

The Westbrook Chatterbox

April is upon us! It's going to be an exciting and busy month. Besides being tax month and the weather being highly unpredictable, we have a lot of other irons in the fire. We are always looking for new and different ideas. We like to switch things up and keep things fresh.

This month, I am pleased to announce the start of Tuesday evening activities. These are activities that will be self-directed. This means that the entertainment will come in, set up, perform and leave without the benefit of Joan or myself being here. We are asking you to come out on your own and help remind those who need a reminder. We will write it on the boards for this month to help you get used to the new schedule. I am hoping that you will enjoy these activities. There will be a variety of different talents and types of programs.

April also brings with it the "Best of the Northland" voting. We do this every year to help Westbrook as well as other local businesses win the title of Best of the Northland in their featured categories. Westbrook has won Best Senior Living Community and Best Assisted Living Facility the past couple of years. We thank you for your votes in the past and request that you join us on Friday, April 13th at 1:30pm to vote for 2018's winners. You have to vote on 40 different categories including; medical, retail, restaurants, entertainment, living arrangements and professional services. We will have ballots for you to fill out. We will suggest businesses to vote for but ultimately it is up to you to decide who you vote for and which categories.

April finds us busily planning our Mother's Day Tea. This year is our 15th annual tea. We have so many great ideas planned for you. Our theme is weddings. If you have a wedding picture you'd like to share, please bring it to the Activity/Apartment Office and we will make a copy of it. We do not want to keep any originals. We will then print them off and use them to help decorate the dining rooms.

Every year we try to improve and streamline our tea. This year, our goal is to have the seating charts done early enough to give them to you ahead of time. You will be able to know which room you are in, which table you are at and let your guests know as well. This should make seating go more smoothly. So, we have moved the RSVP date to a week earlier to be able to achieve this goal.

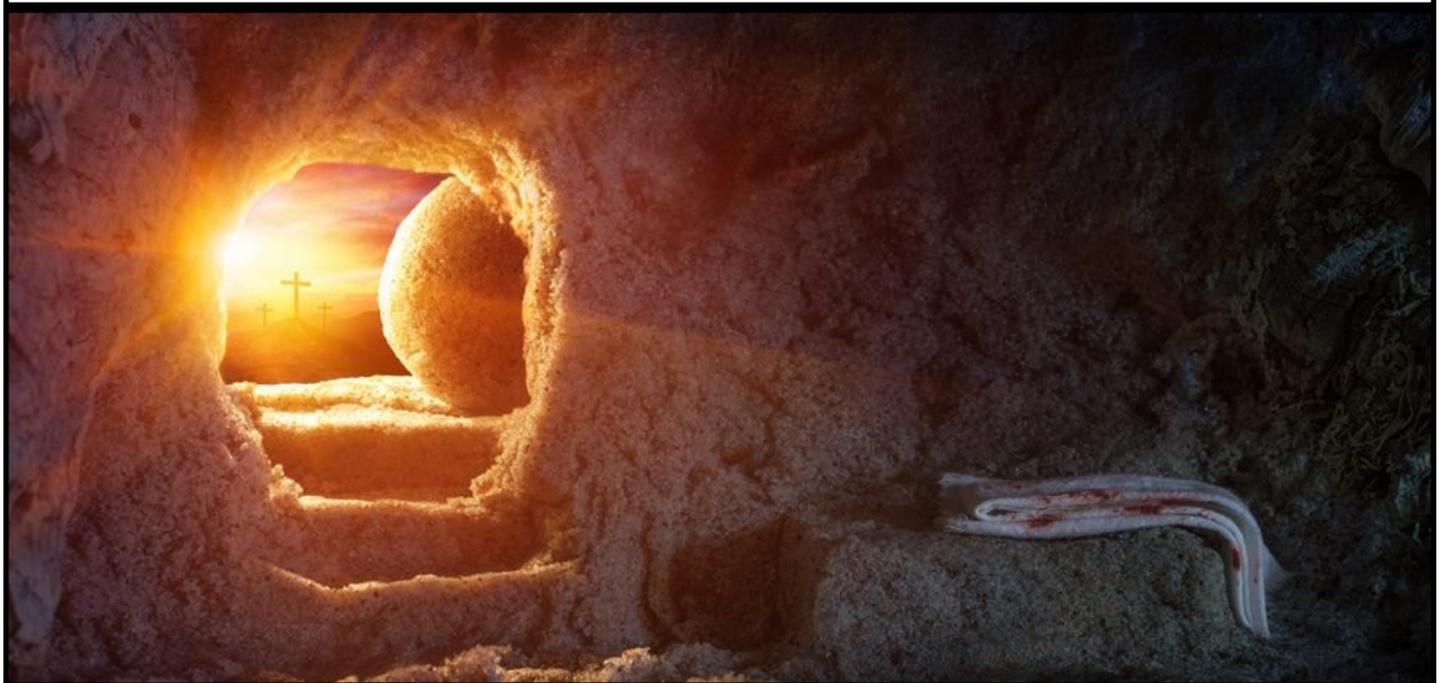
We are so excited for all the changes. We hope you will be too. Be sure to mark your calendars for those Tuesday evening activities.

