

The Westbrook Chatterbox

Happy September –

Fall is on the way and hopefully more of those cooler temperatures we enjoyed a week ago. However, fall brings more than cooler weather. It ushers in beautiful colors and tantalizing smells. There's nothing like the scent of a cool crisp evening with a fire crackling in the fire pit, marshmallows roasting and chocolate melting on freshly made s'mores. And maybe even the scent of coffee, hot chocolate or spice apple cider. The leaves and flowers tend to show the plethora of colors in creation as autumn takes hold. Yes, autumn is my favorite season of all and not just because of football.

September is a busy month for us here at Westbrook. We have some new activities and a special return activity and so much more. As you read the Chatterbox, you will see articles on our Pretty Patio/Dandified Door contest and a special Floral Arranging class. Please read the details and respond accordingly.

In October of 2016, we were privileged to have Heri Sutter from Albuquerque, NM, come and perform a dance routine. It was a very fun show to watch. She will be coming back through Kansas City this month and will once again be performing here at Westbrook. She will be here on Saturday, Sept. 8th at 10:00am. You will not want to miss this performance!

Westbrook will be hosting our 9th Fall Festival on Friday, September 28th. This has always been such a fun day. We've done so many different things over the years. The one thing that has remained consistent is that it's an outdoor activity. We've been lucky in the weather department so far but start praying that the weather holds again this year. We will be starting the day off with cider and doughnuts followed by Stable T Farms Petting Zoo. Lunch will be served outside as well and will feature hand-crafted hamburgers with all the fixings. The afternoon activity will be Rick's Band Organ serenading us as we enjoy funnel cakes with homemade ice cream and toppings.

Be sure to watch your calendar so you don't miss any of your favorites! It will be a busy, busy month!

Until Next Month –
Janelle

Would you eat these?

Fair food is known for being greasy, fatty, and high in calories, not to mention unexpected and outrageous. It's food that is just plain bad for you.

Corn dogs, funnel cakes, and cotton candy have been fair favorites for years, but recently vendors have started getting extremely creative when it comes to meeting the demands of their customers who expect flavor, portability, and creativity in every morsel of food they eat. In fact, one-upping each other when it comes to serving food on a stick has become something of a competition between vendors.

Below is a list of some of the more unique offerings. I've commented with my thoughts and if I'd try them or not. See if you agree with me.



Bacon-Wrapped Caramel Apples - concept is pretty simple, but very delicious. Take an apple on a stick, dip it in melted caramel, and sprinkle bacon on top. Bam, you've got a new treat. (Sounds Heavenly)

Bacon-Covered Cinnamon Rolls - It's like putting together two of our most favorite breakfast foods into one. Some sprinkle bacon over the cinnamon roll, others wrap the bacon inside. Which would you prefer? (I don't care which way. It's BACON after all!)

Chocolate-Covered Deep-Fried Cheesecake - How can you go wrong with cheesecake? The answer: you can't. They've taken things even further by deep-frying it and then covering it in chocolate. (Yum! But man that sounds rich.)

Snap, Krackle, & Fluff on a Stick - This treat is made from Rice Krispies treats that are dipped into batter and deep-fried. Sweetened condensed milk, powdered sugar, chocolate, marshmallows, and caramel bring everything together. (Yes, please!)

Do-e-Oreo - Take an Oreo cookie, surround it with chocolate chip cookie dough, dip it in a special batter, and fry it until its golden brown. (Maybe just a bite.)

Spaghetti and Meatballs on a Stick - The meatballs and spaghetti are mashed into balls then dunked in garlic batter and, of course, deep-fried. Garnish with marinara sauce and pop it on a stick and you're good to go. (Interesting! I'd give it a go at least once.)

Hot Beef Sundae - Put roast beef, gravy, mashed potatoes, cheese, and cherry tomatoes together in one bowl and you've got a hot beef sundae. (Hmmm.....maybe.....)

Deep-Fried Beer - This calls for beer to be placed in a pocket of pretzel-like dough that's then dipped in hot oil. To remain alcoholic, the dough is dipped in the oil for only about 20 seconds. (Like the idea, but don't like beer. Let try deep-fried Strawberry Daquiris!)

Deep-Fried Green Jell-O - Doesn't say how they do this. I guess my question would be - Why???

Fried Pickles and Chocolate - This dish features deep-fried pickles that are dusted with powdered sugar and served with a side of chocolate. (I'd have to think long and hard about this one. I like both, but together??????? Chocolate does make everything better!)

Deep-Fried Scorpion - Bugs are becoming popular offerings at state fairs. The Arizona State Fair has deep-fried scorpions. You can get them plain or dipped in chocolate. (I take it back. Chocolate doesn't make EVERYTHING better!! No Way!!!)

Mealworm-Covered Caramel Apples - The mealworm-covered caramel apple looks exactly like it sounds — a caramel apple with worms stuck to it. Give it a try if you like to live life on the edge. (There is not enough money in this world to make me try this one!)



