

# The Westbrook Chatterbox

Happy September! We are coming to a time of year that I love! I am looking forward to the cooler air and the changing of the leaves! Pumpkin everything, sweaters, dinner on my deck.

I have been reflecting over what this summer looked like with Covid. I did take a vacation in July and wanted to share some of what I did while I was in Florida for 7 days. The first thing that was different about this trip was you had to wear a mask from the time we walked into the airport until we walked out of the airport in Florida. No one sat in the middle seat on the plane. Six feet apart at all times. They loaded the plane from back to front. Very different from any flights I have taken in the past.

The next thing different was there was really no going out to eat. We mostly shopped at the grocery store and ate at our rental house.

Most of you know that my son, Derek, daughter-in-law, Lizzie and granddaughter, Serenity live in Florida, so we went to spend the week with them. We rented a house with a pool where for the most part, we spent our time. We swam, we ate, we swam some more. We didn't go play at parks, didn't get to go the zoo, didn't get to go to the beach. We had a craft night, Serenity who is 3 1/2, her mommy and I made Disney necklaces! I am NOT complaining, I loved spending all of that time at the house just hanging out and getting to spend precious time with my kids. But, it was noticeably different than visits past.

The day that was the absolute most memorable was on July 6th, Lizzie's birthday! We got up early and drove to Bonita Park in Fort Myers Florida. We were going kayaking in the ocean! I was super excited for this experience! The best part was we were kayaking in Manatee park, the brochure showed people kayaking with the manatee! We arrived and I kept saying "even if we see one, that will be awesome". We walked up to where the kayaks were and Serenity and I saw a manatee immediately! I was so excited!!! I asked the guide and he confirmed that it was a manatee. He also went on to explain that was the first one they had seen in over 2 weeks, so he was excited as well. We got everything ready and then our guide, Steven, pushed me out into the ocean. What an amazing feeling that was in itself! He was preparing everyone else to get out on the water. There were 10 of us total on the tour that day. While waiting for others to get on the water, I was floating around getting use to the kayak and manatee began appearing around us. What an amazing site! When the guide was able to get on the water, he began telling us about the ecosystem. As he was telling us, a manatee surfaced beside him, and to his surprise, her calf surfaced right beside her!

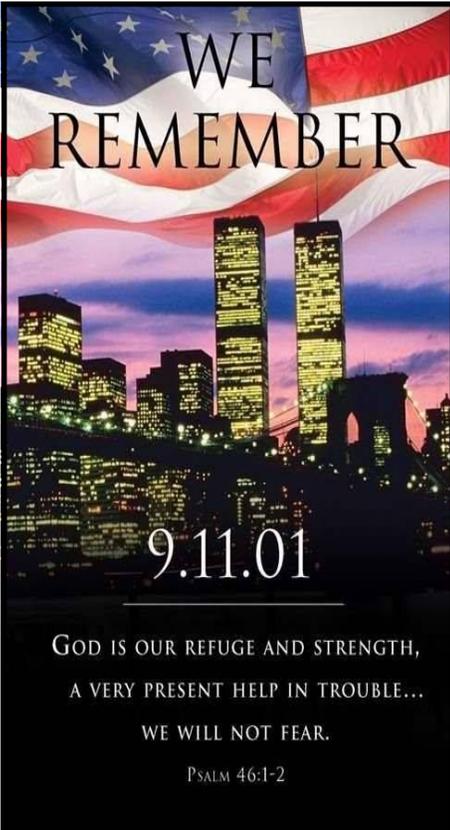
Steven was as amazed as we were! He said that that rarely happens, They don't normally allow humans to see the calves that close. They stayed with us for most of the two hour tour. All in all, there were about 6 different manatee that day that followed us. We had so much fun that when we got home from Florida, we bought two kayaks! We have been taking every chance we get to explore the area lakes and rivers, and have enjoyed every minute. Ask and I will be more than happy to show you photos of our granddaughter, our kayaks, our trip!

Have a wonderful month!-April



Random Acts of Kindness Day is Tuesday, September 1<sup>st</sup>. In these troubled times we are living in, kindness is needed to be shown more than ever. I found a website with a bunch of quotes about kindness. I chose several that spoke to me and I hope they remind you of the importance of Kindness. I completed the list with a few verses from the Bible.