Until Next Month -

Janelle

The Bible states that if Jesus hadn't risen, Christian preaching and faith would have been "in vain" or even "empty." In other words, the belief that Christians have in Jesus' divinity is rooted in the moment of his resurrection. Without that part of the Easter story, Jesus simply dies and that's it.

Now after the Sabbath, as the first *day* of the week began to dawn, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake; for an angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat on it. His countenance was like lightning, and his clothing as white as snow. And the guards shook for fear of him, and became like dead *men*. But the angel answered and said to the women, "Do not be afraid, for I know that you seek Jesus who was crucified. He is not here; for He is risen, as He said. Come, see the place where the Lord lay. And go quickly and tell His disciples that He is risen from the dead, and indeed He is going before you into Galilee; there you will see Him. Behold, I have told you." So they went out quickly from the tomb with fear and great joy, and ran to bring His disciples word. Matthew 28:1-8 NKJV



April Quotes & Such

A gush of bird-song, a patter of dew, A cloud, and a rainbow's warning, Suddenly sunshine and perfect blue-- An April day in the morning. *Harriet Prescott Spofford*

April fool, n. The March fool with another month added to his folly. *Ambrose Bierce*

Why are people so tired on April 1st? Because they just finished a 31-day March.

If April showers should come your way, they bring the flowers that bloom in May. *Buddy de Sylva*

Here cometh April again, and as far as I can see the world hath more fools in it than ever. *Charles Lamb*

How much of life do we miss by waiting to see the rainbow before thanking God that there is rain? Being grateful in times of distress does not mean that we are pleased with our circumstances. It does mean that through the eyes of faith we look beyond our present day challenges. This is not a gratitude of the lips but of the soul. It is a gratitude that heals our heart and expands our minds. - Dieter F. Uchtdorf

Easter Hymns and Song Lyrics

Christ the Lord is ris'n today, Alleluia!
Sons of men and angels say, Alleluia!
Raise your joys and triumphs high, Alleluia!
Sing, ye heav'ns, and earth, reply, Alleluia!
Lives again our glorious King, Alleluia!
Where, O death, is now thy sting? Alleluia!
Once He died our souls to save, Alleluia!
Where thy victory, O grave? Alleluia!

He lives, He lives,
Christ Jesus lives today
He walks with me and talks with me
Along life's narrow way
He lives, He lives,
Salvation to impart
You ask me how I know He lives?
He lives within my heart

That the payment for my sin
Was the precious life He gave
But now He's alive and
There's an empty grave
Now I know my Redeemer lives
I know my Redeemer lives
Let all creation testify
Let this life within me cry
I know my Redeemer, He lives

Up from the grave He arose with a mighty triumph o'er His foes
He arose a Victor from the dark domain, And He lives forever with His saints to reign.
He arose! He arose! Hallelujah! Christ arose!

JESUS PAID IT ALL, ALL TO HIM I OWE; SIN HAD LEFT A CRIMSON STAIN, HE WASHED IT WHITE AS SNOW.

When I survey the wondrous cross
On which the Prince of glory died,
My richest gain I count but loss,
And pour contempt on all my pride.
Forbid it, Lord, that I should boast,
Save in the death of Christ my God!
All the vain things that charm me most,
I sacrifice them to His blood.

GOD SENT HIS SON, THEY CALLED HIM, JESUS;
HE CAME TO LOVE, HEAL AND FORGIVE;
HE LIVED AND DIED TO BUY MY PARDON,
AN EMPTY GRAVE IS THERE TO PROVE MY
SAVIOR LIVES!
BECAUSE HE LIVES, I CAN FACE TOMORROW,
BECAUSE HE LIVES, ALL FEAR IS GONE;
BECAUSE I KNOW HE HOLDS THE FUTURE,
AND LIFE IS WORTH THE LIVING,
JUST BECAUSE HE LIVES!

