

The Westbrook Chatterbox

Calling all lion tamers! March has arrived and to some that brings to mind the old adage, “in like a lion, out like a lamb.” Let's get the lion tamer to hurry up the process!

As we eagerly await for our weather pattern to change, some may reference an annual periodical that's been around since 1818; The Farmer's Almanac. Some readers put a lot of faith in the weather predictions the Almanac offers for the US and Canada. And for good reason! The Farmer's Almanac claims its secret formula comes with a 80% accuracy rate. And for the doubters out there, you're not alone. There's a word for your suspicions and it comes with a fancy term; pseudoscience. Pseudoscience is defined as “statements, beliefs or practices that are claimed to be both scientific and factual, but are incompatible with the scientific method.” -(Wikipedia) But, even if the Farmer's Almanac isn't completely reliable, it does provide good entertainment and conversation starters. How many Westbrook residents have used the Almanac to determine the best time to start a garden? Or for our fishermen out there, perhaps you've sneaked a peek at the best days to fish. And did you know the periodical uses the signs from the moon to determine when to have dental work done or mow grass to slow its growth?! As of the writing of this article, February 12, today is the best day to diet to *gain* weight, cut hair to encourage growth and to harvest above ground crops. No wonder this magazine has been around for 201 years! How could we make a move without it?!

While The Farmer's Almanac has a calendar full of interesting and sometimes goofy activities so does Westbrook! We hope you come out to join us this month. Pick an activity you've never tried before. Find your inner lion and take the steps to meet a new friend. We are truly blessed to have so many interesting and caring people living in our community.

Until next month,
Joan

Beware of the Ides of March!

The **Ides of March** is a day on the Roman calendar that corresponds to 15 March. It was marked by several religious observances and was notable for the Romans as a deadline for settling debts. In 44 BC, it became notorious as the date of the assassination of Julius Caesar which made the Ides of March a turning point in Roman history.

Ides

The Romans did not number days of a month from the first to the last day. Instead, they counted back from three fixed points of the month: the Nones (5th or 7th, depending on the length of the month), the Ides (13th or 15th), and the Kalends (1st of the following month). The Ides occurred near the midpoint, on the 13th for most months, but on the 15th for March, May, July, and October. The Ides were supposed to be determined by the full moon, reflecting the lunar origin of the Roman calendar. On the earliest calendar, the Ides of March would have been the first full moon of the new year.

Religious observances

The Ides of each month were sacred to Jupiter, the Romans' supreme deity. The Flamen Dialis, Jupiter's high priest, led the "Ides sheep" (*ovis Idulis*) in procession along the Via Sacra to the *arx*, where it was sacrificed. In addition to the monthly sacrifice, the Ides of March was also the occasion of the Feast of Anna Perenna, a goddess of the year (Latin *annus*) whose festival originally concluded the ceremonies of the new year. The day was enthusiastically celebrated among the common people with picnics, drinking, and revelry. One source from late antiquity also places the Mamuralia on the Ides of March. This observance, which has aspects of scapegoat or ancient Greek *pharmakos* ritual, involved beating an old man dressed in animal skins and perhaps driving him from the city. The ritual may have been a new year festival representing the expulsion of the old year.

In the later Imperial period, the Ides began a "holy week" of festivals celebrating Cybele and Attis, being the day *Canna intrat* ("The Reed enters"), when Attis was born and found among the reeds of a Phrygian river. He was discovered by shepherds or the goddess Cybele, who was also known as the *Magna Mater* ("Great Mother") (narratives differ). A week later, on 22 March, the solemn commemoration of *Arbor intrat* ("The Tree enters") commemorated the death of Attis under a pine tree. A college of priests, the *dendrophoroi* ("tree bearers") annually cut down a tree, hung from it an image of Attis,^[15] and carried it to the temple of the Magna Mater with lamentations. The day was formalized as part of the official Roman calendar under Claudius (d. 54 AD). A three-day period of mourning followed, culminating with celebrating the rebirth of Attis on 25 March, the date of the vernal equinox on the Julian calendar¹.

