



# The Westbrook Chatterbox

Yay! It's here! The month of March! Only 19 days until the first day of Spring on March 19th. Yipee and achoo (for all the allergy sufferers).

While most of us know that Spring starts in March, I'd bet many of you don't realize a National holiday falls just two days later; National Teenager Day. Before you start rolling your eyes (like a teenager) and muttering under your breath, "Who makes up these things?". Let's take a closer look.

Today's teenagers go through many of the same things we did while growing up but they also face issues we never did. With computers and cell phones, today's social media may make teenagers feel like their lives are under a microscope every day, all day. One slip-up and everybody knows about it. And many times, those "everybody's" make a negative public comment about the slip-up. The basis behind National Teenager Day is to show unconditional love to a teenager you know. Suggestions of an extra hug, a smile, a dinner out or a fun movie are given to help show that love. I can get behind that.

Think back to the time when you were a teenager. Your body was raging with hormones due to puberty, friendships were formed and maybe you had feelings of being left out, acne appears without warning when you wake up and to top it off, your brain is changing too. When our son was in his teenage years and inevitably acted like, well a teenager, we would joke that his frontal lobe wasn't fully developed. While we joked about it, it really is true. The frontal cortex is the part of the brain that's responsible for rational decision making. And it's not fully developed until a person is in their late 20's. So some of those teenage slip-ups are understandable!

A teacher friend of mine has a note in the front drawer of her desk at school. It reads, "Give your students a clean slate EVERY SINGLE DAY, whether you think they deserve it or not".

She celebrates Teenager Day every day. What a blessing she must be to those stressed out, awkward, insecure, frontal lobe developing teenagers.

Let's welcome March with open arms and outstretch two arms around a teenager.

Until Next Month,

Joan

## **What is Passover and how is it celebrated?**

Passover will be celebrated from Wednesday, April 8th and last for eight days. But what is Passover and how is it celebrated?

The Jewish holiday of Passover is an eight-day festival celebrated in the early spring. The spring festival commences on the 15th of the Hebrew month of Nisan and is in Hebrew known as Pesach, which means "to pass over". Passover is one of the most widely celebrated Jewish holidays.

### **What is Passover?**

Passover is a Jewish holiday and commemorates Jews' liberations by God from slavery in ancient Egypt. The major spring festival origins of the Passover festival antedate the Exodus.

In the narrative of the Exodus, the Bible tells that God helped the Children of Israel escape from their slavery in Egypt by inflicting ten plagues upon the ancient Egyptians before the Pharaoh would release his Israelite slaves. The tenth and worst of the plagues was the death of the Egyptian firstborn. To avoid the plagues, Israelites were instructed to mark the doorposts of their homes with the blood of a slaughtered lamb. By doing so God knew to passover the firstborn in these homes - and is why the English name of the holiday is Passover. In Israel, the first and last days of Passover are celebrated as legal holidays.

### **How is Passover celebrated?**

To celebrate Passover a feast called a Seder is held on the first two nights and sometimes on the final two nights of the holiday.

Pesach is observed by avoiding leaven (food containing wheat), and highlighted by meals that include four cups of wine, eating matzah and bitter herbs, and retelling the story of the Exodus.

On the day preceding the first Passover Seder, firstborn sons are commanded to celebrate the Fast of the Firstborn which commemorates the salvation of the Hebrew firstborns.

On the night of the fourteenth of Nisan, the night before the Passover Seder, Jews do a formal search in their homes known as bedikat chametz for any possible remaining leaven. Before the search starts there is a special blessing which is usually recited by the head of the family.

The blessing reads: "Blessed are You, Hashem our God, King of the universe, Who has sanctified us with his commandments and has commanded us concerning the removal of chametz."

Candles are also often lit at night to commemorate the Jewish holiday, and kiddush and sumptuous holiday meals are enjoyed on both nights and days.

Many choose not to cook, work or drive during the celebrations with the first and last two days considered the most holy parts of the holiday.

