



Greetings!

It's June and here's hoping for some calmer weather. May was an incredibly active weather month. As of May 28<sup>th</sup>, KCI had received 12.81" of rain. On the evening of May 28<sup>th</sup>, a tornado hit the south end of Kearney. I'm sure you residents were having a party in the hallways. I was outside under my deck enjoying the thunder and lightning. It was such an impressive display of God's power! The brightness of the lightning and the deafening thunder was a power to behold. There is nothing that I love more than a really good storm. And thankfully, no one was injured in this storm.

After the excitement of the storm, some of you may be trying to catch your breath. Of course, breathing normally is important. On Friday mornings, we have an exercise class called "Breathing and Stretching Exercises". This class teaches intentional breathing as well as gentle stretching exercises to keep you limber. Stacy Allenbrand has been our teacher for the past couple of years. She recently got a full-time job and had to leave us. Our new instructor is Nikki Ebert. At the bottom of this page is a brief bio for Nikki. I would strongly encourage you to come out this Friday morning. It's never too late to try something new and the benefits are proven to be effective.

June hosts the first day of summer (June 21<sup>st</sup>), Flag Day (June 14<sup>th</sup>) and Father's Day (June 16<sup>th</sup>). For Flag Day, we will be doing Flag Day trivia and bomb pops. This will include trivia about the flag as well as Flag Day history.

Ladies, we had a great time at our Mother's Day Tea. We got to party with great food, entertainment and even items to take home. We had a whole team of volunteers to wait on us. It was a fun afternoon of food, family and fun.

Gentlemen, for you we will do our annual Father's Day Shrimp Boil. This will be on Friday, June 14<sup>th</sup> at the noon meal. All of the men will eat together in Dining Room #2 and will have the option of beer or root beer to drink. This does mean that the ladies that normally eat in Dining Room #2 will be relocated for this meal. Ladies, we will let you know which dining room you will eat in for this meal. Thank you, ladies, for relocating to allow the men their special celebration. Men, you won't want to miss this event!!!

Again - here's to a much quieter and more meteorologically stable June!

Until Next Month,

Janelle

Nikki Ebert was born and raised on a family farm in Northwest Kansas. She currently resides in Holt, MO with her husband and two children. They raise cattle, sheep and chickens. When she is not tending to her family or their farm, she enjoys helping people feel their best with movement and breathing exercises. She also believes a healthy dose of gratitude is good for the soul.

## My Name is Old Glory By Howard Schnauber

I am the flag of the United States of America. My name is Old Glory.  
I fly atop the world's tallest buildings. I stand watch in America's halls of justice.  
I fly majestically over institutions of learning. I stand guard with power in the world.

Look up and see me.

I stand for peace, honor, truth and justice.  
I stand for freedom. I am confident. I am arrogant. I am proud.  
When I am flown with my fellow banners, My head is a little higher,  
My colors a little truer. I bow to no one!

I am recognized all over the world. I am worshipped - I am saluted.  
I am loved - I am revered. I am respected - I am feared.

I have fought in every battle of every war for more than 200 years.  
I was flown at Valley Forge, Gettysburg, Shiloh and Appamatox.  
I was there at San Juan Hill, the trenches of France, in the Argonne Forest, Anzio, Rome and the  
beaches of Normandy. Guam, Okinawa, Korea and KheSan, Saigon, Vietnam know me.  
I was there. I led my troops.

I was dirty, battleworn and tired, but my soldiers cheered me and I was proud.

I have been burned, torn and trampled on the streets of countries  
I have helped set free. It does not hurt for I am invincible.  
I have been soiled upon, burned, torn and trampled in the streets of my country.  
And when it's done by those whom I've served in battle - it hurts.  
But I shall overcome - for I am strong.

I have slipped the bonds of earth and stood watch over the uncharted frontiers of space  
from my vantage point on the moon.  
I have born silent witness to all of America's finest hours.  
But my finest hours are yet to come.  
When I am torn into strips and used as bandages for my wounded comrades on the battle field,  
when I am flown at halfmast to honor my soldier,  
or when I lie in the trembling arms of a grieving parent at the grave of their fallen son or daughter,  
I am proud.  
I am the flag of the United States of America.

## I Pledge Allegiance to the Grand Old Flag Lyrics

In a mid western town, children form a parade with the flag bearer leading the way.  
There's farmers, and teachers, the old and the young, lift, together, their voices to say.  
I pledge my allegiance to the grand old flag and the promise of hope from sea to sea.  
Under God, one nation, undivided, we will stand. Lift the banner of liberty.

It's the final kickoff for the NFL and the stadium is packed with screaming fans.  
All the banners are flying, the color guards advance. Like a wave, silence moves through the stands.  
I pledge my allegiance to the grand old flag and the promise of hope from sea to sea.  
Under God, one nation, undivided we will stand. Lift the banner of liberty.