Assassination of Caesar

In modern times, the Ides of March is best known as the date on which Julius Caesar was assassinated in 44 BC. Caesar was stabbed to death at a meeting of the Senate. As many as 60 conspirators, led by Brutus and Cassius, were involved. According to Plutarch, a seer had warned that harm would come to Caesar no later than the Ides of March. On his way to the Theatre of Pompey, where he would be assassinated, Caesar passed the seer and joked, "The Ides of March are come", implying that the prophecy had not been fulfilled, to which the seer replied "Aye, Caesar; but not gone."^[19] This meeting is famously dramatised in William Shakespeare's play *Julius Caesar*, when Caesar is warned by the soothsayer to "beware the Ides of March." The Roman biographer Suetonius identifies the "seer" as a haruspex named Spurinna.

Caesar's death was a closing event in the crisis of the Roman Republic, and triggered the civil war that would result in the rise to sole power of his adopted heir Octavian (later known as Augustus). Writing under Augustus, Ovid portrays the murder as a sacrilege, since Caesar was also the Pontifex Maximus of Rome and a priest of Vesta. On the fourth anniversary of Caesar's death in 40 BC, after achieving a victory at the siege of Perugia, Octavian executed 300 senators and knights who had fought against him under Lucius Antonius, the brother of Mark Antony. The executions were one of a series of actions taken by Octavian to avenge Caesar's death. Suetonius and the historian Cassius Dio characterised the slaughter as a religious sacrifice, noting that it occurred on the Ides of March at the new altar to the deified Julius.

MARCH

Mon

Tues

Wed

Thurs



The Best Depiction of Missouri Weather I've Seen

Two Irishmen were working in the public works department. One would dig a hole and the other would follow behind him and fill the hole in. After a while, one amazed onlooker said: "Why do you dig a hole, only to have your partner follow behind and fill it up again?" The hole digger wiped his brow and sighed, "Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick."

Dr O'Mahony tells his patient: "I have bad news and worse news, John."
"Oh dear," John replies. "What's the bad news?" asks the patient.
The doctor replies: "You only have 24 hours to live."
"That's terrible," says the patient.
"How can the news possibly be worse?"
Dr O'Mahony replies: "I've been trying to contact you since yesterday."

An Irishman is struggling to find a parking space. "Lord," he prayed. "I can't stand this. If you open a space up for me, I swear I'll give up the Guinness and go to mass every Sunday." Suddenly, the clouds part and the sun shines on an empty parking spot. Without hesitation, the Irishman says: "Never mind, I found one!"

May Love and Laughter light your days
May Good and Faithful Friends be yours
wherever you may roam
May Peace and Plenty bless your world
with Joy that long endures
May all Life's Passing Seasons bring the best
to you and yours!

March roars in like a lion
So fierce,
The wind so cold,
It seems to pierce.
The month rolls on
And Spring draws near,
And March goes out
Like a lamb so dear.

May there always be work for your hands to do.
May your purse always hold a coin or two.
May the sun always shine on your windowpane.
May a rainbow be certain to follow each rain.
May the hand of a friend always be near you.
May God fill your heart with gladness to cheer you.



WE NEED YOUR HELP



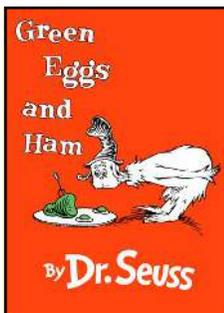
As you are all aware, we have new dishes in both dining room #2 and dining room #3. We are asking that you do not take any of these dishes back to your room. If you wish to eat in your room, please bring your own dishes to get your food. This helps the kitchen to be able to keep the dining rooms adequately stocked with dishes for all the meals. Thank you so much for your help in this endeavor.



Theodor Geisel was born on March 2, 1904 in Springfield, MA. He was an American children's author, political cartoonist, and animator. He is known for his work writing and illustrating more than 60 books under the pen name "Dr. Seuss". His work includes many of the most popular children's books of all time, selling over 600 million copies and being translated into more than 20 languages by the time of his death

Green Eggs and Ham is one of Seuss's "Beginner Books", written in a very simple vocabulary for beginning readers. The vocabulary of the text consists of just 50 words and was the result of a bet between Dr. Seuss and Bennett Cerf, his publisher, that Seuss (after completing *The Cat in the Hat* using 236 words) could not complete an entire book without exceeding that limit. The 50 words are: a, am, and, anywhere, are, be, boat, box, car, could, dark, do, eat, eggs, fox, goat, good, green, ham, here, house, I, if, in, let, like, may, me, mouse, not, on, or, rain, Sam, say, see, so, thank, that, the, them, there, they, train, tree, try, will, with, would, you.

