

THE WESTBROOK CHATTERBOX

Happy February and GO CHIEFS!!!!

I'm SO EXCITED!!!! We are in the Super Bowl!! I love football and I love my team. So on Sunday, February 2nd, April, Joan and I plus many others will be glued to our TVs with much anticipation of a really good game and a victorious outcome! I was 2 years old the last time the Chiefs were in the Super Bowl. Obviously, I don't remember that game, but I WILL remember this one. The big game will kick off about 5:30pm and you can watch in on Fox4.

With February comes the start of tax season. (See article on page 6 for more info.) For this tax season, we will be turning Mondays topsy turvy. I do taxes on Monday evenings and I feel like I'm not giving my all as I frantically run out the doors to get to Gladstone. So from February 3rd until April 19th, I will be working Monday mornings and Joan will be handling the afternoons. Most of the activities will stay the same. There are a few that will switch times, most notably Monday morning exercise class. It will be moved to 3:00pm. We've had several residents express an interest in having an afternoon exercise class. We decided this would be a good time to try it out. This will only effect Mondays. All the other exercise classes will remain at 9:30am. Be sure to pay attention to your calendar.

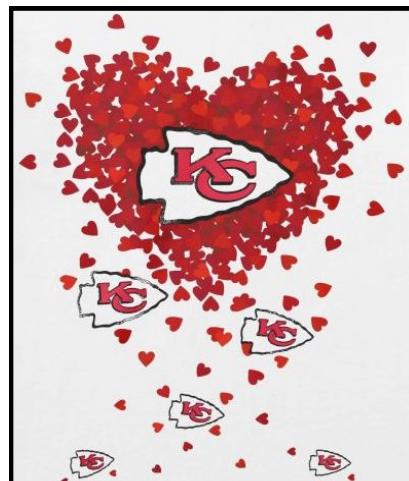
Valentine's Day is Friday, Feb. 14th. As I was looking for things to put in this Chatterbox, I came across some old writings. They were writings of Winnie Kimsey. Many of you are scratching your heads and saying "Who?" She was the first activity director here and mentor to both April and me. She was a wise woman who loved her job and loved people. She taught us many things that had nothing to do with our jobs – such as the importance of family and making sure we invested in our husbands. She always had a smile on her face, made time for residents and staff and was an excellent listener. But she was also stubborn, fiercely protective of those she loved and never afraid to tell it like it was. She is still a role model for me. There are times I think "Hmmmm...I wonder what Winnie would do about this?" It helps me decide how to proceed.

Below is a poem that she had me put in the Chatterbox in 2006. It's not a traditional Valentine's poem, but Winnie felt it fit and so do I.

Friendship

Time sifts our friendships and our friends,
For time alone can be the test
And with the passing of the years,
We lose the false and keep the best.
And when, beyond the distant hills,
The golden sun of life descends –
We find God's greatest gift has been
The love of true and faithful friends.

Until Next Month -
Janelle



24 Things Love Is And Does by Paul Tripp

Who will you tell that you love on Valentine's Day? And how will you express that love?

Sadly, I'm convinced that there are too many loveless relationships in the world, and even in the church. For starters, there are many things we call love that just do not rise to the level of what love is. And then to complicate matters, we lack a clear definition of what love does.

So in the midst of all the love hype surrounding Valentine's Day, I want to give you 24 concrete definitions of love.

These definitions don't come from Wikipedia, Dictionary.com, or Shakespeare. We get our best standard of love from the Cross of the Lord Jesus Christ. His sacrifice of love is the ultimate example of what love is and what love does.