Where a child is hungry, where men have no homes. Where the powerless are yearning to breathe free.  
May we fight for justice, till there's justice for all, and become what God meant us to be.  
I pledge my allegiance to the grand old flag and the promise of hope from sea to sea.  
Under God, one nation, undivided, we will stand. Lift the banner of liberty.

# JUNE

## DAD (dăd) n.

1. Man who gives great advice and is always encouraging, and protective
2. Coach of all sports and teacher of all subjects
3. Also known as the one with the wallet

any MAN CAN BE A

**FATHER,**

BUT IT TAKES

A special PERSON TO BE A

**DAD**

THE FLAG OF THE UNITED STATES HAS NOT BEEN CREATED BY RHETORICAL SENTENCES IN DECLARATIONS OF INDEPENDENCE AND IN BILLS OF RIGHTS. IT HAS BEEN CREATED BY THE EXPERIENCE OF A GREAT PEOPLE, AND NOTHING IS WRITTEN UPON IT THAT HAS NOT BEEN WRITTEN BY THEIR LIFE. IT IS THE EMBODIMENT, NOT OF A SENTIMENT, BUT OF A HISTORY.

WOODROW WILSON

## MY HERO

As I ponder the love that I saw in his eyes,  
A Godly love, given without compromise....

I recall many times that he stood by my side,  
And prodded me on with great vigor and pride.

His voice ever confident, firm and yet fair,  
Always speaking with patience, tenderness and care.

The power and might of his hands was so sure,  
I knew there was nothing we couldn't endure.

It's true, a few others provided insight,  
Yet, he laid the foundation that kept me upright.  
He's the grandest of men to have lived on this earth,

Although he's not royal by stature or birth.

He's a man of great dignity, honor and strength.

His merits are noble, and of admirable length.

He's far greater than all other men that I know,  
He's my Dad, he's my mentor, my friend and hero.



OUR FLAG HONORS THOSE WHO HAVE FOUGHT TO PROTECT IT, AND IS A REMINDER OF THE SACRIFICE OF OUR NATION'S FOUNDERS AND HEROES. AS THE ULTIMATE ICON OF AMERICA'S STORIED HISTORY, THE STARS AND STRIPES REPRESENTS THE VERY BEST OF THIS NATION.



## Featured Staff – Gage Deere

As I'm sure you are aware, there is a new staff member in the kitchen. You've probably seen him around and may have even visited with him. Gage Deere came on staff as the Dietary Manager in April. Below is a brief biography so that you can get to know Gage a little bit better.

Gage was born in Leavenworth, KS, to Klint and Karis Deere. He is the oldest of three children. His sister is 21 and his brother is 12. When Gage was seven, his family moved to Omaha, NE. His parents, a former parole officer and a pre-school teacher, went to work at Boy's Town. After being there for three or four years, they started their own group home in San Diego, CA. Gage loved California, especially Christmas at the beach and getting to go to Mexico.

When Gage was in seventh grade, his family moved to Topeka, KS, and started another group home. Gage grew up with ten boys in residence. He attended Washburn Rural High School. He wrestled and played football both in high school. When Gage graduated in 2008, he attended New Mexico Highlands University in Las Vegas, NM. He was majoring in Special Education. He was looking to be a Special Ed teacher. However, after three years, Gage felt that teaching wasn't for him.

He moved to Texas, where his parents had relocated. They were now personal chefs. Gage's entire family loved cooking and he started cooking as a child. Gage remained in Texas about a year before the Midwest called to him. He relocated to Kansas City and went to work for the KC Food Truck Assn. He also coached wrestling at Shawnee Mission High School.

Gage has remained in the food industry ever since. He worked for Grandma's Catering for a while before going to work at Cerner, where he was a chef. He was in charge of cooking for 600-1,200 people daily. Ready for a different pace, Gage applied at Westbrook and we are happy to have him on staff.

Gage is a single father to his three year old son, Cael. He says watching him grow and learn about the world around him is the best part of being a dad. However, he's not a fan of the occasional temper tantrums and having to clean the house on a daily basis. He loves to play catch with Cael and take him swimming.

Gage is an avid KC Chiefs and KC Royals fan. He enjoys coaching wrestling, though he is not currently coaching. He also enjoys spending time outside. His favorite food is beef tacos with refried beans. (New Mexico got to him with the green chilies and all the good food down there). His favorite movie is "No Country for Old Men". His favorite band is Incubus. (This is a rock band for those of you who are unfamiliar with them.) His favorite color is dark green and his favorite place to go is Penguin Park.

Gage loves the family atmosphere at Westbrook. He's enjoyed getting to meet the different residents and looks forward to getting to know them better. His passion is making people smile by feeding them.

We have heard "The People"!!! Beginning this month, we will have a salad bar one day per week. As time goes on and there is a desire for more, we will try to add more days of salad bar to the menus. Please be sure to let Gage (our Dietary Manager) know that you love it! Gage will also be overseeing our Independent Living Dining Rooms; we plan to visit with you all often to make certain things are running smoothly. Please know we work very hard to try and deliver a menu that will be pleasing to you, our Residents. Thank you!!!!

