



The Westbrook Chatterbox

HAPPY MAY!!!!

With May, we have warmer weather, more sunshine and flowers. The swimming pools open and school lets out. Memorial Day is celebrated on the fourth Monday. And on the second Sunday, we have Mother's Day!

The definition of a mother is a selfless, loving human who must sacrifice many of their wants and needs for the wants and needs of their children. A mother works hard to make sure their child is equipped with the knowledge, skills and abilities to make it as a competent human being.

My mom was totally devoted to raising her children. She did not work outside the home because she felt very strongly that it was important for her to be there when we got home from school. She always had a snack ready for us and wanted to hear all about our day. She did without new clothes and shoes and household items that would have made her life easier so she could be there for us. She took us to church every Sunday and on Wednesday nights. She was a shoulder to lean on, a confidant and a spiritual mentor. She was a chauffeur, a cook, a housekeeper and a homework helper. She sacrificed her wants to be with us, to spend time with us and to invest daily in our lives. Now that I'm a mom, I have a greater appreciation for all she willingly gave up for us.

As I have gotten older I have come to realize that being a mother is a state of mind, a determination of will and not necessarily a matter of birth or blood. My mother raised my two half-brothers. However, she never once referred to them as stepchildren. They were her children and that was that. There was no differentiation between them and me and my younger brother. I adopted my older two children. I did not give birth to them but I am equally devoted to them as I am to Chloe, who is my biological child.

My mother passed away five and a half years ago. I miss being able to go to her for advice. But God in His infinite wisdom has granted me an "adopted" mom. She is wise and caring with just the right touch of sass. She is a Godly woman who cares about people. She gives of her time, her talents and even her finances and belongings. She comes up with some of the corniest jokes and some great jokes. She loves to laugh, fancies a good drink and enjoys life to its fullest. She is a volunteer extraordinaire here at Westbrook. She is an amazing woman whom I look up to and hope to be like when I grow up.

This amazing woman is Martha Armstrong. She has been having some health issues and has been sorely missed these past few weeks. She had surgery yesterday. It went very well and she is looking forward to being back here soon. Please join me in praying for a speedy recovery.

Speaking of mothers, this month we will be having our 16th Annual Mother's Day Tea. This year is our "Passport to Travel" tea. It is going to be so much fun. It's a bit of a departure from what we normally do AND that's all I'm going to say about it. We'll see you there.

Until Next Month,

Janelle

The Tomb of the Unknown Soldier

The Tomb of the Unknown Soldier at Arlington National Cemetery stands atop a hill overlooking Washington, D.C. On March 4, 1921, Congress approved the burial of an unidentified American soldier from World War I in the plaza of the new Memorial Amphitheater. The white marble sarcophagus has a flat-faced form and is relieved at the corners and along the sides by neo-classic pilasters, or columns, set into the surface. Sculpted into the east panel which faces Washington, D.C., are three Greek figures representing Peace, Victory, and Valor. The six wreaths, three sculpted on each side, represent the six major campaigns of World War I. Inscribed on the back of the Tomb are the words:

Here rests in honored glory an American soldier known but to God

The Tomb sarcophagus was placed above the grave of the Unknown Soldier of World War I. West of the World War I Unknown are the crypts of unknowns from World War II, Korea and Vietnam. Those three graves are marked with white marble slabs flush with the plaza.

The Unknown of World War I

On Memorial Day, 1921, four unknowns were exhumed from four World War I American cemeteries in France. U.S. Army Sgt. Edward F. Younger, who was wounded in combat, highly decorated for valor and received the Distinguished Service Medal in "The Great War, the war to end all wars," selected the Unknown Soldier of World War I from four identical caskets at the city hall in Chalons-sur-Marne, France, Oct. 24, 1921. Sgt. Younger selected the unknown by placing a spray of white roses on one of the caskets. He chose the third casket from the left. The chosen unknown soldier was transported to the United States aboard the USS Olympia. Those remaining were interred in the Meuse Argonne Cemetery, France.