1. LOVE IS willing self-sacrifice for the good of another that does not require reciprocation or that the person being loved is deserving.
2. LOVE IS being willing to have your life complicated by the needs and struggles of others without impatience or anger.
3. LOVE IS actively fighting the temptation to be critical and judgmental toward another while looking for ways to encourage and praise.
4. LOVE IS making a daily commitment to resist the needless moments of conflict that come from pointing out and responding to minor offenses.
5. LOVE IS being lovingly honest and humbly approachable in times of misunderstanding.
6. LOVE IS being more committed to unity and understanding than you are to winning, accusing, or being right.
7. LOVE IS making a daily commitment to admit your sin, weakness, and failure and to resist the temptation to offer an excuse or shift the blame.
8. LOVE IS being willing, when confronted by another, to examine your heart rather than rising to your defense or shifting the focus.
9. LOVE IS making a daily commitment to grow in love so that the love you offer to another is increasingly selfless, mature, and patient.
10. LOVE IS being unwilling to do what is wrong when you have been wronged, but looking for concrete and specific ways to overcome evil with good.
11. LOVE IS being a good student of another, looking for their physical, emotional, and spiritual needs so that in some way you can remove the burden, support them as they carry it, or encourage them along the way.
12. LOVE IS being willing to invest the time necessary to discuss, examine, and understand the relational problems you face, staying on task until the problem is removed or you have agreed upon a strategy of response.
13. LOVE IS being willing to always ask for forgiveness and always being committed to grant forgiveness when it is requested.
14. LOVE IS recognizing the high value of trust in a relationship and being faithful to your promises and true to your word.
15. LOVE IS speaking kindly and gently, even in moments of disagreement, refusing to attack the other person's character or assault their intelligence.
16. LOVE IS being unwilling to flatter, lie, manipulate, or deceive in any way in order to co-opt the other person into giving you what you want or doing something your way.
17. LOVE IS being unwilling to ask another person to be the source of your identity, meaning, and purpose, or inner sense of well-being, while refusing to be the source of theirs.
18. LOVE IS the willingness to have less free time, less sleep, and a busier schedule in order to be faithful to what God has called you to be and to do as a spouse, parent, neighbor, etc.
19. LOVE IS a commitment to say no to selfish instincts and to do everything that is within your ability to promote real unity, functional understanding, and active love in your relationships.
20. LOVE IS staying faithful to your commitment to treat another with appreciation, respect, and grace, even in moments when the other person doesn't seem deserving or is unwilling to reciprocate.
21. LOVE IS the willingness to make regular and costly sacrifices for the sake of a relationship without asking for anything in return or using your sacrifices to place the other person in your debt.
22. LOVE IS being unwilling to make any personal decision or choice that would harm a relationship, hurt the other person, or weaken the bond of trust between you.
23. LOVE IS refusing to be self-focused or demanding, but instead looking for specific ways to serve, support, and encourage, even when you are busy or tired.
24. LOVE IS daily admitting to yourself, the other person, and God that you are unable to be driven by a cruciform love without God's protecting, providing, forgiving, rescuing, and delivering grace.

FEBRUARY

This year's Super Bowl happens to land on Groundhog Day, and so Punxsutawney Phil has decided to not only predict when Spring will arrive, but also who will win the Super Bowl! Here's how he says it will play out.

If he sees his shadow, six more weeks of winter
and the CHIEFS win the Super Bowl.

If he doesn't see his shadow, spring is just around the corner
and the CHIEFS win the Super Bowl!!

I like the way Phil thinks!



A young woman was taking an afternoon nap. After she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace for Valentine's day. What do you think it means?"

"You'll know tonight," he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it--only to find a book entitled "The meaning of dreams".

Four-year-old Sam loved candy almost as much as his mom Sally did. He and Daddy had given her a beautiful heart-shaped box of chocolates for Valentine's Day. A few days later Sam was eyeing it, wishing to have a piece of it. As he reached out to touch one of the big pieces, Sally said to him, "If you touch it, then you have to eat it. Do you understand?"

"Oh, yes," he said, nodding his head. Suddenly his little hand patted the tops of all the pieces of candy.

"Now I can eat them all."





Woo Hoo! It's tax season!! As many of you are aware, I've been doing taxes for a while now. Last year, I received a plaque from AARP for 25 years of service. I hadn't even realized I'd been doing taxes that many years. I will be continuing with AARP this year. If you would like me to do your taxes, please let me know. I will need you to get me all your information from the article below. I will try and have them completed for you within a week. And best of all, I charge nothing since I'm an AARP volunteer.

Tax Preparation Tips

Tax time has rolled around again and people are trying to get their tax information put together but what all do you actually need. Do I need receipts and if so, which ones? Questions abound and hopefully, this article will clear some of them up.

The most asked question among senior citizens is "Do I even need to file taxes?". The answer is no if you're single over 65 and your income is under \$13,850(\$27,000 if married and both over 65). If you have any questions, please talk to Janelle and she'll help you decide if filing is necessary.

