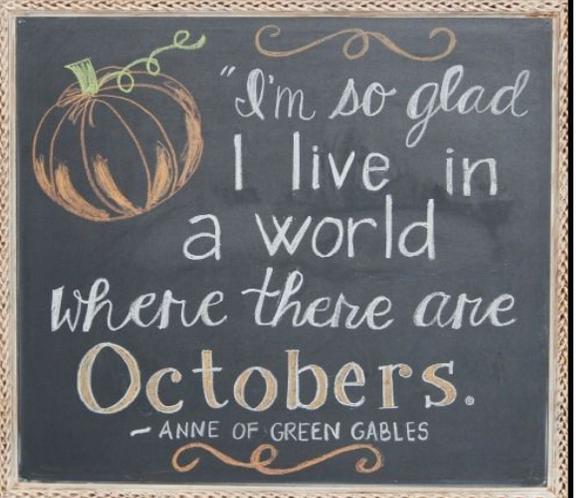


October!



On Monday, October 30th, The Guardian Angels Day Care will be coming to visit us. They will be dressed up in costumes and will perform some songs for us as well as trick or treat. I know this is not actually Halloween, but it is when they are available.. Please plan on joining us in the Social Room for this fun event. They are so stinking cute in their costumes. ***If you want to participate in the trick or treat portion, please bring individually wrapped candy to hand out. There will be somewhere between 30 and 40 kids!!!***

Dear October, I'm ready for Halloween candy, carving pumpkins, beautiful fall colors, cuddling, pumpkin bread, hoodies and so much more. ♥



When October Goes

And when October goes, the snow begins to fly
above the smoky roofs, I watch the planes go by.
The children running home beneath a twilight sky -
Oh, for the fun of them - When I was one of them.
And when October goes, the same old dream appears
and you are in my arms to share the happy years.
I turn my head away to hide the helpless tears -
Oh, how I hate to see October go
I should be over it now I know
but it doesn't matter much how old I grow,
I hate to see October go.

An Autumn Day
Pumpkins in the cornfields,
Gold among the brown,
Leaves of rust and scarlet
Trembling slowly down;
Birds that travel
southward,
Lovely time to play;
Nothing is as
pleasant
As an autumn day!



HAPPY HALLOWEEN

13 THINGS YOU PROBABLY DIDN'T KNOW ABOUT ALL HALLOWS' EVE

JACK-O'-LANTERNS, CANDY CORN AND SPOOKY COSTUMES MAY COME TO MIND WHEN YOU THINK ABOUT HALLOWEEN, BUT THERE IS FAR MORE TO KNOW ABOUT THE HOLIDAY. ALL HALLOWS' EVE DATES BACK HUNDREDS OF CENTURIES.

FORGET THE TRICKS AND TREATS — SHARE SOME INTERESTING FACTS ABOUT THE HOLIDAY WITH YOUR FRIENDS. HERE ARE 13 THINGS YOU PROBABLY DIDN'T KNOW ABOUT HALLOWEEN, COURTESY OF HUFFINGTON POST, _FACT RETRIEVER AND LIVE SCIENCE:

1. NO ONE WAS EVER POISONED FROM HALLOWEEN CANDY. IT'S JUST A MYTH.
2. IT WAS ONCE BELIEVED THAT CATS PROTECTED THE POWERS OF WITCHES, WHICH IS WHY THEY ARE ASSOCIATED WITH HALLOWEEN.
3. INSTEAD OF JUST SAYING "TRICK-OR-TREAT," YOU USED TO HAVE TO DANCE.
4. HALLOWEEN IS KNOWN BY VARIOUS NAMES, INCLUDING ALL HALLOWS' EVE, WITCHES NIGHT, LAMSWOOL SNAP-APPLE NIGHT, SAMHAIN AND SUMMER'S END.
5. FAMOUS MAGICIAN HARRY HOUDINI, BORN IN 1874, EERILY DIED ON HALLOWEEN NIGHT IN 1926. HE SUFFERED FROM APPENDICITIS AFTER HE SUFFERED THREE STOMACH PUNCHES. CREEPY, RIGHT?
6. TRICK-OR-TREATERS WOULD RATHER GET CHOCOLATE FOR HALLOWEEN INSTEAD OF CANDY.
7. HALLOWEEN USED TO BE CALLED "CABBAGE NIGHT" IN SOME SCOTTISH TOWNS. GIRLS WOULD USE THE CABBAGE STUMPS TO DETERMINE THEIR FUTURE HUSBANDS.
8. SAMHAINOPHOBIA IS THE FEAR OF HALLOWEEN.
9. A PERSON WILL SEE A WITCH AT THE STROKE OF 12 IF HE OR SHE WEARS HIS OR HER CLOTHES INSIDE OUT AND BACKWARD, LEGEND HAS IT.
10. COSTUMES ARE WORN BECAUSE PEOPLE BELIEVED THE LINE BETWEEN THE LIVING AND THE DEAD WAS BLURRED. THEY PUT ON MASKS SO THE SPIRITS WOULDN'T RECOGNIZE THEM.
11. SIMILARLY, TRICK-OR-TREATING MIGHT HAVE STARTED BECAUSE PEOPLE BELIEVED GHOSTS COULD DISGUISE THEMSELVES AS HUMANS AND KNOCK ON DOORS TO ASK FOR FOOD OR MONEY. IF THEY WERE DENIED, THE SPIRIT COULD HAUNT THE PERSON WHO REFUSED THE TREAT.
12. HALLOWEEN HAS BEEN CELEBRATED FOR MORE THAN 6,000 YEARS.
13. THE ORIGIN OF THE WORD "WITCH" MEANS "WISE WOMAN." IT WAS DERIVED FROM THE OLD ENGLISH WORD WICCE.



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"I love that Westbrook is easily accessible for residents and visitors to get around. My mom really loves it there!" Dianne LaBella

Featured Resident – Jennie Dale

Jennie Dale was born in Blue Springs, MO, when it was just a town of about 500 people. She was the second youngest of seven children. Her parents, Charles and Mary Leek, were poor but they loved their children and taught them right from wrong and to use their manners. Jennie had four older brothers that taught her to play baseball and basketball as well as card games. The kids even made their own stilts and would walk around on them. Jennie likes school and was very competitive, always wanting to excel above others.

Jennie started delivering the Independence Examiner in seventh or eighth grade. She also worked in the local drugstore on Saturdays for \$.10 a day. As a freshman, she would stay with a lady while her husband traveled for his job for \$3 a week. Her senior year, she worked in the Tempter Sandwich Shop at 13th and Main. She graduated from Blue Springs High School in 1943. After graduation, she went to work at National Parking Garage at 11th and McGee as a cashier. She and her sister each rented a room at a doctor's home before getting an apartment together. The manager of the parking garage was a man named Ralph Dale. They became good friends and eventually started dating. He was fourteen years older than her and had been divorced. They dated five years before marrying in 1948.

The couple lived in Pleasant Valley before moving to a 43 acre farm in Kearney in 1950. They did not farm but did have six horses, three milk cows (which she was excited to learn how to milk) and over time had cattle as well as Chester White hogs. Ralph still managed the parking garage. They enjoyed their life and were very active in the Methodist church. Jennie was a Sunday school teacher, a 4-H leader and a MYF leader. Over the years, she worked VBS, was the President of the women's group and a member of both Rebekah Lodge and Bethel Extension Club.

They had been trying to have children but the doctors told them she wasn't able to have kids. So in 1952, they adopted an eight year old boy named Roger. They were in the process of adopting a baby when Jennie got pregnant. She was 34, Ralph was 48 and Roger was 14. In 1959, they welcomed Elizabeth into their family. Then in 1960, they had Jennifer. In 1961, Ralph was born and Danny was born in 1963. Their final addition was Emily in 1964. So they went to having one child to six in matter of five years. She was 39 and Ralph was 53 and they had five children under six. What a handful! She's not sure how they did it but they did and felt very happy and very blessed. Jennie had gone to work for accountant JP Craig doing copy work in 1952. He really wanted her to do income taxes but she didn't feel qualified. Over the next few years, he changed her mind and she was doing the taxes while many of the clients thought they were being done by JP. When he decided to retire, Jennie and Francis Thompson opened their own firm. That was in 1965 and they only had office hours a few months a year since all they did was income tax.