The Unknown Soldier lay in state in the Capitol Rotunda from his arrival in the United States until Armistice Day, 1921. On Nov. 11, 1921, President Warren G. Harding officiated at the interment ceremonies at the Memorial Amphitheater at Arlington National Cemetery.

The Unknown of World War II and Korea

On Aug. 3, 1956, President Dwight D. Eisenhower signed a bill to select and pay tribute to the unknowns of World War II and Korea. The selection ceremonies and the interment of these unknowns took place in 1958. The World War II Unknown was selected from remains exhumed from cemeteries in Europe, Africa, Hawaii and the Philippines.

Two unknowns from World War II, one from the European Theater and one from the Pacific Theater, were placed in identical caskets and taken aboard the USS Canberra, a guided-missile cruiser resting off the Virginia capes. Navy Hospitalman 1st Class William R. Charette, then the Navy's only active-duty Medal of Honor recipient, selected the Unknown Soldier of World War II. The remaining casket received a solemn burial at sea.

Four unknown Americans who died in the Korean War were disinterred from the National Cemetery of the Pacific in Hawaii. Army Master Sgt. Ned Lyle made the final selection. Both caskets arrived in Washington May 28, 1958, where they lay in the Capitol Rotunda until May 30.

That morning, they were carried on caissons to Arlington National Cemetery. President Eisenhower awarded each the Medal of Honor, and the Unknowns were interred in the plaza beside their World War I comrade.

The Unknown of Vietnam

The Unknown service member from the Vietnam War was designated by Medal of Honor recipient U.S. Marine Corps Sgt. Maj. Allan Jay Kellogg Jr. during a ceremony at Pearl Harbor, Hawaii, May 17, 1984. The Vietnam Unknown was transported aboard the USS Brewton to Alameda Naval Base, Calif. The remains were sent to Travis Air Force Base, Calif., May 24. The Vietnam Unknown arrived at Andrews Air Force Base, Md., the next day. Many Vietnam veterans and President and Mrs. Ronald Reagan visited the Vietnam Unknown in the U.S. Capitol. An Army caisson carried the Vietnam Unknown from the Capitol to the Memorial Amphitheater at Arlington National Cemetery on Memorial Day, May 28, 1984. President Reagan presided over the funeral, and presented the Medal of Honor to the Vietnam Unknown.

The president also acted as next of kin by accepting the interment flag at the end of the ceremony. The interment flags of all Unknowns at the Tomb of the Unknown Soldier are on view in the Memorial Display Room. The Memorial Bridge leading from Washington, D.C., to Virginia was lined with a joint-service cordon as the remains of the Vietnam War Unknown were taken by motor escort to Arlington National Cemetery for interment in the Tomb of the Unknown Soldier.

The remains of the Vietnam Unknown were exhumed May 14, 1998. Based on mitochondrial DNA testing, DoD scientists identified the remains as those of Air Force 1st Lt. Michael Joseph Blassie, who was shot down near An Loc, Vietnam, in 1972. It has been decided that the crypt that contained the remains of the Vietnam Unknown will remain vacant. The crypt cover has been replaced with one that has the inscription "Honoring and Keeping Faith with America's Missing Servicemen, 1958-1975."

May



Grandma's
my name
spoiling's
my game



Before we knew the years had flown,
And all our kids were gone from home.
The days seemed so long and lonely then.
Until we had our grandchildren.
And so it seems a special treat
With children once more round our feet,
For once again, the youngsters are
Raiding Grandma's cookie jar.



"While we honor all our mothers
with words of love and praise.
While we tell about their goodness
and their kind and loving ways.
We should also think of Grandma,
she's a mother too, you see....
For she mothered my dear mother
as my mother mothers me."

Who needs a
Fairy
Godmother
when there are
Grandmothers

I do not know your name~
Nor for which battle you died.
I do not know your home,
Nor the tears that were cried.

I do not know where you rest~
Nor the promises broken.
I do not know your uniform
And your fears lay unspoken.

But, I know your spirit exists~
That your courage is admired,
And your sacrifice is honored
By each soul that's inspired.

