



# The Westbrook Chatterbox

Autumn has arrived and with it some amazingly cool temperatures. I love autumn. It is my absolute favorite season. This past weekend, I went camping. It was so relaxing and rejuvenating; just my husband and I, no Chloe even. There was a blissfully cool breeze so we were able to have the camper windows all open. We sat around a campfire and visited for hours. The acorns were falling and would hit the roof of the trailer. It was so much fun!

In a year of social distancing and much disappointment, it's nice to be able to do something. Camping is the ultimate in social distancing. We were in an area that was completely surrounded by trees. We could hardly see our neighbors. The campground was full but the sites were far enough apart that it wasn't an issue. As much as I would like to be with friends, it was at least nice to get out of the house.

Every October we go to Osage Beach and stay at our condo. This year when we go, it will be very different. Usually we go shopping, out to eat and play miniature golf and arcade games. This year, we will be staying in the condo, trying out new recipes and playing cards, reading books and coloring. Chloe is going with us because her college classes are all online and so she can attend her classes at the condo.

Even though things are very different this year, there are still many things to be thankful for. We all have a place to live, we have food to eat, friends to talk to (whether by phone, Zoom, FaceTime or in person), and activities to attend. And it took a few months, but we can have our friends and family visit us during the week. (It may still be restricted but at least we can be thankful to get to see them some.)

It is so easy to get down and blue during all this turmoil. I mean it is an election year! BUT it is so important to take time to think on the good things. The Bible says in John 14:27 *Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.* So despite the election, the fires and the pandemic we can have peace and be content. We do not need to live with fear.

Next month is Thanksgiving and I am going to do a daily gratitude journal. So be looking in next month's Chatterbox for more on that. I will have resources so that you too can create your own gratitude journal if you want.

Now more than ever, it is important to take care of ourselves , not only physically, but also mentally and emotionally. We need to look out for each other as well. If you see someone who is down, take a minute to visit with them or if you are a believer, pray for them even after you've moved on. Be a person who makes a difference.

Until Next Month,  
Janelle

## October's Celestial Anomalies

October has two full Moons this year: the full Harvest Moon on October 1 and the full Hunter's Moon on the 31st—Halloween!

The first of October's full Moons rises on Thursday, October 1, reaching peak illumination at 6:06 P.M. (it won't be visible until after sunset, however). October's second full Moon rises on Halloween—Saturday, October 31—and hits peak illumination at 11:51 A.M.

Being full Moons, both of these autumn Moons rise above the horizon around sunset. For several days around the time of the full Harvest Moon, the Moon rises only about 30 minutes later each night. This extra light early in the evening is what makes this time of year special, and traditionally is what gave farmers extra days for harvesting beyond sunset. Hence, the name "Harvest" Moon!

As the Moon rises from the horizon around sunset, it may appear larger and more orange—how perfect for the fall season! But don't be fooled by the "Moon Illusion," which makes the Moon appear bigger than it really is.

As stated above, October's second full Moon lands on Saturday, October 31, making Halloween night extra special this year. Plus, the second full Moon in a single calendar month is often called a "Blue Moon," giving us a spectacular (and spooky) Halloween Blue Moon!

Just how rare is a full Moon on Halloween? Despite all the creative Halloween full Moon pictures, a full Moon occurring on Halloween is not a common occurrence and only happens every 18 to 19 years.

For decades, the Farmer's Almanac has referenced the monthly full Moons with names tied to early Native American and Colonial folklore. However, both the Harvest Moon and the Hunter's Moon are unique in that they are not related to this folklore, nor necessarily tied to a single month. Instead, they relate to an astronomical event: the autumnal equinox!

The Harvest Moon is said to be the full Moon which occurs nearest to the date of the autumnal equinox (September 22, 2020). This means that either September or October's full Moon may take on the name "Harvest Moon" instead of its traditional name. Similarly, the Hunter's Moon is the first full Moon to follow the Harvest Moon, meaning that it can occur in either October or November.