The ground began to shake
The stone was rolled away
His perfect love could not be overcome
Now death where is your sting
Our resurrected King has rendered you
defeated
Forever, He is glorified - Forever, He is
lifted high
Forever, He is risen -
He is alive - He is alive

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



“They are absolutely wonderful: easy to deal with, friendly, great staff, and they take excellent care of my grandma.” Renea S

A P R I L

ALWAYS FIND A REASON TO LAUGH. IT MAY NOT ADD YEARS TO YOUR LIFE, BUT IT WILL SURELY ADD LIFE TO YOUR YEARS.

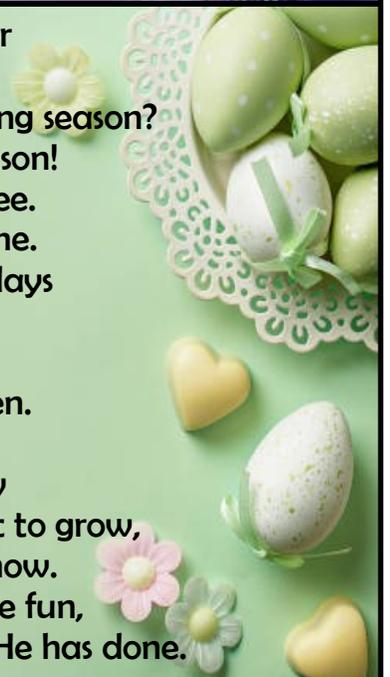


YOUR MIND IS A GARDEN.
YOUR THOUGHTS ARE THE SEEDS...
YOU CAN GROW FLOWERS,
OR YOU CAN GROW WEEDS...

You can fool all the people some of the time, and some of the people all the time, but you cannot fool all the people all the time.

- Abraham Lincoln

Eggs and Chicks and Bunnies are near for Easter, you see, will soon be here
But what is Easter~ and why the Spring season?
Gather 'round and I'll tell you the reason!
Chicks are hatched out of eggs, you see.
They represent new life for you and me.
For Jesus died and was buried three days then Easter morning, he was raised.
So when we die, we can live again.
Jesus gave new life to all God's children.
Bunnies are part of Easter too.
They're born in Spring when all is new
The grass, the flowers and leaves start to grow,
Putting an end to their sleep in the snow.
So as you gather your treats and have fun,
let them remind you of Jesus and all He has done.



Westbrook Care Center is considered a "Community Living" facility. We share many things living life under one roof. We dine together, we enjoy entertainment together, we share in struggles together, and rejoice together with our family graduations, weddings, and new births!

We also must compromise as we live in a Community setting. We all must give just a little bit, we all must dine at the same time waiting for our turn, activities are all scheduled at the same time, we must take turns using the laundry facilities. We also must consider the fact that we share the same walls. We do not all go to bed at the same time, so please be considerate of your neighbors and turn your TVs down or off at 10 p.m. If you have trouble hearing it, you might consider purchasing wireless headphones. If you have questions about the headphones, you can contact April in the office and she will be glad to give you information regarding them. While we have to compromise some things living in a community, the benefits far outweigh the issues! Have a wonderful month! :)

Featured Resident – Les Snodgrass

Les Snodgrass was born in Kansas City, Kansas, to Phil and Nellie Snodgrass. He had two brother and one sister, who died when she was eight years old. Les loved bicycling. Though he attended school, he was bored with being taught the same thing year after year. During his sophomore year in high school, he decided he'd had enough and quit school.

Les went to work for Mac's Jones, at 11th and Minnesota, driving a truck and delivering furnaces. After two years, his parents relocated to Carthage, MO, Les moved with them and went to work for Carthage Marble. He'd set the blades that cut the marble slabs.

In 1949, Les enlisted in the Navy, He went to San Diego for aviation school. However, the school was closed and he was reassigned to the mess camp. This happened once again and he ended up in Memphis assigned to mess cooking. He finally was assigned to the USS Roanoke out of Norfolk, VA. He was a Boatswains Mate. Boatswain's mates train, direct, and supervise deck personnel in ship's maintenance duties in all activities relating to marlinspike, deck, boat seamanship, painting, upkeep of ship's external structure, rigging, deck equipment, and boats. Or as Les says – Organize, Supervise and Criticize. Les was deployed to the Mediterranean every six months for six months then back to Norfolk for six months. He was discharged in December of 1953.

Les returned to KCK and got his GED. He went to work for the phone company. In August of 1953, he was with friends at NuWay when he met JoAnn Spindler. He asked her out and married her in December. The couple settled in an apartment in KCK. They welcomed their first child, Susan, in 1954. Les Jr came along in 1955, followed by Tony in 1960 and Phillip in 1963. JoAnn stayed home with the kids and sold Tupperware. She was a great cook. She loved to cook and bake and Les loved eating.

