

THE WESTBROOK CHATTERBOX

Happy Independence Day!!

I absolutely love the Fourth of July!! The cookouts, family gathering together, and most of all, the fireworks!! I love blowing things up! My front yard looks like a war zone on July 5th.

But...Independence Day is not about cookouts and fireworks. Independence Day about the freedoms we have that set us apart from other countries.

Our Founding Fathers risked everything they had to create a new nation, the United States of America. Had the American Revolution failed, each of them would have faced execution – and the loss of all their property, which would have condemned their wives and children to a life of poverty. It was a remarkable gamble, because most of the Founding Fathers were already wealthy, successful men. They didn't rebel against England for personal enrichment; they rebelled because they truly believed that the loss of freedom was worse than death. (from the In Search of Liberty website).

Today, we still fight for freedom. Our servicemen are all over the world, helping to ensure not only our freedoms but the freedom of other countries from tyranny. In our own country, we continue to celebrate and strive for the freedom of speech, the freedom of religion, the freedom of the press, the right to bear arms, the right to a impartial trial and all the other freedoms granted us. As Americans, we really do have the right to life, liberty and the pursuit of happiness, but only because there are men and women who choose to fight for those freedoms.

So as you are celebrating Independence Day this year, take a moment to reflect on our freedoms and those who have and who are actively protecting our rights.

Until Next Month –
Janelle

EXTRA! EXTRA! READ ALL ABOUT IT!!

Westbrook got a new phone system. When you call the main number, you now have to choose which extension you want. The system does list the departments/people with their extension. Below is a list that you can keep handy in case you can't understand the message or in case, like me, you can't remember what it said.

Department	People	Extension
Nursing –Evenings & Weekends	Varies	1
Activities	Janelle & Joan	2
Director of Resident Services	April	3
Director of Nursing	Amy	4
Administrator	Steve	5
Dietary	Supervisor – Theresa & Manager - Gage	6

World Eskimo Indian Olympics

Although these are called "Winter Olympics" they are held in Mid-July or early August in Fairbanks, Alaska. The first Eskimo Olympics began in 1961, two years after Alaska became a state. How, why and who started it?

Alaskans have always had a tradition of occasionally getting together to play games. These games were meant to test certain qualities needed to survive in the harsh climate they lived in, where hunting food was necessary no matter how extreme the weather. So, people from small villages would get together, usually during Christmastime, to informally compete. They also did cultural events such as dancing, storytelling and feasting.

Over 40 years ago, a pilot for Wien Airlines kept seeing these traditional sports get-togethers while he traveled across the state. He was worried these games would disappear so he convinced his employer and the Fairbanks Chamber of Commerce to include these games as part of the city's annual Golden Days Celebration. Frank Whaley was the pilot. And, in 1961 the games became a part of the celebration. Nine years later, the Tundra Times, Alaska's only native newspaper took over the sponsorship of the event. When they did, they also changed the name to the World Eskimo-Indian Olympics to reflect the wide range of native people participating in the games. The late A. E. "Bud" Hagberg, also co-chaired the first several events with Frank Whaley. Other pilots, Bill English and late Tom Richards, Sr. served as the emcees.

A lot of the contests are the same as those in the Arctic Winter Games, such as the Knuckle Hop, arm pull, Ear Pull, High Jump and Toe Kicks. These contests challenge the participants pain endurance, balance skills and agility, or are associated with skills needed for hunting and whaling, like the Blanket Toss. Other contests are to test a participant's brute strength that is needed to haul seals and other animals through holes in the ice.

From 1961 to 1969, only men competed in these games. Then in 1970's and 1980's. In 1998 women placed First, Second and Third in the Ear Weight, a contest in which competitors lift weights that are attached to their ears by loops of twine. (Ouch!!) They must lift the weights by standing up as straight as they can and then move forward over the greatest distance possible. In addition to the athletic contests, they also have fish-cutting and seal-cutting contests, a Native Baby Contest (both mother and child appear in tribal costumes), an Eskimo dance contest and the very popular Miss WEIO Pageant.

Through these past 40+ years, the World Eskimo-Indian Olympics have increased in popularity and drawn larger crowds of spectators. They've also continued to increase in their record-breaking accomplishments. It is no longer sponsored by The Tundra Times. Instead, there is now a non-profit, independent organization dedicated to planning, organizing, promoting and running this event. These games may be strange to some of us. But, the organizers work hard to present these games as an important connection to the survival of a culture, rich in history, stories, and spirituality.

A Couple of the Games

FOUR MAN CARRY - Often during a successful hunt there comes a time when the game caught has to be packed for long distances. This is true of packing wood or ice. The four man carry (one man carrying four) not only test the capability of carrying heaving loads, but it also tests the "weight" - those volunteers "draped" over the participant during the event. Distance is the objective.

