

The Westbrook Chatterbox

From Activities:

I try to always have fresh content for the Chatterbox intro. However, this year I feel led to rework a piece I wrote seven years ago. A few of you may remember it. But it is such a good reminder for all of us.

Patrick Henry stated, "Give me liberty or give me death". I wonder how many people in this day and age actually know of the quote or have any idea what it really means. I'm not talking politics or debating wars or whether we should be involved in one or not. I'm talking about the strength of character to be able to say and truly mean - "Give me liberty or give me death".

I love America. There is no greater country on earth. We enjoy freedoms that very few countries are granted. We can speak negatively about our government leaders (not that we should) without fear of beheading. We can go to church or worship how we choose without fear of persecution. We can write an editorial column in the paper and only have to worry about people disagreeing with us. We can choose our own career path and decide how many children we want to have. Women aren't second class citizens; we don't have to cover our faces and we can choose what clothing we wear, We have an abundance of choices - where to eat, what to watch, who to talk to, what to do with our time. And yet, how often do we stop and think about the cost of these freedoms.

26-year-old US Army Staff Sergeant Jeremy A. Katzenberger from Weatherby Lake, Missouri was killed in action in Paktika province, Afghanistan on 14th June 2011 in a battle with enemy forces who attacked his unit. How often have we read words like these? Almost daily, men and women are killed in the War on Terrorism. Yet, I usually read them and don't give it much thought. I feel sorry for the family and I may even pray for them. But it doesn't really impact my life.

That is until 2011. Jeremy Katzenberger was the youngest son of a couple we knew well at church. He had four sons - three of them in the military. Bob and Peggy were and still are so proud of their sons and their willingness to serve and protect our country. Weekly in class, he still puts them on the prayer list for safety. He may not know where they are or what they are doing, but he knows they are always in danger. Knowing he could lose one or more of his sons at anytime did not keep him in constant fear. He trusted God and believed that whatever happened would be for the greater good. He received word that Jeremy had been killed on Flag Day. Somehow that seemed fitting in that Jeremy was fighting for our country and the flag is the emblem of our country. He and Peggy were of course devastated but yet still proud of their son. He died doing what he felt was right and for our liberty.

Bob and Peggy were in church on Father's Day. I can't imagine how hard that was for them, walking into a crowd of people mere days after their son's death. But I was moved by the response of our church. The congregation gave them a standing ovation for instilling in their son the importance of fighting for our freedom. The applause went on for several minutes. It was an eye opening experience for me. I have not known that level of sacrifice in my life. I cannot imagine losing a child. Jeremy truly understood "Give me liberty or give me death".

I had the privilege of attending Jeremy's funeral at Fort Leavenworth. There were hundreds of people in attendance including the Patriot Guard (a group of motorcyclists who attend the funerals of members of the United States Armed Forces at the invitation of the deceased's family). It was a moving service. One of his commanding officers spoke of Jeremy's character. He stated, "Jeremy did not serve his country out of a sense of duty but because it was his identity." Wow! What a statement to have lived up to.

So as we celebrate Independence Day this year, let us pause from all our picnicking and festivities to remember the sacrifices of those who fought for and continue to fight for our independence.

Until Next Month - Janelle

God Bless the USA

If tomorrow all the things were gone, I'd worked for all my life.
And I had to start again, with just my children and my wife.
I'd thank my lucky stars to be living here today.
Cause the flag still stands for freedom, and they can't take that away.

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 stand up, next to you and defend her still today.
Cause there ain't no doubt I love this land, God bless the USA.

From the lakes of Minnesota to the hills of Tennessee.
Across the plains of Texas from sea to shining sea.
From Detroit down to Houston and New York to L. A.
Well there's pride in every American heart and it's time we stand and say.

That 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 stand up next to you and defend her still today.
Cause there ain't no doubt I love this land, God bless the USA.

Emma Lazarus, "The New Colossus" (1883) - Written to raise funds for the base of the Statue of Liberty, this famous poem is engraved on it for all to see.

Not like the brazen giant of Greek fame,
With conquering limbs astride from land to land;
Here at our sea-washed, sunset gates shall stand
A mighty woman with a torch, whose flame
Is the imprisoned lightning, and her name
Mother of Exiles. From her beacon-hand
Glow world-wide welcome; her mild eyes command
The air-bridged harbor that twin cities frame.
"Keep, ancient lands, your storied pomp!" cries she
With silent lips. "Give me your tired, your poor,
Your huddled masses yearning to breathe free,
The wretched refuse of your teeming shore.
Send these, the homeless, tempest-tost to me,
I lift my lamp beside the golden door!"