The family moved to a house in 1955 and then built a house in 1972 and then built another in 1986. They remained in KCK the entire time. Les coached basketball and football with CYO. JoAnn was active at St. Patrick's Catholic Church and Les was involved with the Green Club, a men's club that provided dinners for various activities. He began actively attending church in 1985.

Les left the phone company after a year and a half and went to work for the Board of Public Utilities. He started out reading water meters and eventually moved to repairing meters. To make extra money, Les worked on washers and dryers as well as moving furniture. After 17 years, he had to quit the water department due to back issues. He went to work in Real Estate as an agent in 1972 and in 1977, he opened his own business. During his time as an agent, he was President, Vice President and Treasurer of Wyandotte County Board of Realtors. He helped create the Heartland MLS serving Wyandotte County, Johnson County and Kansas City, Missouri.

Les retired in 1999 and started fishing at Wyandotte County Lake. He would fish almost daily. JoAnn was diagnosed with Parkinson's Disease in 2002 and Les took care of her until her death in 2005.

He sold their house and moved in with his son in Kearney. He started fishing daily at Smithville Lake. He met a group a guys at the docks. There were six or seven of them that would meet up – just whoever was available. If someone didn't show up for a couple of days, they would call and check on them. Les got his own apartment in the Eastwood Apartments in Kearney before he decided to move in with his other son down on Pomme deTerre Lake in April of 2017.

Les moved to Westbrook in November of 2017 from Pomme de Terre. He likes having his own apartment and that it's nice and clean, He enjoys doing the community jigsaw puzzles and says it's good to have friendly help available.

When asked about a valuable life lesson he has learned, Les said he'd never forget what his mother told him. She said to "Grow Old Gracefully". That means to not fight it. If you're going gray, go gray. If your back hurts, learn to accept and live with it. It's going to happen and it's easier to accept it than to fight against it. Both of his parents were chiropractors.

Besides his love for fishing, Les likes his church and loves his children. Susan is married to Dennis, Les, Jr to Marsha, Phillip to Chris and on May 5th, Tony is marrying Jeane. Les also has six grandchildren and four great grandchildren.



10 Unique Tips That Will Help You Survive the Endless Allergy Season – Part 1

What is allergy season?

When warmer weather comes around, so do seasonal allergies, which are also commonly referred to as hay fever. An estimated 35 million Americans start to sneeze and suffer from stuffed and inflamed sinuses, amongst other symptoms. This is because the warm weather brings about more airborne allergens in the form of pollens and molds. The allergy season is worsened when there is a higher than usual level of rainfall in winter and spring.

Who is at risk during the allergy season?

Everyone faces the possibility of suffering from allergies during allergy season, but the allergy season presents a few unique challenges for seniors in particular. This is because the pollens in the air can aggravate any existing cardiac and pulmonary conditions the seniors may have. Also, although the average person can rely on anti-histamines to minimize the effects of allergies, anti-histamines are not recommended for a large proportion of the senior population. This is because anti-histamines may increase blood pressure, and has a high chance of interacting with other medications that the seniors may be taking. As such, seniors need to rely on other methods of treatment in order to address seasonal allergies.

How to help seniors get through the allergy season safely?

Fortunately, there are a number of preventative measures we can take to help seniors get through the allergy season safely and successfully.

1) Avoid allergens and molds as much as possible

If you have the habit of taking frequent walks in the park or on hiking trails, try to switch your walking venue to the local shopping mall or other indoor locations. This way, you minimize your exposure to airborne allergens and molds. You can always switch back to walking outdoors when allergy season is over.

2) Avoid grassy areas

If you simply have to walk outside, try your best to avoid grassy areas or areas with lots of foliage. In particular, try to avoid areas with freshly mown grass. One good place to have outdoor activities during allergy season is the beach. The beach tends to have much lower pollen counts as compared to the mountains or other grassy areas. By doing this, you can minimize your exposure to pollens and other allergens even though you are walking outdoors. Of course, it is always safest to minimize your time outdoors while the allergy season is still on-going.

3) Keep your windows closed

This applies mostly to the nighttime since it might get too stuffy in your home if you keep the windows closed throughout the allergy season. By closing your windows at night, you can prevent pollens or molds from drifting into your home while you sleep.

4) Keep your car windows up while driving

Similar to the previous tip, it is advisable to keep your car windows up while you are driving. This ensures that pollens, mold, and other allergens will not drift into your car while you are on the road.

5) Use the air conditioner and dehumidifier

Make use of your air conditioner and dehumidifiers to keep the air in your homes clean, cool and dry. This minimizes the amount of pollen and mold in your homes, which will then minimize the symptoms of seasonal allergies. – To be continued next month

From Community Home Health Care Website