## **Passover at Westbrook**

Now you may be wondering why I'm writing about Passover in March when it doesn't happen until April. Well, as a matter of fact, there is a very good reason.

This year, we are wanting to have a Passover dinner here at Westbrook. If you have never been to a Passover dinner, then you are in for a meaningful experience. If you have been to a Passover dinner, then you know how special and meaningful they are.

We will do a full Passover meal complete with the story of the exodus of Israel from Egypt. Each part of the meal is symbolic and will be explained. This will not be a truly authentic Passover meal but it will be as close as we can make it.

We will be having our Passover dinner on Tuesday, April 7<sup>th</sup> at 6:30pm, one day before Passover officially starts. So that we can prepare appropriately for this meal, we are asking that you sign up no later than Tuesday, March 17<sup>th</sup>. We will be charging \$5 a person for this meal.

It will be a special night for our community. It will bring us closer together as we commemorate Passover and prepare for Easter. I look forward to sharing this experience with you.



## I Picture Spring

I picture spring, as a child would do,  
with a box of crayons and a challenge new.

I see the expanse of a wide, blue sky,  
of grass so green and violets shy.

I spy a robin as he hops along,  
looking for food, not singing a song.

I hear the bees at their daily task  
of gathering nectar; in the tulips they bask.

I picture spring, as a child would do  
and I thank God for this miracle too!



## When Spring Comes

**When Mother takes the curtains down  
and airs the bedding, say!**

**We know that winter is leaving us  
and Spring is on its way.**

**We scrub, we polish, dust and shine,  
and not one spot escapes,**

**Until the house is sanitized from floors  
up to the drapes.**

**But, oh, how nice it all turns out –  
the house, the trees, the weather**

**All scrubbed so spotless every year  
to welcome Spring together!**

*I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.*

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.

Post, tweet and/or rate us.

**If You Like Us  
Rate Us!**

*"I've been very pleased. I like that the staff is very caring for each of the patients and make both patients and visitors feel very at home and comfortable." Rita M*



### **The Reunion**

An Irishman, Kevin, and an American, Clint, are sitting in the bar at Cork Airport supping Guinness. 'I've come to meet my brother,' says Kevin. 'He's due to fly in from Chicago in an hour's time. It's his first trip home in 40 years.'

'Will you be able to recognize him?' asks Clint.

'I'm sure I won't,' responds Kevin, 'after all, he's been away for a long time.'

'I wonder if he'll recognize you?' questions Clint.

'Of course he will,' replies Kevin. 'Sure, an' I haven't been away at all.'

### **You Can't Believe Everything You Read In The Papers**

Dermot McCann opened the morning newspaper and was dumbfounded to read in the obituary column that he had died. He quickly 'phoned his best friend Reilly.

'Did ye see the paper?' asked Dermot. 'They say I died.'

'Yes, I saw it.' replied Reilly. 'Where are ye callin' from?'

### **Moon Jokes**

Paddy and Seamus were walking home from the pub. Paddy says to Seamus, 'What a beautiful night, look at the moon.'

Seamus stops and looks at Paddy, 'You are wrong, that's not the moon, that's the sun.' Both started arguing for a while when they come upon a real drunk walking in the other direction, so they stopped him.

'Sir, could you please help settle our argument?

Tell us what that thing is up in the sky that's shining. Is it the moon or the sun?' The drunk looked at the sky and then looked at them, and said, 'Sorry, I don't live around here.'

After the Americans went to the Moon, Paddy and Seamus announced that the Kerry Men would go one better and send a man to the Sun.

Murphy objected. 'If you send a man to the Sun, he will burn up!'

'What do you think we are, stupid?' Seamus replied. 'We'll send our man at night!'

### **Mail / Male Order**

Two Irish men, Kearney and O'Riordan were looking at a Mail order catalogue and admiring the models. Kearney remarks to O'Riordan, 'Have you seen the beautiful girls in this catalogue?'