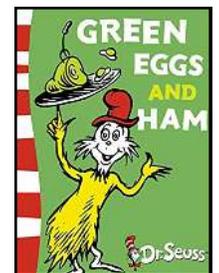
In terms of sales, *Green Eggs and Ham*, published in 1960, was the most successful book that Dr. Seuss ever published—it checks as the #4 best-selling children's book of all time. The moral of the story is Don't make up your mind about something without trying it. Enjoy this short excerpt from *Green Eggs and Ham*.



I could not, would not, on a boat. I will not, will not, with a goat.
I will not eat them in the rain. I will not eat them on a train.
Not in the dark! Not in a tree! Not in a car! You, let me be!
I do not like them in a box, I do not like them with a fox.
I will not eat them in a house. I do not like them with a mouse.
I do not like them here or there. I do not like them ANYWHERE!
I do not like green eggs and ham! I do not like them, Sam-I-am.
You do not like them. So you say.

Try them! Try them! And you may.
Try them and you may, I say.
Sam! If you will let me be,
I will try them. You will see.

Hey! I like green eggs and ham! I do! I like them, Sam-I-am.



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If You Like Us
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"Everything and everyone here are all great. It's been a great experience for my dad and I don't think either of us would change a thing." Terry S

Featured Resident – Janie Allison

Donna Jane Watkins (Janie) was born in Fairfield, IA, though her family lived in Libertyville. She was the only child of Harold and Florence Watkins. She grew up on a farm a couple miles outside of town. She helped around the farm doing whatever chores needed doing. She really liked school and enjoyed walking to town to attend class. She attended Libertyville Methodist Church faithfully. She graduated from Libertyville High School.

After high school, she went to work doing clerical work for a company in Ottumwa, IA. In 1943, Janie and her lifelong friend, Jean Davis, decided they wanted a change of scenery. They wanted to do something different and so they moved to Washington D.C. Janie got a job at the Pentagon, which was a brand new building, and Jean worked in town. The girls thrived and loved it. Their mothers came to visit them and were surprised how well the girls were doing. Jean stayed in D.C. for five years but Janie moved back to Libertyville in 1945. She got a job doing clerical work at Dexter Washing Machine Company.

Janie grew up with Jack Allison. Somewhere along the way, they started dating and married even though their parents weren't real happy. They married in November 1945 and moved to Fairfield, IA. Janie continued to work at Dexter's and Jack got a job as a truck driver for John Morrell Meat Packing. Jack and Janie loved to go dancing and roller skating. Janie continued going to church even though Jack didn't.

In 1947, the couple welcomed their son, Jon Wayne, into their family. Two years later, Sue came along. The couple relocated to Agency, IA, in 1950. In 1952, Gary was born. The family moved back to Libertyville, IA, in 1953. Libertyville was a town of 92 people. Members of the Allison family owned the restaurant and grocery store, taught at the school, managed the school's kitchen and ran the Volunteer Fire Department. Family was everywhere.

The couple continued dancing and skating on Saturday nights. Janie and her friends would get together and the kids would play while the moms visited. And Janie took the kids to church every Sunday.

Jack's family was very involved with horses, raising them, showing them and racing them. Jack and Janie got involved with showing horses and ponies.

Jack was working for Yellow Freight and got transferred to Liberty, MO. Jack and Janie moved to Liberty in 1960 and ultimately bought acreage behind William Jewell College. They brought horses with them and continued showing horses. They traveled a lot attending horse shows and county fairs. Every year from May to October they would travel the circuit, attending fairs in Missouri, Iowa, Illinois, Nebraska, Kansas and Oklahoma.

In 1961, Janie got a job at William Jewell College in the Administration Building. She worked during the week and traveled with the horses on the weekends and over vacations. Both Janie and Jack retired in 1991. They continued traveling with the horses and would go to the Lake of the Ozarks for relaxation.