School's almost out. Vacation planning is in the works. The weather is changing, and you can already start feeling the warmth of summer. Whether your plans include staying close to home, going on a vacation, or taking a road trip, there's probably a lot of cool and fun things you might not have known about the warmest season of the year. We've compiled 20 fun facts about summer to help get you in the spirit of the season!

#### 20 Fun Facts about Summer:

1. The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.
2. The first day of summer is between June 20th and June 22nd every year. The first day of summer is called the summer solstice, and the day varies due to the Earth's rotation not exactly reflecting our calendar year.
3. The last day of summer is September 20th.
4. Watermelon is one of summer's best summer treats. Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables.
5. The Eiffel tower actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer.
6. If you love ice cream, the summer season should be your favorite. July is national ice cream month.
7. Another interesting fact about summer is that television shows used to only be reruns during the summer months. The idea being that everyone was outside enjoying the weather.
8. A June fun fact is that the month of June is named after the Roman goddess Juno.
9. The first women's bathing suit was created in the 1800's. It came with a pair of bloomers.
10. The "dog days of summer" refer to the dates from July 3rd to August 11th. They are named so after the Sirius the Dog Star. This star is located in the constellation of Canis Major.
11. Frisbees, invented in the 1870's as a pie plate, but in the 1940's, college students began throwing them around. They have since stopped being used for pie plates and are now a summer-time staple.
12. For a July fun fact, Roman general Marc Antony named the month of July after Julius Caesar.
13. July is national blueberry month.
14. The longest day of the year is on the summer solstice.
15. Mosquitos are most prevalent during summer months. Mosquitos have been on earth for more than 30 million years.
16. Most theme and water parks are on a summer seasonal schedule. Most amusement parks have a full time season from Memorial Day to Labor Day.
17. August was named after Julius Caesar's nephew. He had received the title of "Augustus" which means "reverend".
18. The first National Spelling Bee was held on June 17th, 1825.
19. More thunderstorms occur during summer than any other time of year. They are also take place more commonly in the south east of England.
20. Ice pops were invented in 1905 by an 11 year old boy.

Please go to our website at [www.westbrookcarecenter.com](http://www.westbrookcarecenter.com) or check us out on Facebook - Westbrook Villas or Twitter at #Westbrookcarecente.

If You Like Us  
Rate Us!

*"I am very happy with the experience, we all are. My mom is very happy there and we were so glad that we could move her back in there."* Billie N

## **Water Water Everywhere – But Many Seniors Don't Drink Enough for Health**

Water is essential to our lives. Our bodies need to not only be refueled but also need to be hydrated. Getting older does not change the need we have for fluids to remain healthy.

Unfortunately, getting older for many means drinking less fluid than our bodies need. Elders tend not to want to drink much because it might mean more trips to the bathroom than they may want to make due to decreased mobility or the fear of falling on the way.

Aging can also lead to a reduced sensation of thirst so that you do not feel the need to drink enough fluids.

Many seniors also prefer warm beverages and tend to drink caffeinated fluids more often, which can actually work against them in the short run due to the diuretic properties of caffeine, especially if you're not replacing fluid losses.

Older generations did not grow up with a bottle of water in their hands like people currently do. Drinking six to eight or more glasses of water is not intriguing to them.

### **Water – Why Do We Need It?**

Our bodies are made up of water at all levels, beginning from our cells. Our tissues and organs need water to function properly. Actually, 60% of an adult's body is composed of water! Water carries nutrients to the cells throughout our bodies. Water carries the waste from our blood out of our body through the kidneys. Water regulates our body temperature through sweating and absorbing excess heat generated when our cells work. Water lubricates our joints. Water helps our intestines process the food we eat and keep our bowels regular.

Yes, we need water! When we don't drink and eat enough water our bodies do not function properly. Dehydration is the result. Seniors are more susceptible to dehydration due to age and chronic disease.

### **Strategies to Increase Water Intake**

We encourage you to increase your overall consumption of fluids using some of these suggestions. We also want to discourage an excess intake of caffeinated beverages.

- Drink water flavored with citrus either lime, lemon or orange wedges. You can also purchase packets of dehydrated citrus that are very flavorful, easy to store, and calorie free.
- Use decaffeinated iced tea, hot tea and coffee. Try hot water with honey. Drink other beverages such as lemonade or Crystal Light flavored beverages to mix it up.
- Encourage fruit juice, milk and vegetable juices at meals instead of regular coffee. These choices also provide increased nutrition.
- Eat fresh fruits at meals or snacks especially those containing higher water content such as watermelons and grapes.
- Give gelatin, popsicles, sorbet and ices as treats.
- Include soup with meals, preferably lower sodium versions.
- Every time you use the bathroom, drink some water to replace the loss.
- Keep a pitcher in the refrigerator with the day's allotment of water. You will know how much more is needed to get enough and see if you are drinking enough.
- Be sure to drink an 8 ounce glass of water with medications.

You will feel better if you are getting enough water each day and with some practice it will become a habit!