July

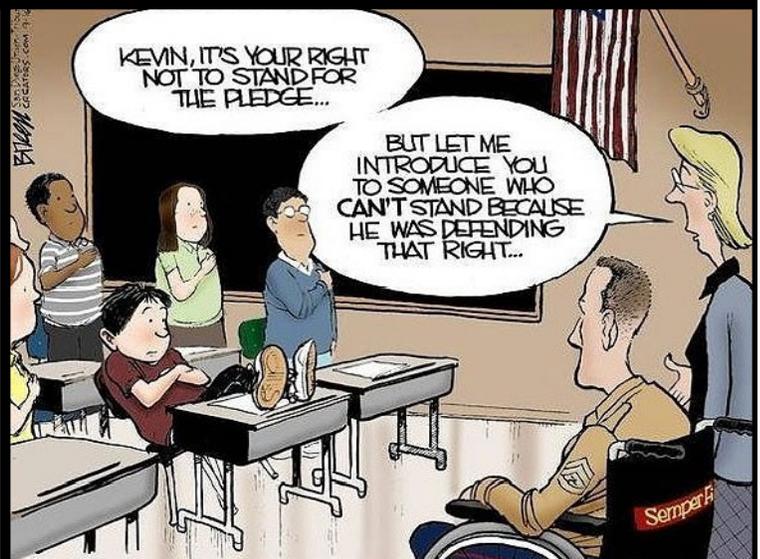


Below is a list of famous patriotic quotes. Can you identify who said them??

1. Ask not what your country can do for you, ask what you can do for your country.
2. Four score and seven years ago our fathers brought forth, upon this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.
3. I know not what course others may take; but as for me, give me liberty or give me death!"
4. I only regret, that I have but one life to lose for my country.
5. If we ever forget that we are One Nation Under God, then we will be a nation gone under.

How Many States Can You Name?

Father William, the old priest, made it a practice to visit the parish school one day a week. He walked into the 4th grade class, where the children were studying the states, and asked them how many states they could name. They came up with about 40 names. Father William jokingly told them that in his day students knew the names of all the states. One lad raised his hand and said, 'Yes sir, but in those days there were only 13 states.



4TH OF JULY
INDEPENDENCE DAY
Stars & Stripes
LET FREEDOM RING
AMERICA
sweet land of liberty
RED ★ WHITE ★ BLUE
PROUD TO BE AN AMERICAN
GOD BLESS THE USA

"FREEDOM HAS ITS LIFE IN THE HEARTS,
THE ACTIONS, THE SPIRIT OF MEN
AND SO IT MUST BE DAILY EARNED
AND REFRESHED — ELSE LIKE A FLOWER
CUT FROM ITS LIFE-GIVING ROOTS,
IT WILL WITHER AND DIE."

- DWIGHT D. EISENHOWER

INDEPENDENCE DAY

Extra! Extra! Read All About It!

During a Saturday evening service, Brett Toole was talking about the importance of reading the Bible. He suggested if you couldn't read it yourself maybe you could find someone to read it to you. This started one of our residents thinking. After giving it some thought, she decided she would like to start a reading ministry. If you can't see well enough to read, she would like to get together and read to you. She'll read whatever you want – the Bible, a book, the newspaper or a magazine.

We think this is a great idea. It will meet a need and connect residents, promoting community. If you would like to have someone read to you, please contact Joan or Janelle and we'll set it up. This ministry is not limited to just the person who approached us with the idea. If you would be interested in reading to someone else, please let us know as well.



For Your Convenience

Kearney Rides is a volunteer door to door service offers rides to seniors, 60 years or older, to necessary appointments. These types of appointments include the doctor, dentist, banking, grocery store, pharmacy and to the services we provide here at the **Firehouse**. On July 11th at 10:00am, Angela and Shelly from the Firehouse will be in the Social Room. You can meet with them and get signed up for this service. You will then need to call at least three days in advance for a ride. If you or someone you know is in need of a ride please contact us for more information.



Kearney Rides
816-635-0466

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"Our experience with Westbook has been great. I would recommend them to anyone. We haven't had any issues and my mom is comfortable living there." Carla M