O'Riordan replies, 'Yes, they are very beautiful. And look at the price.'

Kearney says, with wide eyes, 'Wow, they aren't very expensive. At this price, I'm buying one.'

O'Riordan, smiles and pats him on the back. 'Good idea. Order one and if she's as beautiful as she is in the catalogue, I will get one too.'

Three weeks later, Kearney, the youngest of the two asks his friend, O'Riordan, 'Did you ever receive the girl you ordered from that catalogue?'

O'Riordan replies with a glint in his eye, 'No, but it shouldn't be long now. She sent all her clothes yesterday.'

### **Featured Resident – Bess Murphy**

Bess was born in Omaha, NE, to Herbert and Vera Forbes. She had one older brother, John, whom she adored. She wanted to be a boy so she did everything he did including football, basketball, baseball and so forth. While in high school, Bess sang in Glee Club because her brother did. She performed in the chorus of two operettas. She was even the Tech High News boys' sports editor because of her interest in sports. Bess graduated with honors from Omaha Tech in 1942 where she had learned shorthand, typing, business, journalism, cooking and sewing. Bess and her brother both were avid dancers and she was dance partner for a lot of her brother's friends.

After high school, Bess went to work for Greyhound Bus Company. She started out as a ticket sorter but caught the eye of a union rep and with her endorsement was able to receive several promotions. This was during the war and Bess worked in accounting, a position that was traditionally held by a man. So when the war ended, she went to work as a secretary at Graybar Electric. Her boss decided to hire a salesman for northern Nebraska. Bess teasingly told him to bring back a single one. And lo and behold, he brought back Bob Murphy. That was in March. By June, they were engaged and they married the end of September.

They moved to South Sioux City, NE, a hundred miles north of Omaha, to a house on the corner of two dirt roads. Being a city girl, this was quite a shock. Bob was a travelling salesman and so for the first time in her life, she was alone in a house. Two years later their son, Kim, was born and 25 months after that, along came Brian. Bob was a good salesman and received commission checks on top of his salary. Bess opened an account just for the commission checks which Bob assumed she was spending. With this nest egg, they were able to invest in an oil business started by a friend. They ended up making enough money to make a down payment on a propane business. Bob ran the plant and Bess kept the books from home while raising the boys. Northern Gas eventually bought them out and Bob worked for them for five years as part of the deal. Next, they opened a bank. Bob was Chairman of the Board and Bess and the other board member's wives were in charge of the window displays. They had huge front windows and every month they changed the display to match the season.

While going through the charter process for the bank, Bob decided he would run for the state legislature. The first time he ran, he lost. But to Bess' dismay, that was not the end of it. He ran a second time and won. Because he was losing his eyesight, Bess became his driver and reader. He ran for a second term and won by a landslide. He was a firm believer in term limits even though they were not law, so he refused to run for a third term.

Being involved with Bob's businesses kept Bess busy over the years, but she still found time to garden. She started gardening as a young woman and still does so today. She loves flowers and had huge flower gardens as well as vegetable gardens. She was also an avid ice skater. She skated as a child and as an adult was even in some amateur ice shows. While in her early 70s, she taught her grandchildren to ice skate. Bess loved sewing and knitting. She was also actively involved in the community. She was a Sunday School teacher, a Cub Scout Den Mother (they met in the basement of her house) and volunteered at both the Sioux City, IA, and South Sioux City, NE, libraries.

Bess moved here with Bob in November 2006 because Bob's health was getting so bad and their son, Kim, lives here and could help care for him. They moved here from a house they had built and lived in for 40 years in South Sioux City. Bob passed away in April 2011.

Bess is an active member of our own Westbrook Warblers singing group. She loves music, especially Frank Sinatra. All you have to do is start singing and Bess will join right in. She says she loves the interaction with staff and residents and how they keep her on her toes. She loves to participate in the spelling bees, brain games and trivia challenges. When she get a question or word she doesn't know, she's famous for saying, "I think I hear my mother calling." Her word of wisdom – Don't make a big decision without a great deal of thought. After all, you have to live with the consequences.