- "HOW DO WE CHANGE THE WORLD? ONE RANDOM ACT OF KINDNESS AT A TIME"
- Morgan Freeman
- "KINDNESS IS A SILENT SMILE, A FRIENDLY WORD, A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN."
- "THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED - THEY MUST BE FELT WITH THE HEART." Helen Keller
- "CONSTANT KINDNESS CAN ACCOMPLISH MUCH. AS THE SUN MAKES ICE MELT, KINDNESS CAUSES MISUNDERSTANDING, MISTRUST, AND HOSTILITY TO EVAPORATE"
- Albert Schweitzer
- "KINDNESS IS HAVING THE ABILITY TO SPEAK WITH LOVE, LISTEN WITH PATIENCE AND ACT WITH COMPASSION."
- "KINDNESS IS THE LANGUAGE WHICH THE DEAF CAN HEAR AND THE BLIND CAN SEE"
- Mark Twain
- "KINDNESS IS THE ABILITY TO KNOW WHAT THE RIGHT THING TO DO IS AND HAVING THE COURAGE TO DO IT!!"
- "CARRY OUT A RANDOM ACT OF KINDNESS, WITH NO EXPECTATION OF REWARD, SAFE IN THE KNOWLEDGE THAT ONE DAY SOMEONE MIGHT DO THE SAME FOR YOU" Princess Diana
- "HUMAN KINDNESS HAS NEVER WEAKENED THE STAMINA OR SOFTENED THE FIGURE OF A FREE PEOPLE. A NATION DOES NOT HAVE TO BE CRUEL TO BE TOUGH" Franklin D Roosevelt
- "KINDNESS CAN BE THE GREATEST GIFT THAT YOU CAN GIVE A PERSON, ESPECIALLY WHEN THEY ARE NOT EXPECTING IT."
- "KINDNESS IS LOVE MADE VISIBLE..." M. Swanepoel
- "KINDNESS IS THE MOST IMPORTANT TOOL TO SPREAD LOVE AMONG HUMANITY."
- "KINDNESS IS CHOOSING TO ACKNOWLEDGE AND CELEBRATE THE BEAUTY IN OTHERS, REGARDLESS OF WHETHER OR NOT THEY CAN FIND IT IN THEMSELVES."
- "KINDNESS IS SHARING THE BEST PARTS OF OUR HEARTS WITH THOSE AROUND US."
- "ALWAYS BE A LITTLE KINDER THAN NECESSARY" James M. Barrie
- "KINDNESS IS SPREADING SUNSHINE INTO OTHER PEOPLE'S LIVES REGARDLESS OF THE WEATHER."
- "WHAT YOU DO MAKES A DIFFERENCE, AND YOU HAVE TO DECIDE WHAT KIND OF DIFFERENCE YOU WANT TO MAKE"
- "A TREE IS KNOWN BY ITS FRUIT; A MAN BY HIS DEEDS. A GOOD DEED IS NEVER LOST; HE WHO SOWS COURTESY REAPS FRIENDSHIP, AND HE WHO PLANTS KINDNESS GATHERS LOVE." Saint Basil
- "ATTITUDE IS A CHOICE. HAPPINESS IS A CHOICE. OPTIMISM IS A CHOICE. KINDNESS IS A CHOICE. GIVING IS A CHOICE. RESPECT IS A CHOICE. WHATEVER CHOICE YOU MAKE MAKES YOU. CHOOSE WISELY."
- "KINDNESS IS GIVING HOPE TO THOSE WHO THINK THEY ARE ALL ALONE IN THIS WORLD."
- "A WARM SMILE IS THE UNIVERSAL LANGUAGE OF KINDNESS"
- "WE DON'T HAVE TO AGREE ON ANYTHING TO BE KIND TO ONE ANOTHER"
- "KINDNESS IS GOING OUTSIDE OF YOUR COMFORT ZONE TO LET PEOPLE KNOW THAT THEY ARE IMPORTANT AND LOVED."
- "KINDNESS IS SEEING THE BEST IN OTHERS WHEN THEY CANNOT SEE IT IN THEMSELVES."
- "KINDNESS IS DOING WHAT YOU CAN, WHERE YOU ARE, WITH WHAT YOU HAVE."
- "KIND HEARTS ARE THE GARDENS. KIND THOUGHTS ARE THE ROOTS. KIND WORDS ARE THE BLOSSOMS. KIND DEEDS ARE THE FRUITS."
- Proverbs 16:23-24 "From a wise mind comes wise speech; the words of the wise are persuasive. Kind words are like honey — sweet to the soul and healthy for the body."
- Proverbs 11:17 "A man who is kind benefits himself, but a cruel man hurts himself."