And I offer you from my heart
Thank you, to guardians unknown
For offering yourselves for us all
That we may keep freedom...
Our home.



OUR DEBT TO THE
HEROIC MEN AND VALIANT
WOMEN IN THE SERVICE
OF OUR COUNTRY CAN
NEVER BE REPAID. THEY
HAVE EARNED OUR
UNDYING GRATITUDE.
AMERICA WILL NEVER
FORGET THEIR SACRIFICES.

PRESIDENT HARRY S TRUMAN



Heroes never die. They live on forever in the hearts and
minds of those who would follow in their footsteps.

~ Emily Potter

It takes a Mother's Love to make a house a home,
A place to be remembered, no matter where we roam.

It takes a Mother's Patience, to bring a child up right,
And her courage and her cheerfulness to make a dark day bright.

It takes a Mother's Thoughtfulness to mend the heart's deep "hurts,"
And her skill and her endurance to mend little socks and shirts.

It takes a Mother's kindness to forgive us when we err,
To sympathize in trouble and bow her head in prayer.

It takes a Mother's Wisdom to recognize our needs
And to give us reassurance by her loving words and deeds.

It takes a Mother's Endless Faith, her confidence and trust
To guide us through the pitfalls of selfishness and lust.

And that is why in all this world there could not be another
Who could fulfill God's purpose as completely as a MOTHER!

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast to her brunette hair. She looks at her mother and inquisitively asks, "Why are some of your hairs white, Mom?" Her mother replied "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white." The little girl thought about this revelation for a while and then asked, "Momma, how come all of grandma's hairs are white?"

What Famous Mothers Might Have Said

Mona Lisa's Mother: "After all that money your father and I spent on braces, Mona, that's the biggest smile you can give us?"

Humpty Dumpty's Mother: "Humpty, If I've told you once, I've told you a hundred times not to sit on that wall. But would you listen to me? Noooo!"

Batman's Mother: "It's a nice car, Bruce, but do you realize how much the insurance is going to be?"

Goldilocks' Mother: "I've got a bill here for a busted chair from the Bear family. You know anything about this, Goldie?"

Little Miss Muffet's Mother: "Well, all I've got to say is if you don't get off your tuffet and start cleaning your room, there'll be a lot more spiders around here!"

Albert Einstein's Mother: "But, Albert, it's your senior picture. Can't you do something about your hair? Styling gel, mousse, something...?"

Life Advice From 100 Years Olds

- “Don’t look at the calendar. Just keep celebrating every day.”
- “I make myself go out every day, even if it’s only to walk around the block. The key to staying young is to keep moving.”
- “Even if you feel hatred, keep it to yourself. Don’t hurt other people for any reason.”
- “Travel while you’re young and able. Don’t worry about the money, just make it work. Experience is far more valuable than money will ever be.”
- “Don’t compare. You’ll never be happy with your life. The grass is always greener.”
- “Do one thing each day that is just for you.”
- “I’m not saying you have to practice one religion or another, or not practice one religion or another... I’m just saying that you should figure out what you believe in and live it completely.”
- “When you laugh at yourself, you prevent others from laughing at you.”
- “Be honest. I’ve rarely lied. And when you are honest with people, it comes back to you, and they are honest with you. It’s too much work keeping up with a lie. You don’t need the extra stress.”
- “You have to love what you do. if you find a job you love, you will never have to work a day in your life.”
- “Be lovable. I’ve lived a long life because there are so many people who love me.”
- “I never drank, smoked, or fooled with the weeds, you know, that stuff. And I don’t let anything upset me, especially traffic.”
- “I don’t like stress. I can’t stand arguing. If anybody is fussing, I’m gone. I like to be around positive people, people who lift you up not bring you down.”
- “Laughter keeps you healthy. You can survive by seeing the humor in everything. Thumb your nose at sadness; turn the tables on tragedy. You can’t laugh and be angry, you can’t laugh and feel sad, you can’t laugh and feel envious.”
- “Never run out of responsibility; if you don’t have one, find one. Find a cause and knock yourself out for it. It will enhance your brainpower, interest in life, and keep you alive longer. I’m alert because I work. Virtue is its own reward.”