1. The first thing you should find is your last year's return. It is very helpful for the person doing your taxes to be able to compare the returns. If there is a major difference, they can pinpoint the cause and explain it to you. If you itemized last year, they can see that. Also, it helps them determine if they have all the information needed to file.
2. When having your return done, be sure you have your social security card and a picture ID. They will need that as well as address, phone number, date of birth and work status. If you are married, you will need all the forms mentioned in this article for both you and your spouse.
3. Income is reported on several different forms including a W-2 if you physically are working. 1099s are used to report income such as pensions and annuities (1099-R), interest and dividends (1099-INT or 1099-DIV) and sale of stock income (1099-B). If you have sold stock, you will also need to provide a basis (or the original price) of the stock. Social security is reported on a 1099-SSA.
4. With the new tax laws, it's harder to itemize. For a single individual over 65 years, the standard deduction is \$13,850(\$27,000 if married and both over 65). If you have deductions over that amount, then you would need receipts for any out of pocket medical expenses. This could include doctor visit co-pays, prescription drug co-pays or fees, any insurance premiums including medicare part B & D and supplemental health insurance, long term care insurance, hospital bills, and home health care, as well as vision needs such as glasses. You can also claim charitable contributions to your church or any recognized charity such as: Red Cross, United Way, St. Jude's, etc. You cannot claim money given to an individual or family member in need.
5. Missouri offers the Property Tax Credit for individuals over 65. This credit is based on income (including your Social Security) and the amount you pay for real estate taxes or rent. To take this credit, you will need to have a copy of your paid real estate tax receipt or a rent receipt from your landlord. Anyone living here at Westbrook can request a rent receipt from Janelle in Activities.
6. Missouri also give a credit for health insurance paid. So if you are filing a Missouri return, please bring health insurance premiums for health, dental, vision, long term care and cancer policies.

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

Post, tweet and/or rate us.



"This is a clean and home like atmosphere, and there's always someone available no matter what time it is. They cater to the specific needs of your loved one and provide them individualized care and attention." Lynn J

Featured Resident – Norm Fields

Norm Fields was born in Braymer, MO, to Elmer and Pauline Fields. He was the youngest of six kids. He grew up on a 200 acre farm. It was shortly after the Depression and there was little money but they ate well according to Norm. His father grew corn, oats, wheat and hay. His mother raised chickens, had a huge garden and canned most of the bounty. They also had cows which Norm made sure they had hay from the hayloft and as he got older, he milked them. One year, they raised turkeys. Norm said the gobbler was mean and would chase him around. He enjoyed sledding down their big hill in winter and fishing in the lake during the summer. Norm attended Prairie Ridge Country School, walking two miles each way, for seven years until the school closed. He attended Polo High School. Norm enjoyed school, especially History. He played football, baseball and softball. He also sang in Choir for a year or two.

He graduated from Polo High in 1953. Jobs were scarce for young men his age. Places didn't want to hire them because they were draft age. So Norm worked odd jobs until he joined the Army in 1957. He was a combat engineer helping to build roads and bridges. He spent sixteen and a half months in Germany before being discharged in 1959. Norm started attending the Baptist church with some friends while in high school and continued until after he was out of the service.

Norm went to work for Montgomery Ward at Belmont and St. John's in Kansas City. He worked in the carpeting department cutting and taping carpets to ship for installation. He was then transferred to the Men's Clothing Department.

In October of 1962, Norm met the love of this life. His friend had been hounding him to go on a blind date with his girlfriend's friend. Norm had been hurt in a relationship and wasn't keen on going. Finally giving in, he met Della Pummill and it was love at first sight. The couple married in June of 1963.

Their honeymoon was slightly unconventional. Della had a brother in California who was in the advanced stages of cancer. So they went to California with Della's younger brother and sister and stayed at her uncle's house.

The couple moved into a house on the east side of Kansas City. Norm was still working for Montgomery Wards and Della worked for the Credit Bureau. A couple of years later, they moved to South Kansas City. In 1967, the couple had their first daughter, Karen. Norma stayed home for a while but she loved her job and soon returned. Their second daughter, Paula, was born in 1971. Della decided to stay home with the girls. But when Paula was 8 or 9 years old, Della once again returned to her job at the Credit Bureau.

Norm and Della were tired of living in the city. They decided on Excelsior Springs, MO. After looking at a lot of houses, they finally settled on one and moved in 1994. They joined the Lutheran church.

Norm had retired from Montgomery Ward in 1997. He continued on with his lifelong passion of gardening. He had a large garden in which he grew lettuce, spinach, cantaloupe, green beans, tomatoes and more. They canned much of what he grew. Della was a big antiquer and they would travel every other week or so to Weston, Hamilton, Plattsburg and the Excelsior Springs area.

On Thanksgiving Day 2000, Della had a heart attack. Della was not quite ready to retire though. The Credit Bureau allowed her to work from home. She made an office in the home, Norm would fix lunch and Della would be done in time to fix dinner. She did this until she retired in 2002.