KNUCKLE HOP OR SEAL HOP - This is a game of endurance to pain and a testing of strength. The object is to see how far one can go in a "push-up" position, with elbows bent and knuckles down. The only parts of the body touching the floor are knuckles and toes. From this position, the participant "hops" forward as far as possible keeping the back straight and elbows bent. This game was originally played on the floor of a traditional community center or hut, or outside on the ground. Now, this game takes place on the arena floor.

MUKTUK EATING - This event is played just for fun! Technical: Each contestant must provide his/her own ulu or knife. Each contestant is given a piece of Muktuk to eat. On a signal from a designated floor official, every contestant will try to eat his/her piece of Muktuk the fastest. In case you are wondering, Muktuk is whale blubber and skin. Yum?!?!?

JULY

DID YOU KNOW??

**Thomas Jefferson is known as the author of the Declaration of Independence, but while he was the man officially responsible for drafting a formal statement of why the 13 colonies should break from Britain, the document was written by a five-man committee made up of Jefferson, Franklin, Adams, Roger Sherman, and Robert Livingston. According to History.com, Jefferson was not recognized as its principal author until the 1790s.

**A woman's signature appears on some copies of the Declaration of Independence - Though she's not an official signer, Mary Katharine Goddard, who was commissioned by Congress to print copies of the important document, added her name below the original signers. Though it's not clear why she included her name, Goddard was a well-known patriot and one of the first women publishers and postmasters in the young country,



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.'

The Fourth of July weekend was approaching, and Miss Pelham, the nursery school teacher, took the opportunity to tell her class about patriotism. 'We live in a great country,' she announced. 'One of the things we should be happy is that, in this country, we are all free.' Trevor, who was a little boy in her class, came walking up to her from the back of the room. He stood with his hands on his hips and said loudly, 'I'm not free. I'm four.'

AMERICA
LET FREEDOM RING
Red White Blue
GOD BLESS
THE USA
FLAG 4TH OF JULY
Independence Day
FIREWORKS HOME OF
THE BRAVE
STAR SPANGLED BANNER
1776 FREEDOM

One Nation
under God
with liberty and
Justice for All
INDIVISIBLE AND

If it involves
FIREWORKS
SUMMER NIGHTS
barbeques
Diet COKE and
FREEDOM
Count me in

FOOD FOR THOUGHT

“Your love of liberty, your respect for the laws, your habits of industry and your practice of the moral and religious obligations, are the strongest claims to national and individual happiness.” – George Washington

“America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves.” – Abraham Lincoln

“There is a certain enthusiasm in liberty that makes human nature rise above itself in acts of bravery and heroism.” - Alexander Hamilton

“Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and the success of liberty.” - John F. Kennedy

“May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.” – Peter Marshall

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness.” - Thomas Jefferson

“True Patriotism springs from a belief in the dignity of the individual, freedom and equality not only for Americans but for all people on Earth.” – Eleanor Roosevelt

“There is nothing wrong with America that cannot be cured by what is right with America.” – Bill Clinton

“One Flag, One Land, One Heart, One Hand, One Nation Evermore!” – Oliver Wendell Holmes

“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

“America was not built on fear. America was built on courage, on imagination, and an unbeatable determination to do the job at hand.” – Harry S Truman

I know not what course others may take; but as for me, give me liberty or give me death.” - Patrick Henry

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!

“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

Featured Resident – Lois Larson

Wanda Lois Larson was born in Sioux City, Iowa. She was the only child of Frank and Libbie Zahnen. Growing up Lois enjoyed playing with her constant companion, a German Shepherd named Prince. Prince was the son of Rin Tin Tin in the movie series. Lois started taking piano lessons at the age of four. She was singing solos in kindergarten. Lois enjoyed going to school and loved music. As Lois grew up, she was recruited by her mother's chapel to play piano for them.

Lois was classically trained in piano and voice. She auditioned for her high school choir as a sophomore and made it into the First Choir. She also accompanied on piano for the Second Choir. Lois played clarinet in the Marching Band. She was a soloist in the Presbyterian Church choir. She played in a forty piano ensemble for a Masonic Temple concert. She graduated from Central High School in Sioux City, Iowa.

She tried working retail but it wasn't for her. So she attended Briarcliff College studying voice and piano. After two years, she transferred to Iowa State Teacher's College (now University of Northern Iowa). She received a Bachelor degree in Music Education.

Lois took a job teaching music to grades K-12 in Odebolt, IA. She transferred to Sac City, Iowa and taught Junior and Senior High Choir. She got the whole school involved doing musicals which she directed. (Home Ec made the costumes. PE taught the dancing. Drama teacher helped with acting.)

After two years, Lois moved back to Sioux City and taught middle school music. She also organized and directed a teacher's chorus. Lois became the soprano soloist at the First Baptist Church. A friend, Roger, was the tenor soloist. The choir needed more men so Roger brought his friend, Darwin, who sang bass. Needless to say the bass singer became interested in the soprano soloist. They started dating and married within the year. She taught school and he was finishing his business degree on a GI bill.