Jack had a heart condition which ultimately caused his death in 1995. Janie stayed on the acreage and continued showing horses with Sue, who also trained horses for a living.

In 2001, Janie sold the farm and moved to the south end of Kearney. She bought a house and continued to be involved in church. She still traveled with Sue showing horses.

Because of declining health, her family felt it would be better for her not to live alone. Gary had heard good things about Westbrook and so they toured it. Janie moved to Westbrook at the end of April 2017. She says she loves the residents and staff. They have treated her very well. She really enjoys the activities. And she likes not having to think about cooking and cleaning. It's all done for her. She also enjoys watching Royals baseball.

Besides her kids, Janie has a daughter-in-law, Linda, four grandchildren, nine great grandchildren and one great great grandchild.

How Seniors Can Maintain Healthy Kidneys

When it comes to living a healthy life as a senior citizen, one of the most important elements is maintaining healthy kidneys. As we age, our bodies require changes in our lifestyles, diets and exercise patterns to ensure optimal health. The renal system, which includes the kidneys and urinary functions, performs vital tasks that have a direct and immediate effect on our well-being.

Seniors face some unique challenges and require sensitive lifestyle adjustments to ensure the proper functioning of the renal system. Thoughtfully considering and implementing the right diet and lifestyle can ensure ongoing good health.

Some of the challenges may include diminished access to nutritional foods, issues with mobility, or medical conditions such as high blood pressure. However, seniors who live at home can take certain steps to maintain their kidney health.

The Function of the Kidneys

The kidneys execute several tasks that are essential to survival. The kidneys remove waste, recycle recovered fluids, regulate blood pressure and balance the fluids inside our bodies. The kidneys filter approximately 200 quarts of fluid each day. Fluid that is discarded exits the body in the form of urine. If the kidneys begin to malfunction, or stop functioning altogether, the consequences to the body are catastrophic.

Factors That Can Affect Healthy Kidneys in Seniors

The kidneys are susceptible to chronic disease from diabetes, family genetics or conditions that exist at birth. Seniors are at increased risk for chronic kidney problems due to the aging process. The opportunity for complications increases when seniors have medical conditions, such as high blood pressure, or a family history of chronic kidney disease.

Diabetes - Diabetes can cause high blood sugar levels. This causes the kidneys to filter too much blood. After years of working extra hard, the kidneys begin to fail and too much waste builds in the system. This also increases blood pressure and begins a difficult cycle. People who suffer from diabetes can monitor kidney function by getting regular urine and blood tests at their doctor's office.

High Blood Pressure - Blood pressure refers to the amount of pressure on the walls of the blood vessels. High blood pressure can damage the blood vessels, which includes blood vessels in the kidneys. If blood vessels are damaged in the kidneys, they may lower in function or cease removing waste from the system.

Steps Seniors Can Take To Promote Healthy Kidneys

Seniors experiencing high blood pressure can use the following strategies to reduce blood pressure: Quit smoking ~ Reduce salt and protein ~ Get enough rest ~ Exercise ~Quit the use of hydrogenated oils.

Changes in Diet - People experiencing kidney failure undergo changes in diet, but seniors can make changes before kidney health begins to fail. There are several options seniors can use to lessen the potential for kidney disease.

Seniors can eat foods rich in: Calcium and Potassium. The following foods are good options for healthy kidneys: Cabbage, Apples, Egg whites, Red grapes, Olive oil and Fish.

Exercise Options

Exercise has multiple health benefits. Exercising regularly can prevent high blood pressure, diabetes and heart disease. Exercise also helps reduce extra weight and improves feelings of anxiety or depression. Exercise just makes you feel better. Kidney function is also affected by exercise.

Seniors can practice the following exercise routines: Brisk walks, Yoga, Cardiovascular, Resistance,

Gardening and Household chores.

Exercise programs should not be implemented until speaking with a doctor. Seniors who have heart conditions should receive clearance from a doctor before beginning or committing to a program.

Maintaining healthy kidneys is possible during the golden years. Management of diseases and conditions, such as diabetes and high blood pressure, can lessen the damage to the renal system. A combination of a well-rounded diet and doctor-approved exercise will increase the chances of maintaining optimal kidney health.