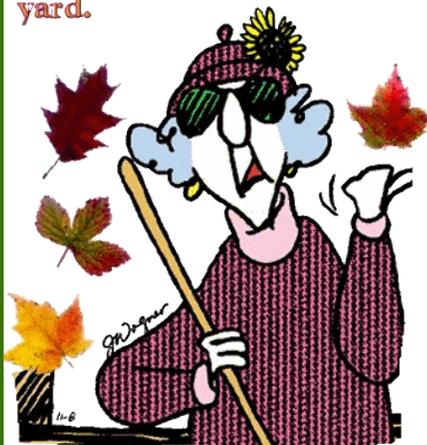
SEPTEMBER



Trees can tell if your yard has been freshly raked. To encourage them to drop the last of their leaves, rake your yard.

Think of raking leaves as Mother Nature's way of getting you in shape for shoveling snow.

I love a brisk fall breeze,
especially when the leaves
blow into the neighbors
yard.



Hit the road Summer! I'm ready for: cool nights, brisk breezes, pumpkin patches, corn mazes, pumpkin lattes & candles, hay rides, beautiful fall leaves, walks in the woods, football, candy apples and candy corn, sitting by the fireplace and hot chocolate!!



Leaves of autumn
When blades of grass are turning brown
and autumn leaves come floating down,
I dance with them on lawn and street
and scuffle through them with my feet.
Then to one special spot I take
All I can gather with my rake,
Heaping them high above my head
To make a giant featherbed,
Where, when I climb on top to rest,
I sink into a cozy nest.

AUTUMN
SHOWS US
HOW
BEAUTIFUL
IT IS TO
let things go



Time To Get Creative!

Have you been watching DIY TV shows? Do you have a knack for decorating? Do you love to sit out on your patios? Do you ever think “Hmmm....I’d love to decorate this patio.”? Well, now’s the time to put those thoughts into action! And if you haven’t had those thoughts, now is the time to start thinking about it!

As part of our Fall Festival this year, we are adding a “Pretty Patio” contest. We would like you to decorate your patio however you like. (Obviously in good taste though). You can use flowers, scarecrows, statues, furniture, hay bales, tin cans, ribbon or anything you can think of and get your hands on. Your family can assist you as well. We will have a panel of judges that will walk around the building looking at all the patios and judging them on two criteria, overall curb appeal and creativity. The winner will receive a gift certificate to a local restaurant that delivers.

Now for those of you who don’t have a patio or aren’t outdoor people, we will also have a “Dandified Door” contest. So you can decorate your hallway door using anything that will not put holes in the door. (Command makes removable adhesive hangers or you can get over the door wreath hangers.) Be creative and beautify our hallways at the same time. We will also judge the doors using the same criteria as the patios and will have a gift certificate for the Dandified Door winner as well.

To participate in either contest, please sign up with Janelle or Joan in the Activities Office. We are asking that you only participate in one or the other contest, not both, please. All doors and patios need to be completely decorated and ready to judge by Tuesday, Sept. 25th. Judging will take place on Wednesday and Thursday with the winner of each contest announced at lunch on Friday.



Calling All Flower Lovers....

Kim from Bea’s Flowers and Gifts will be with us on Monday, Sept. 24th at 1:30pm. She will be talking about flowers and floral arrangements. Then we will get to create our own bud vase floral arrangement. She will bring in a small assortment of flowers for us to choose from and guide us through making our own one of a kind masterpiece.



For this activity, we will be charging \$10 to help cover the cost of supplies. We are asking that you please sign up no later than Monday, Sept. 17th. Bea’s will need to know how many flowers to order and bring for us to use. This is a unique opportunity for us. So I hope to see you all at this activity.

Sign-up sheet will be in the Activity Office. If you have any questions, see Janelle or Joan and we will do our best to answer them for you.

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

If You Like Us
Rate Us!

“My mom gets everything she needs whenever she needs it. The food is excellent, the place is nice, and they keep it clean.” James K

Featured Resident – Carla Esslinger

Carla was born in Madison, KS, to Carl and Charline Hanes. She grew up with an older sister and a younger brother. Carla grew up living in the oil field camp where her dad worked. There were about fifteen houses, lots of kids to play with and just a mile outside of town. Carla started doing ironing and housework for other families in the camp at the age of eight. By eleven, she had started driving in and around camp. She started working at a hamburger joint in town when she was sixteen and then moved on to work at the local drugstore working at the soda fountain.

Carla attended school in Madison and was active in high school. She was a baton twirler with the band and her junior and senior year she was a cheerleader. At a game one night, a young man caught her eye. She asked her friend about him and told her she'd like to go out with him. Don Esslinger was a college student home for the weekend. He lived on the other side of town and was four years older than her. The couple started dating shortly thereafter. Carla graduated from Madison High School at seventeen. She attended Venus Beauty Academy in Wichita and lived in the Methodists dorms, which was a mile walk each way. Carla graduated six months later, still only seventeen.

She worked at Newman's department store in Emporia, KS, until her parents moved to El Dorado. Carla moved with them and worked in a beauty shop. Don graduated and went into the military (he'd been in ROTC) Before leaving, he proposed to Carla.