Darwin got a job with Western Contracting while they were building the Oahe Dam near Pierre, South Dakota. Lois resigned teaching in Sioux City and moved to Pierre. She got a job teaching middle school music and English. She directed the choir at the Congregational Church as well as sang for the governor's Christmas parties and other events.

Darwin took a civil service test and got a job as a National Bank Examiner. They moved to Chicago. While in Chicago, they started their family. Eric (who lived four days) was born in 1959, Randi in 1960 and Rika in 1961. The family moved several times over the next few years – Cedar Rapids, Mason City then Cedar Falls and their son, Ryon, was born in 1964. Lois sang for weddings and funerals and did accompanying in churches in every town they lived. Darwin took a job as Vice President of a bank in Wakonda, SD. Lois taught music for all grades K-12 for thirteen years. She also gave private piano and voice lessons. She and another teacher organized practices for the All State Chorus and Lois accompanied them for close to twenty years. Lois retired in 1995 and Darwin retired in 1996.

Darwin was diagnosed with cancer in 2003. The couple moved to Sturgis, SD, to be near Ryon, who could help care for this dad. During rally weeks, they would rent out plots of land for RVs to park. Lois also allowed some friends of her cousin to stay in their basement one year. Their house was just far enough away that the rally didn't bother them too much but close enough they could sit in their backyard and watch the bikers go by. She said they bought their groceries two weeks in advance because they could not get to the grocery store during rally weeks.

Darwin passed away in 2005. Lois continued to live in Sturgis but during rally weeks, she would go and visit her girls, Randi in Spokane or Rika in Liberty. A friend of Lois got her involved with the Foster Grandparent program through the Sturgis School District. For the next eleven years, she was known as "Grandma Lois". She was assigned one class for the entire year. Over the eleven years, she was assigned kindergarten, third and fifth grades.

In 2016, Ryon moved to Arizona. Lois stayed in her house but it became a challenge for her to keep up with it. The kids wanted her living closer to family. They started downsizing and planned for her to move at the end of the summer 2019. However, Rika discovered Westbrook and thought it was perfect for her mother. So the move was moved up and Lois arrived at Westbrook the end of May. She says she loves the location of her apartment with the patio that faces the quiet green space; the staff is very helpful, loving, kind and accepting and the residents are extremely welcoming and friendly. It's a community and she enjoys being a part of it.

Lois believes it's important to follow your dreams with a happy heart, accept challenges as tools for growth and have a sound spiritual base. She has lived her life this way. She is grateful for being part of a musical dynasty. It began with her teaching, singing and playing, her daughter, Rika, is extremely talented and is Director of Choral Music at Liberty High School and her grandson, Hans Heruth, continues the dynasty, having become a published composer at the age of 17. (His website is hans-bridgerheruth.com if you want to check it out.) Lois states, "My family is my greatest pleasure!"

Beat the Heat: 8 Summer Safety Tips for Seniors

Cookouts. Festivals. Gardening. Parades. Summer is a wonderful time for outdoor fun and enjoyment, but for seniors, the heat and sun that come with the season can be dangerous if certain precautions aren't taken. In fact, a recent University of Chicago Medical Center study found that 40 percent of heat-related fatalities in the U.S. were among people over 65.

Here are eight tips to help ensure you and your senior loved one stays safe during the summer months.

Keep Hydrated. Seniors are more prone to dehydration because they aren't able to conserve as much water as they could when they were younger and their sense of thirst becomes less acute as they age. Seniors should drink at least 8 glasses of water or sports drinks daily and avoid alcohol and caffeinated drinks, which are dehydrating.

Stay cool. High temperatures can be life threatening, especially for seniors. If your loved one's home isn't air conditioned, encourage them to visit a friend or relative's home during high temps. Senior centers, shopping malls, movie theatres and libraries are also good options to stay cool.

Dress appropriately. A senior's summer wardrobe should be full of light-colored, loose-fitting clothing. Choose cotton and other natural fabrics that are more lightweight and breathable than synthetic fabrics like nylon and polyester. Wearing a wide brimmed hat will help keep the sun off your face and neck.

Wear sunscreen. Apply a sunscreen of SPF 30 or higher at least 15-30 minutes before sun exposure. Look for a sunscreen that blocks both UVA and UVB rays. Reapply frequently if engaging in water activities.

Preserve your vision. Sun exposure can irritate seniors' eyes and cause vision damage. Sunglasses should always be worn when exposed to the sun.

Avoid sun during peak hours. Plan outdoor exercise or activities either first thing in the morning (before 10 a.m.) or later in the evening (after 4 p.m.) when the sun isn't as hot. Remember to hydrate even more than usual when exercising.

Watch for heat stroke. Heat stroke is a life threatening condition. Look for heat stroke symptoms, which include high body temperature, dizziness, headache, confusion, and nausea. Seek immediate medical attention if these signs are present.

Use bug spray. The elderly are more susceptible to West Nile virus, so be sure to protect yourself with bug spray, especially at night.

By following just a few common sense precautions, you and your loved ones are sure to have a safe and enjoyable summer.