## Sleep Changes in Older Adults

Most healthy older adults age 65 or older need 7-8 hours of sleep each night to feel rested and alert. But as you age, your sleep patterns may change. These changes can cause **insomnia**, or trouble sleeping.

Common sleep changes in older adults include: 1. Getting tired earlier in the evening .2.Waking up early in the morning. 3. Waking up in the middle of the night and not being able to go back to sleep. 4. Having insomnia, which is a condition that makes it hard to fall asleep and/or stay asleep.

### Path to improved health

Older adults often see their sleep-wake cycle change. This can be caused by age, lifestyle, or health conditions. Your body's chemicals and hormones are a factor, too. For example, as you age, your body produces less melatonin. This is the natural hormone that regulates your sleep cycle. Lifestyle habits can affect your sleep. These include smoking and drinking alcohol or caffeine.

Certain medicines can make it hard to sleep. Dealing with pain can keep you awake. Some health conditions can even cause sleep problems. Diabetes and prostate issues can contribute to sleep disturbance and make you fatigued.. The problem caused by these conditions is that you are being woken up to urinate many times through the night. Conditions such as congestive heart failure or kidney disease may cause sleep issues. You may have trouble lying flat and getting comfortable enough to fall asleep. If you find yourself sleeping in a recliner or waking up many times throughout the night, it is important to talk to your doctor. He or she can make sure underlying health problems aren't causing your sleep issues.

**Sleep apnea** - One common sleeping disorder is sleep apnea. It causes a person's breathing to abnormally stop and start, while sleeping. People who have sleep apnea often snore loudly. You stop breathing for 10 to 30 seconds at a time. When you start breathing again, you gasp or snort, which can wake you up. This can occur hundreds of times in a single night. Each time you wake up, it disrupts your sleeping pattern. Sleep apnea makes it hard to get a good night's rest. It can be harmful if you stop breathing for too long. It also can cause high blood pressure and increase your risk of a heart attack.

**Restless legs syndrome (RLS)** - RLS is a condition in which you have leg pain or discomfort. It occurs when you are sitting or lying down. It can feel like your legs won't be still. RLS can make it hard for you to sleep.

**Periodic limb movement disorder (PLMD)** - PLMD is a condition in which you kick your legs while you sleep. Most of the time, you don't know you're kicking. If you have a bed partner, they may tell you about it. PLMD can prevent good sleep and cause daytime fatigue. Some people may have RLS and PLMD.

**Things to consider** – 1. If your sleep-wake cycle changes as you get older, these tips may help. 2. Go to bed and get up at the same time each day, even on the weekends. 3. Do not take naps longer than about 20 minutes. 4. Do not read, watch TV, or eat in bed. Only use your bedroom for sleep. 5. Avoid caffeine for about 8 hours before bedtime. 6. Avoid nicotine and alcohol in the evening. Alcohol might help you fall asleep, but it can cause you to wake up in the middle of the night. 7. Do not lie in bed for a long time trying to go to sleep. After 30 minutes of trying to sleep, get up and go to a different room. Do something quiet, such as reading or listening to music. Do not do anything that stimulates your brain. Then, go back to bed and try to fall asleep. 8. Try to be active each day. Exercise can help you sleep better. 9. Ask your doctor if any of your medicines could be keeping you awake at night. Medicines that can disrupt sleep include antidepressants, beta-blockers, and cardiovascular drugs.

**When to see a doctor** – Talk to your doctor if you have trouble sleeping. He or she will review your symptoms and may run tests to confirm a sleep condition. Your doctor also can prescribe medicine or treatment to help you sleep.

### Questions to ask your doctor

Do I have a health problem that could affect my sleep? How many hours should I sleep each night?

I seem to sleep fine, but I'm tired all day. What's wrong? Could medicines I take affect my sleep?

Is it okay to nap for longer than 20 minutes during the day if I feel I need it?