19 Facts About the Statue of Liberty

- 1. The “Statue of Liberty” is flattered that you recognize her face, but wishes you’d get her name right. According to designer Frederic-Auguste Bartholdi, the sculpture’s true title is “Liberty Enlightening the World.”**
- 2. She has a face a mother could love—specifically, Bartholdi’s mother, Charlotte, who is rumored to be the model for Liberty’s massive copper visage. (Not to be neglected, Bartholdi’s wife posed for the arms and torso.)**
- 3. Like many other first-time New Yorkers, Liberty was a mess when she got here. She arrived from France in 350 pieces, packed into 214 crates aboard an ocean liner.**
- 4. She was a trendsetter on day one. Before her dedication ceremony on October 28, 1886, Lady Liberty was inaugurated with a massive parade through Manhattan. As it passed by the Stock Exchange, jubilant day traders rained down torn up ticker tape from the upper windows. Thus began a New York tradition: the ticker tape parade.**
- 5. She was a beacon of feminism. When women were banned from attending the dedication on Bedloe’s Island that evening, suffragists chartered a boat and held their own ceremony in the nearby harbor, loudly proclaiming the hypocrisy of men “erecting a Statue of Liberty embodied as a woman in a land where no woman has political liberty.”**
- 6. Though the waters surrounding her are technically part of New Jersey, Lady Liberty is the official property of Manhattan, and a proud New York taxpayer (at least, her gift shops are.)**
- 7. She’s been in the neighborhood so long, they renamed it after her. The island where she stands was called Bedloe’s Island (after an early Dutch settler) until 1956, when it was renamed Liberty Island by an act of Congress.**
- 8. Besides its famous gargantuan tenant, Liberty/Bedloe’s island has also housed: oyster beds, a smallpox quarantine station, a Scottish Earl’s summer estate, a recruitment center, and now a National Park and museum.**
- 9. Despite easy access to Manhattan shopping, the Lady is a picky dresser. She wears a size 879 shoe and has a 35-foot waistline.**
- 10. She weighs 204 metric tons, but don’t call her fat. The Lady’s copper skin is extremely thin—barely 1/16th of an inch thick, to be exact.**
- 11. Green is not her natural hair (or skin) color. At first Liberty was a dull, copper brown—however, as copper oxidizes over time, it develops a patina (or “healthy green glow”) to protect from further deterioration. By 1906, she was green head to toe.**
- 12. There are 7 rays on the Lady’s crown, one for each of the world’s seven continents. Together, they give her a hat that weighs more than 1,000 pounds.**
- 13. Luckily, she gets a stretch in now and then. In winds of 50 mph or more, the statue can sway up to three inches, and the torch arm up to six.**
- 14. She may appear solemn, but Lady Liberty knows how to celebrate. In 1944, the lights in her crown flashed “dot-dot-dot-dash,” indicating a Morse code V, for Victory in Europe.**
- 15. She’s made a lot of friends, too. From 1892 to 1943, Lady Liberty greeted more than 12 million immigrants arriving by boat to Ellis Island.**
- 16. The Lady stands on a pedestal, and the pedestal stands on a disused granite fort in the shape of an 11-pointed star. Fort Wood, completed in 1811, once held 77 mounted guns and a garrison of 350 U.S. Army troops to protect New York harbor. (Today it holds a museum.)**
- 17. Freedom isn’t free, and liberty ain’t cheap either: The cost of building the statue and pedestal amounted to more than \$500,000—or more than \$10 million in today’s money.**
- 18. Liberty’s French benefactors bankrolled the statue, but left it to America to build and fund the pedestal. When early New York fundraisers failed, Boston and Philadelphia offered to pay the full cost... in return for relocating the statue. (They didn’t.)**
- 19. Finally, her half-sister is as famous as she is. Liberty’s inner framework was engineered by Gustave Eiffel in 1880. He used the same design to construct Paris’ iconic Eiffel Tower seven years later.**

For Seniors: You Can Beat the Heat

After age 65, your body can't adjust to changes in air temperature — especially heat — as quickly as it did when you were younger. That puts you at risk for heat-related illnesses.

You also may be at greater risk for heat-related illnesses if you have a chronic health condition or take certain medicines that interfere with normal body response to heat. Some medicines also restrict the body's ability to sweat.

But you can still enjoy a safe summer by taking a few precautions when it gets hot.

Unless your healthcare provider has told you to limit your fluids, drink plenty of cool liquids like water or fruit and vegetable juices. Don't wait until you're thirsty. Do not drink alcohol, because you'll lose much of the fluid it offers.

Ways to keep cool

Ask a friend or relative to drive you to a cool place on very hot days if you don't drive. Many towns or counties, area agencies, religious groups, and senior centers also supply these services. Don't stand outside waiting for a bus.

Dress for the weather. Some people find natural fabrics like cotton to be cooler than synthetic fibers. Light-colored clothes feel cooler than dark colors. If you aren't sure what to wear, ask a friend or family member for help.

Don't try to exercise, walk long distances, or do a lot when it's hot.

Avoid the sun.

Take cool baths or showers.

Don't go to crowded places when it's hot outside.

Listen to weather and news reports. In times of extreme heat, there will often be local sites where people can go to cool down.

Who's at risk?

Your health and lifestyle may raise the threat of a heat-related illness, the NIA says. These health factors may increase your risk:

Poor circulation, inefficient sweat glands, and changes in the skin caused by normal aging
Heart, lung, and kidney diseases, as well as any illness that causes weakness or fever

High blood pressure or other conditions that need changes in diet. For example, people on low-salt diets may face an added risk (but don't use salt pills without asking your health care provider)

The inability to sweat caused by some drugs. These include diuretics, sedatives, tranquilizers, and certain heart and blood pressure medicines

Taking several drugs at once for various conditions. Don't just stop taking them: Talk with your health care provider

Being substantially overweight or underweight

Drinking alcoholic beverages

How to handle heat illnesses

Heat stress, heat tiredness, heat cramps, and heat exhaustion are all forms of hyperthermia, the general name for a range of heat-related illnesses. Symptoms may include:

Headache Nausea Skin that is dry (no sweating), hot, and red

Muscle spasms Extreme tiredness after exposure to heat

If you suspect someone is suffering from a heat-related illness, you should do these things:

Get the victim out of the sun and into a cool place — preferably one that is air-conditioned.

Offer fluids, but not alcohol or caffeine. Water and fruit and vegetable juices are best.

Encourage the person to sponge off with cool water.

Urge the person to lie down and rest, preferably in a cool place.

From University of Rochester Medical Center Health Encyclopedia