*Remembering 9/11*

*As the soot and dirt and ash rained down,  
We became one color.*

*As we carried each other down the stairs of  
the burning building, We became one class.*

*As we lit candles of waiting and hoping,  
We became one generation.*

*As the firefighters and police officers fought  
their way into the inferno,  
We became one gender.*

*As we fell to our knees in prayer for strength,  
We became one faith.*

*As we whispered or shouted words of  
encouragement, We spoke one language.*

*As we gave our blood in lines a mile long,  
We became one body.*

*As we mourned together the great loss,  
We became one family.*

*As we cried tears of grief and loss,  
We became one soul.*

*As we retell with pride the sacrifice of heroes,  
We become one people.*

19 years ago, millions of Americans went to bed quietly, with no thought that the next morning their world would change forever. That night hundreds packed flight bags they would not live to open. Thousands slept with loved ones for the last time. One never knows what a new day has in store. Let us live each day to the fullest, and never miss a chance to let those dearest to us know of our love for them. So tonight if you have someone in your life that you love, tell them.....



Time is passing. Yet, for the United States of America, there will be no forgetting September the 11th. We will remember every rescuer who died in honor. We will remember every family that lives in grief. We will remember the fire and ash, the last phone calls, the funerals of the children. – President George W. Bush

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Post, tweet and/or rate us.

If You Like Us  
Rate Us!

*“There are always people on premises, they keep an eye on my dad, they know him very well, and they know how to work with him. I appreciate everything about Westbrook Care Center.” Michael D*

# SEPTEMBER

I was at the grocery store this morning and heard a loud crash and something shattering. Being nosy, I walked towards the sound and saw some people whispering and looking back to the end of the next aisle. When I walked down that aisle, I saw an older lady had hit a shelf and many things had fallen to the ground and broke. She was kneeling on the floor embarrassed, frantically trying to clean up.

I felt so bad for her, and everyone was just standing there staring at her. So I went and knelt beside her and told her not to worry and started helping her pick up the broken pieces. After about a minute, the store manager came and knelt beside us and said, "Leave it, we will clean this up." The lady, totally embarrassed said, "I need to pay for all this first." The manager smiled, helped her to her feet and said, "No ma'am, we have insurance for this, you do not have to pay anything!"

If you have read this far, I would like for you to give me a minute. Wherever you are, close your eyes, and imagine God doing the same for you!

Collecting the pieces of your broken heart from all the blows life has thrown at you. The bill for your faults, sin and folly has already been paid through the precious blood of Christ. God will heal all your wounds. He wants to gently lift you to your feet again, clean up your mess, and pick up all the broken pieces.

He wants to heal you! He wants to take care of your soul!

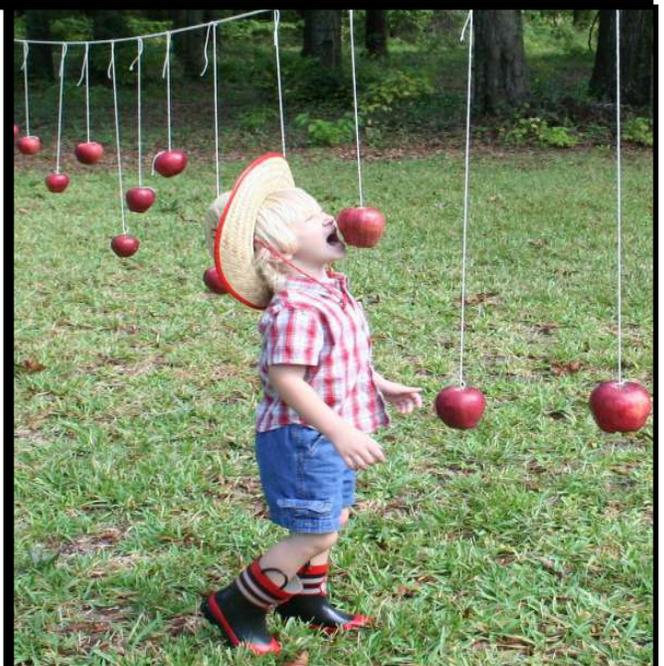
We can have that same insurance and it's called GRACE!