Ralph had a mild stroke in 1976. He retired from the parking garage after 47 years on the job. The stroke changed his personality but he was still able to do things for himself including driving. In 1981, Jennie sold her business and retired. She and Ralph had planned to travel but the stroke kept them from doing that. Ralph had a massive stroke in 1990 and Jennie took care of him at home. In 1991, he got pneumonia. He ended up passing away at Liberty Hospital. In the early 90's, Jennie went to work at H&R Block. Her daughter worked there and was complaining there wasn't enough help and it was hard to get everything done and answer phones. So Jennie became their receptionist. She retired from there in 2001 at the age of 76.

Jennie moved in with her son, Roger until he passed away in March of 2017. She moved to Westbrook in April. She loves the people here, both staff and residents. She says that they are all so nice. She enjoys the activities, especially Gerry Barr and Martha Armstrong, who are like children to her. She loves how spacious her apartment is. She is still able to host bridge club. She also does jigsaw and word puzzles in her room. She loved to read and she really, really likes to talk. She says that after 65 years in Kearney, she can tell you a story about just about anyone.

Jennie says that her goal in life is to continue to say, "Thank you, God, for all my blessings!" Besides her six children, she has various daughters-in-law and sons-in-law, eighteen grandchildren, ten great grandchildren and three great great grandchildren.

6 Breathing Exercises for Older Adults

Breathing is an essential function of life, but it's so much more than that. How well you breathe can affect your strength and stamina, your sleep, and even your mood.

According to the National Institutes of Health, controlled breathing can be especially beneficial for older adults.

Older adults who don't take the time to breathe deeply can experience ribcage stiffness and muscle weakness, which leads to shallow breaths and a poor oxygen supply. Shallow breathing can make you feel sluggish and uncomfortable, and may even prevent you from maintaining an active lifestyle.

But, just like many functions of your body, lung strength can be greatly improved with regular exercise. Here, we look at six breathing exercises for older adults.

Complete Breathing

Sit up straight and exhale. Inhale and relax your stomach muscles. Feel your belly expand as your lungs fill with air. Keep breathing in until you feel your chest expand with a deep breath. Hold the breath for a moment and exhale slowly, pulling your belly in to feel the last bit of air leaving your lungs. Close your eyes, relax, and concentrate on breathing like this for five minutes.

Humming Breathing

Follow the instructions for Complete Breathing, but when you get to the exhale, hum as you release the air from your body. Pull your belly muscles in as you hum the last of the air out of your body. Relax and practice this exercise for two to three minutes.

Chinese Breathing

This exercise comes from the Chinese practice of Tai Chi Chuan. Take three short breaths in, raising your arms shoulder height in front of you on the first breath, pulling your arms out to shoulder height at your sides on your second breath, and raising them above your head on the last breath. Then slowly exhale and lower your arms back down to your sides. Try 10-12 repetitions. *If you get light headed, stop the exercise.*

Diaphragmatic Breathing

The easiest way to practice this breath exercise is to lie on your back. Place one hand over your navel and your other hand above it on your stomach. Now concentrate on breathing from your diaphragm. If you can see the hand over your navel rising before the hand above it, you are doing this exercise correctly. Relax and concentrate on your breathing for five minutes.

Feet Breathing

This is as much a relaxation technique as it is a breathing exercise. Concentrate on breathing as your chest and diaphragm rise and fall in tandem. Breathe at a normal speed and allow yourself to clear your mind. As you exhale, imagine your stress and tension traveling down your body and leaving through your feet. Repeat until you feel relaxed.

Buteyko Breathing

This breathing exercise is especially helpful for people who have breathing problems like asthma. Start by finding a comfortable resting position in a quiet place and, instead of taking a deep breath, concentrate on taking shallow breaths in slowly through your nose. This method can slow the cycle of rapid, gasping breaths people experience with an asthma attack or in a stressful situation.