Don was stationed in Fort Lee, Virginia Since the couple didn't want to wait to get married, Carla bought a car and she and her girlfriend drove to Fort Lee. Don and Carla were married in the Officer's Club in April 1955. She knew only three people at her wedding.

As they settled into married life, Don was sent to Louisiana and Carla went back to El Dorado for the few months he was gone. Their daughter, Jetta, was born in 1956. After two years, Don was discharged.

The couple moved to Salina, KS. Carla did hair out of her home. Brad was born in 1958 and the family moved to Lyons. Don received a fellowship and the family moved to Washington, D.C. for a year. Carla did hair and exchanged babysitting with other ladies in their apartment building. After Don graduated with his Master's degree, the family settled in Manhattan, KS, where Don worked with the college. In 1963, their third child, Kristi, was born. Carla was busy raising three kids and working part time as a hair dresser. She also played bridge and was active in the Beta Sigma Phi sorority.

In 1969, Don took a job at MU and the family moved to Columbia, MO. Carla took a secretarial course at Stephen's College. After completing her course, she became a secretary at the First Baptist Church in Columbia. She was there a few years but quit when Don was granted a year sabbatical in the Philippines in 1976.

Don, Carla, Brad and Kristi lived in a gated compound in Los Baños. The compound had about twenty homes and people of all nationalities lived in it. Carla continued to do hair and play bridge.

After returning to the US, Carla goes to work in the President's Office of the MU doing secretarial work. She then gets hired as the secretary to the corporate treasurer of Silvey Insurance. She worked there until 1990.

In 1990, Don had the opportunity to work with the University of Arizona on a long term project in Egypt. Don and Carla spent the next four years in Cairo where Don worked with the Egyptian Undersecretary of Agriculture and Carla worked at the CSA (Community Services Assn). She played a lot of bridge and loved visiting the Khan El Khalili souk, an outdoor shopping bazaar. She didn't know the language well, but the drivers spoke English. They had a huge home and did lots of entertaining. She did learn that you don't buy meat from a guy who didn't have flies; that meant he had sprayed it with insecticide.

Don retired in 1994 and they returned to the states. After spending a month driving around the southern US, the couple settled in Sun City West, AZ Carla continued to play bridge, was still active in her sorority and was involved in the newcomer's organization. . In 2002, they moved to Bella Vista, AR, and designed and built a home on an acre lake lot. However, Don's health declined and the lot became too much for them to take care of and so in 2010, they moved to Liberty to be closer to Kristi and her kids.

Don and Carla moved to Westbrook in October of 2017. It was getting harder for Carla to take care of the house and Don's health was still declining. They wanted a place where they were mostly taken care of and didn't have to do upkeep. She enjoys playing bridge with some other residents. She says the staff is outstanding, friendly and always willing to respond to any needs.

As for her family, Jetta passed away in 2012, leaving behind a daughter. Brad is married to Cindy. Kristi is married to Shane and has three kids. Don and Carla also have six great grandkids.

Fall Prevention Checklist

Falling is an especially common and dangerous risk for older adults. With age, the likelihood of falling and the severity of falls increases. Not only can the result of a fall be physically debilitating, the fear of falling itself can take hold and keep you from being active and engaged, accelerating health decline.

Falls are the leading cause of fatal and non-fatal injuries to older adults (65+). According to the Center for Disease Control:

- Close to 30% of older adults experience a fall each year - half will experience more than one fall a year!
- 20% to 30% of those who fall suffer serious injury, loss of independence or premature death according to the World Health Organization
- 2.8 million seniors are treated in emergency rooms each year due to fall injuries
- More than 95% of hip fractures are caused by falls
- Falls are the most common cause of traumatic brain injuries

Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home. The checklist asks about hazards found in each room of your home. For each hazard, the checklist tells you how to fix the problem. At the end of the checklist, you'll find other tips for preventing falls

FLOORS: Look at the floor in each room.

Q: When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Q: Do you have throw rugs on the floor?

- Remove the rugs or use doublesided tape or a non-slip backing so the rugs won't slip.

Q: Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?

- Pick up things that are on the floor. Always keep objects off the floor.

Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

BATHROOMS: Look at all your bathrooms.

Q: Is the tub or shower floor slippery?

- Put a non-slip rubber mat or selfstick strips on the floor of the tub or shower.

Q: Do you need some support when you get in and out of the tub or up from the toilet?

- Have a carpenter put grab bars inside the tub and next to the toilet.

BEDROOMS: Look at all your bedrooms.

Q: Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.

Q: Is the path from your bed to the bathroom dark?

- Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

Other Things You Can Do to Prevent Falls

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs (at least 60 watts). Use lamp shades or frosted bulbs to reduce glare.
- It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.

Other Safety Tips

- Keep emergency numbers in large print near each phone.
- Put a phone near the floor in case you fall and can't get up.
- Think about wearing an alarm device that will bring help in case you fall and can't get up.