It's the battle of Mathematics and English.

Let's see who can get it right. Grammar buffs will like this one!

Question: One rabbit saw nine elephants while going to the river. Every elephant saw three monkeys going to the river. Each monkey had one tortoise in each hand. How many animals were going to the river?

Stop by the Activity Office with your answer. If you're right, you'll get a sweet prize. Please don't share the right answer. It will spoil the fun for others.



### **NOTES FROM NATURE FROM MARTHA**

GOOD MORNING....AND A BEAUTIFUL ONE IT IS TODAY. AUGUST HAS BEEN FULL OF SURPRISES THIS SUMMER. PLENTY OF RAIN, COOL WEATHER AND CLEAR BLUE SKIES. I WAS ABLE TO BE OUTSIDE ALMOST ALL DAY DURING THE COOLER WEATHER AND MY FLOWERS HAVE LOVED IT. I THOUGHT THE OTHER DAY I WOULD COUNT ALL MY ZINNIAS...HA....STOPPED WHEN I GOT TO 1,000!

JUST KIDDING....BUT SERIOUSLY I HAVE HUNDREDS IN FRONT AND BACK YARD, EVERY COLOR...EVERY SIZE...JUST BEAUTIFUL. I ALSO NEVER KNEW HOW MANY INSECTS, BUTTERFLYS, BEES AND OTHER VARIOUS CRITTERS LOVED ZINNIAS. AND THE HUMMINGBIRDS!! I THINK I MUST HAVE HELPED POLLINATE HALF OF CLAY COUNTY..

THINKING ABOUT BEES....ONE OF MY GARDEN FRIENDS WAS INVITED TO A BEE SPINNING!! I NEVER HEARD OF SUCH A THING. IT WAS ON ONE OF THE COOL EVENINGS AND SHE LIVES IN THE COUNTRY LIKE ME, IN FACT JUST ABOUT ½ MILE UP THE ROAD. SHE WALKED UP TO THE NEIGHBORS ACROSS THE BRIDGE AND WATCHED AS THEY TOOK THE LARGE SQUARES OUT OF THE HIVES, CUT THEM WITH A HOT KNIFE AND PUT THEM IN A OLD MONTGOMERY WARD SPINNER. AFTER IT WAS THROUGH SPINNING IT WAS THEN STRAINED TO CATCH ALL THE BEES LEGS AND VARIOUS OTHER THINGS. AFTER THAT THE LADY OF THE HOUSE BROUGHT OUT BASKETS OF FRESH BISCUITS WITH BUTTER AND THEY ENJOYED THE FRESH HONEY. I AM JUST SURE MY FLOWERS WERE INVOLVED SOMEHOW. I MUST STOP NOW...I AM SUDDENLY VERY HUNGRY!

### **MUSIC NOTES FROM MARTHA**

SCHOOL DAYS, SCHOOL DAYS,DEAR OLD GOLDEN RULES DAYS! IT IS HERE....SCHOOL IS GETTING READY TO BEGIN IN SEPTEMBER. IT WILL BE DIFFERENT THIS YEAR DUE TO THE COVID BUT SOMETIMES DIFFERENT IS A GOOD THING. I KNOW SCHOOL IS VERY DIFFERENT FROM WHEN I WAS A STUDENT, (NOT A VERY GOOD ONE. I WAS IN IT FOR THE FUN). I GRADUATED FROM KEARNEY IN 1962 WITH 22 IN MY CLASS. THAT WAS THE LARGEST CLASS I EVER HAD. USUSALLY JUST 16 OF US AND MOST STARTED 1<sup>ST</sup> GRADE TOGETHER. NO KINDERGARTEN, NO SCHOOL LUNCH, NO TALKING BACK OR YOU GOT IT AT SCHOOL AND THEN AGAIN WHEN YOU GOT HOME! WE DIDN'T HAVE A SPECIAL MUSIC TEACHER....JUST US AND THE TEACHER WHO SOMETIMES COULD SING AND SOMETIMES....WELL OK...SHE TRIED! THINK ABOUT THE SCHOOL MUSIC CLASS YOU ATTENDED....AND THE SONGS YOU SANG....WE LEARNED A LOT FROM THE SONGS WE SANG AND I LOOK FORWARD TO BEING ABLE TO SING WITH YOU SOON...