The couple never traveled much. They were homebodies. But they did travel to Florida to visit Della's brother and to Indiana to visit Norm's friend.

In February 2013, Della had a knee replacement. As she started physical therapy, it became obvious she wasn't up to it. Due to a series of events, it was discovered she had bone cancer. She passed away in April 2013.

Norm's daughters didn't feel like he should live alone, so he moved to the Lillian McDavid Independent Living Facility in Excelsior Springs. He lived there until the facility closed in 2019. He wanted to move to Westbrook but there were no vacancies. So he went to Garden Village for four months until an apartment became available in October for him.

Norm says he loves how handy Westbrook is to the places he needs to go. He loves the staff and residents. He especially enjoys his table mates for meals. He says he loves how they laugh and tease each other. It's a very comfortable camaraderie. He also likes the meals provided.

Norm says a life lesson he has learned and would like to pass on is, "You have to earn it yourself; nobody's going to give it to you."

Assistive Devices: Living Better With Arthritis

Eyeglasses, bottle openers, pliers -- we use dozens of assistive devices every day; without them there's a lot we couldn't do.

So when rheumatoid arthritis, osteoarthritis, or another condition puts the brakes on what you do, why not expand your tool set to include a few helpful devices that make it easier to do the things you enjoy?

Assistive Devices for Anywhere in the House

Arthritis is the most common cause of disability, according to the Arthritis Foundation, and with more than 100 types of arthritis, affecting 46 million people, that's not surprising.

Fortunately there are hundreds of tools that can help. But before you employ any assistive device, be sure to use your own strength and range-of-motion first, the better to preserve both. A few all-purpose self-help tools you can use anywhere in the house include:

- *Fat rubber grips* slip over everything from a toothbrush handle to a pen or potato peeler, reducing pressure on your joints and making it easier to hold small items.
- *Doorknob adapters* are lever handles that fit over standard round doorknobs; once installed you only need push the lever up or down to open a door
- *Lamp adapters*. Screw a lamp adapter into a light bulb socket and it converts any metal lamp into a touch lamp with three brightnesses.
- *Leg extenders* can lengthen the legs of your office chair, dining room table, kitchen island, or any piece of furniture that's too low to use comfortably.
- *Spring-loaded scissors* can save your hands from fatigue from garden to office.
- *Key turners* snap onto the heads of household keys, widening your gripping surface and making keys easier to turn.
- *Reach extenders*, rods with a lever on one end and a gripper on the other, help you retrieve cans from high shelves, or pick up items dropped on the floor. As a matter of fact this handy tool, which can also come with a magnetic tip, is useful all over the house.
- *Jar openers* can be as simple as a small rubber disk that fits over a twist-top lid, giving you better traction, or you can opt for specialty hooks, levers, and pliers-like grippers.

Personal Aides

Getting dressed can be hard on your hands, but fortunately there are self-help devices to make the job easier and faster:

- *Zipper puller/buttoner*. This fat-handled tool has a hook for pulling zippers, and a metal loop that helps you manage buttons. Buying clothes one size larger can also make daily dressing a little easier.
- *Coil shoe laces* make quick work of tying shoes, or you can opt for slip-ons or shoes with Velcro closures.
- *Sock puller*. Slip your sock or stocking over the plastic end of this device and with a tug of two straps socks and stockings slide on more easily.
- *Long-handled shoe horns* help make sliding shoes on easier. You can quickly make your own by taping a small shoe-horn to a yard stick.
- Bathing and grooming can become a challenge, but again there are self-help devices to make these jobs easier as well.
- *Long-handled brushes or bath mitts* can help make washing up in the tub or shower less difficult. Buy two sets and you can use the second to clean the tub/shower itself.
- *Easy-grip nail cutters* have larger blades and handles than conventional clippers, and they need less pressure to use, saving wear and tear on joints.

The Most Underused Assistive Device

Of all self-help devices, a cane may be the most often seen, but it's also one of the most underused, experts say. For many, there's the persistent fear that a cane makes them seem older than they are. But using a cane isn't about aging. It's about the independence, confidence, and mobility a cane can give.

Just like eyeglass frames can reflect your personal style, so can a cane. Just think of Fred Astaire dancing with the cane in *Top Hat*. But whether you'll be dancing or walking, make sure you use the cane correctly: On the opposite side from your bad leg.

Not sure if a cane, reach extender, or other assistive device is right for you? Talk to your doctor, physical therapist, or occupational therapist. They can guide you to the self-help tools that will give you the help you need.