Old is Wonderful

Let us take note that it is the oldest apple trees that are decked with the loveliest blossoms;
That it is the ancient redwoods that rise to majestic heights;
That it is the old violins that produce the richest tones;
That it is for ancient coins, old stamps and antique furniture that many eagerly seek;
That it is when the day is old and far spent that it displays the beautiful colors of the sunset;
That it is when the year is old and has run its course that Mother Nature transforms the world into a fairyland of
snow;
That old friends are the dearest and that it’s the old people who have been loved by God for a long, long time.
Thank God for the blessings of old age – its faith, its love, its hope, its patience, its wisdom, its experience, its
maturity.
When all is said and done, OLD is wonderful!

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

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*“Westbrook Care Center is a fine place. It’s clean, my mother feels safe, and the food is good.
What more can you ask for?”* Chelsea H

Skin Cancer Prevention

May is National Skin Cancer Prevention Month. Skin cancer is on the rise yet many of us are unaware that we're at risk. We all know how good the sun feels, so much so that we often devote our precious holidays to basking in it on the beach. Not only does the sun seem to make us happier – research found that exposure to sunlight produces endorphins, known as 'feel good' hormones – that are vital for our physical and mental health.

UV light on our skin helps in the synthesis of vitamin D in our body, which is important for healthy bones, teeth and muscles. Vitamin D deficiency has also been associated with increased risks of serious illnesses such as cancer and cardiovascular disease.

But while the sun can do us lots of good, if we're not careful it can have a catastrophic effect on our health. For some of us, it will even be deadly. Yet all too many people are still not careful enough.

Skin cancer – a deadly disease on the rise

Rates of both non-melanoma and melanoma skin cancers have been increasing over the past decades, according to the World Health Organization. There are currently between two and three million new diagnoses of non-melanoma skin cancer and 132,000 incidents of melanoma skin cancer around the world each year.

The good news is that at least nine out of 10 cases of non-melanoma skin cancer are successfully cured. It's a different story, however, for melanoma skin cancer. While much less common, it is also the most dangerous type of skin cancer. The vast majority of the non-melanoma and melanoma skin cancers we suffer from are caused by overexposure to ultraviolet (UV) light, most of it from the sun.

Why it's all about our behavior

Skin cancer is the most preventable form of cancer. In fact, experts believe that four out of five cases of skin cancer could be prevented, as UV damage is mostly avoidable. While most people today understand the potential dangers of the sun, their behavior does not necessarily reflect this.

"One in five Americans will get skin cancer. But, to a large extent, we are in denial. We think that it will be someone else who is the one in five," says Dr. Darrell Rigel, Clinical Professor of Dermatology, New York University Medical School. "It's like smoking – I mean everyone knows it's bad for you, but some people still smoke."

"One of the problems with skin damage and skin cancer is that it's insidious. It can take five, ten, twenty plus years by the time you do the damage."

But skin cancer doesn't just affect sunbathers. People forget the risks of chronic exposure, and the need to protect yourself on a daily basis. Working outside everyday puts you particularly at risk. Research by Imperial College London found that skin cancer cases, as a result of working outdoors, equates to one death and around five new cases of melanoma skin cancer every week.

But even if you're the sort of person who spends most of your time indoors and then has short, intense periods in the sun, such as sunbathing on holiday, skin cancer research suggests you are still putting yourself at real risk of melanoma.

Most sun damage is incidental, but there remains a widely-held belief that because you're not burning, you don't perceive there to be a problem.

Prevention Guidelines

- Seek the shade, especially between 10 AM and 4 PM.
- Don't get sunburned.
- Avoid tanning and never use UV tanning beds.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating.
- Examine your skin head-to-toe every month.
- See a dermatologist at least once a year for a professional skin exam.

"The most important thing is to protect yourself. The acronym I use is WAR - Wear protective clothing; Avoid the mid-day sun when the rays are strongest, and Regularly use sunscreen. Those three in combination have been shown to definitely lower the skin cancer risk," says Dr. Rigel.