**MART**

### Featured Resident – Fred Walters

Fredrick “Fred” Walters was born to Fred and Wilma Walters in NE Kansas City, MO. He was the fourth of six children. When Fred was two years old, his family moved to Santa Maria, California for his dad’s job. They moved back to NE Kansas City when he was five. Growing up, Fred liked school especially woodworking, shop and recess.

Fred grew up poor and didn’t have a great home life. He ended up quitting school after his eighth grade year to go to work. He started working at a grocery store. At age 17, he went to work for Temp Master, a sheet metal shop, making duct work for commercial air conditioning.

At this same time, Fred met Gloria Hain at a party. They started dating and got married in 1966. Their son, Fredrick, Jr., was born in 1967. Eleven months later, they welcomed their daughter, Sherry. In 1970, they had their daughter, Vicki.

When Vicki was only three months old, Gloria filed for divorce and left Fred and the kids. Fred got full custody of all three children. His mom helped with Vicki. Vicki would stay with her during the week and with Fred on the weekends.

It wasn’t easy for Fred being a single dad of three children under the age of four. He was only twenty-one years old himself. But Fred loved his kids and would do anything for them and to keep them. As he was raising his kids, they would go to the drive-in, go play mini-golf and spend time at Fairyland Park.

Fred got a second job in 1972. He went to work for B&B cleaning apartments and office buildings. Fred spent most of his life working two jobs.

In 1982, Fred married a long time friend and co-worker, Faye Walters. (Yes, her maiden name was Walters.) The marriage was short lived however. Vicki had been staying with Fred’s mom but wanted to come and live with Fred and her siblings. Faye didn’t want to have three children and so after about a year, they divorced.

In 1989, Temp Master went out of business. Fred worked odd jobs until he was able to get a full-time job. In 1990, he started working at Shoreline Sheet Metal. His kids were grown and gone from home. He spent lots of time with friends – playing horseshoes, having barbeques and drinking beer.

In 1999, Fred’s life changed again. His son, Fredrick and his wife got involved in drugs. Fred received a phone call from the hospital. His two day old grandson, Raven, had cocaine in his system. Fred adopted Raven and raised him as his own. Fredrick and his wife had two other children, Jacob in 2001 and Jodie in 2003. Fred’s daughter, Sherry, adopted Jacob in 2001 and Fred had to go pick up Jodie from Springfield in 2006. He adopted her as well.

In 1998, Fred resumed a friendship with his ex-brother in law, Rick Hain. The Hain’s family was not happy about it and were spoke out against their being friends. Fred and Rick didn’t care and continue to be best buds to this day.

Fred retired in 2014 from Shoreline at the age of 65. He didn’t stay home for very long. He started working with his daughter, Sherry, doing cleaning. Before long, he started working for Steve McDonald. First as maintenance at Westbrook and then maintaining and remodeling rental properties. Over the years, the work has become more and more. Rick started working with him in 2015. They continue to work in maintenance at Westbrook and with the rental properties. However, a few months ago, Fred starting working in the kitchen three days a week.

Fred enjoys working at Westbrook. He loves the people- both staff and residents. He is very grateful to Steve and Amy for keeping him busy over the past several years. He also likes the variety of work as well as the flexibility.

Eight years ago, Rick got Fred involved in Towerview Baptist Church. He had always believed in God but had never been involved in corporate worship.

Fred’s grandson, Jacob, went to prison in 2019. Fred met his eight month old twin great granddaughters when they and their mother came to live with him. He says they are ornery but he loves having them around.

Fred loves hunting deer and turkey and fishing. He eats what he kills and catches. His advice to the next generation is to get an education, be a good worker and always do a good job.

## The Power of Awe

Gazing at a sunset. Seeing a close friend reach a goal she's sought for years. Walking your daughter down the aisle at her wedding. These experiences have something in common: They inspire a sense of awe. Feelings of warmth and positivity flood your mind in a way that doesn't happen when doing laundry.

Experiencing awe carries significant benefits to physical and mental health, according to new research. Doctors still don't fully understand the underlying mechanisms, but studies show positive effects — reduced inflammation, lower stress, and improved heart rate and diastolic blood pressure — in people who report regularly feeling wonder or awe.

Getting out in nature is the most common way for people to feel that sense of awe. But it's not the only way. Relationships with other people can produce feelings of awe. Experiencing art, music or other forms of personal expression can produce it, too.

Mayo Clinic experts say that you should make a point of having awe-inspiring experiences, especially in these times of distractions, worries and distress. Some ways to focus a part of each day on inspiring awe include keeping a portfolio — either virtually or on paper — of awe-inspiring quotes and pictures, practicing meditation or similar mind-centering activities, and bringing a sense of wonder to small, daily things that often get overlooked, such as a bumblebee exploring a flower, a grandchild's delight or an elegantly crafted piece of furniture.

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## My hands are very dry due to so much hand washing. How can I protect my skin?

Hand-washing with soap and warm water is one of the best defenses against spreading the COVID-19 virus, and it's common and even expected that the skin will become dry or irritated from the appropriately increased frequency of hand-washing. To lessen dry skin development, make sure to:

- Use a hypoallergenic soap that is free of perfumes or other potential irritants.
- Wash with comfortably warm water.
- Rinse all soap off the hands after lathering — particularly off the wrist area and between fingers — as soap residue left on skin can be irritating.
  - Gently pat your hands dry with a frequently washed towel or a paper towel. Don't let hands air-dry, as this increases evaporation of moisture from the skin.
  - Apply and rub in a layer of hypoallergenic moisturizing lotion or cream. For extra moisturization, wait a minute or so after the first application, then apply again. If needed, apply a layer of ointment on top of moisturized hands. The skin doesn't absorb the ointment, but it slows the natural evaporation of moisture from the skin.



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### Mental Test

Figure this out: This is a test to gauge your mental flexibility and creativity. In the years since it was developed, it has been found that few people could solve more than half in the first day. Many reported getting answers long after the test had been set aside at unexpected moments when their minds were relaxed. While others reported solving it over a period of several days.

Example: 16= O in a P

Answer: 16 ounces in a pound

- |          |                      |       |
|----------|----------------------|-------|
| 1. 26    | L of the A           | _____ |
| 2. 7     | D of the W           | _____ |
| 3. 1001  | A N                  | _____ |
| 4. 12    | S of the Z           | _____ |
| 5. 54    | C in a Deck (with J) | _____ |
| 6. 9     | P in the SS          | _____ |
| 7. 88    | K on a P             | _____ |
| 8. 13    | S on the A F         | _____ |
| 9. 32    | D F at which W F     | _____ |
| 10. 18   | H on a G C           | _____ |
| 11. 90   | D in a R A           | _____ |
| 12. 200  | D for P G in M       | _____ |
| 13. 8    | S on a S S           | _____ |
| 14. 3    | B M (S H T R)        | _____ |
| 15. 4    | Q in a G             | _____ |
| 16. 24   | H in a D             | _____ |
| 17. 1    | W on a U             | _____ |
| 18. 5    | D in a Z C           | _____ |
| 19. 57   | H V                  | _____ |
| 20. 11   | P on a F T           | _____ |
| 21. 1000 | W that a P is W      | _____ |
| 22. 29   | D in F in a L Y      | _____ |
| 23. 64   | S on a C B           | _____ |
| 24. 4    | D and N of the GF    | _____ |
| 25. 76   | T in the B P         | _____ |
| 26. 50   | W to L Y L           | _____ |
| 27. 99   | B of B on the W      | _____ |
| 28. 60   | S in a M             | _____ |
| 29. 1    | H on a U             | _____ |
| 30. 9    | J of the SC          | _____ |
| 31. 7    | B for S B            | _____ |
| 32. 21   | D on a D             | _____ |
| 33. 7    | W of the A W         | _____ |
| 34. 15   | M on a D M C         | _____ |
| 35. 101  | D                    | _____ |

Scoring:            1-6        =    Average                    7-12 =    Somewhat Intelligent  
                         13-18    =    Intelligent                18?    =    Genius!!