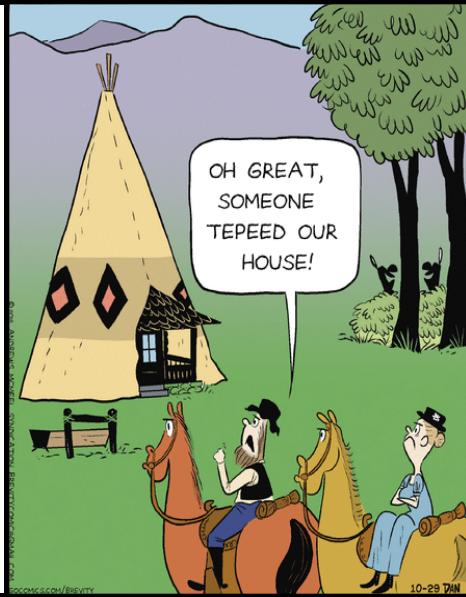
Besides these two full moons, keep an eye out for the Draconid meteor shower in the late evening of October 9, and the Orionid meteor shower in the predawn hours of October 21–22.

A meteor shower can be seen ANYWHERE in the sky! And better yet, you don't need any special equipment. In fact, binoculars do not work for meteor showers. The naked eye is best.

The sky needs to be dark, away from all the city lights. Try to get to a viewing site as far as possible from bright lights. Bright moonlight, within a few days of a full Moon will reduce the number of meteors that you will see. Obviously, the weather needs to cooperate so that the skies are clear. Look for a location with a wide-open view of the sky, free from obstructions like tall trees or buildings. Spend about 20 minutes outside for your eyes to fully adjust to the darkness of the night sky. Spread a blanket on the ground and get cozy!



# OCTOBER



## True Australian Halloween Ghost Story

This story happened a few years ago on 31st October in Brisbane, and even though it sounds like an Alfred Hitchcock tale, it's true.

John Bradford, a Sydney University student, was on the side of the road hitch hiking on a very dark Halloween night and in the midst of a storm. The night was rolling on and no car went by. The storm was so strong he could hardly see a few feet ahead of him. Suddenly he saw a car slowly coming towards him and stopped. John, desperate for shelter and without thinking about it, got in the car and closed the door, just to realize there was nobody behind the wheel and the engine wasn't on!

The car started moving slowly. John looked at the road and saw a curve approaching. Scared, he started to pray, begging for his life. Then, just before he hit the curve, a hand appeared through the window and turned the wheel. John, paralysed with terror, watched how the hand appeared every time they came to a curve.

John saw the lights of a pub down the road so, gathering strength, jumped out of the car and ran to it.

Wet and out of breath, he rushed inside and asked for two shots of tequila. He then started telling everybody about the horrible experience he went through. A silence enveloped everybody when they realized he was crying and... wasn't drunk.

About 15 minutes later, two guys walked into the same pub. They were also wet and out of breath.

Looking around and seeing John Bradford sobbing at the bar, one said to the other, 'Look, Bruce. There's the idiot who got in the car while we were pushing it.'

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Post, tweet and/or rate us.



**"I love that Westbrook is easily accessible for residents and visitors to get around. My mom really loves it there!"** Dianne L

NOTES FROM NATURE FOR MARTHA  
HAPPY FALL!!!

OH, THAT DOESN'T SOUND GOOD AT ALL...LETS START OVER  
AWSOME AUTUMN!!

YEAH, THAT'S BETTER. AN ALTERNATIVE TITLE WOULD BE "SMOKE, SHADOWS AND FAREWELLS." IT IS AMAZING TO ME TO THINK ABOUT HOW TERRIBLE THE FIRES IN CALIFORNIA ARE AND THEN WATCH A BEAUTIFUL SUNSET BECAUSE OF THE SMOKE THAT HAS DRIFTED OUR WAY. I AM PRETTY SURE THE PEOPLE OF CALIFORNIA WOULD NOT BE COMFORTED BY OUR GIFT FROM THEIR SMOKE! ANOTHER GIFT OF THE SMOKE IS OUR TEMPERATURES HAVE BEEN MORE REASONABLE BECAUSE THE SMOKE FILTERS THE SUNLIGHT. AND THE SHADOWS...I ALWAYS LOVE THE WAY THE SHADOWS LOOK STARTING IN SEPT. THEY STRETCH AND LENGTHEN CREATING A DIFFERENT LANDSCAPE IN MY YARD. ALL THE ZINNIAS AND SUNFLOWERS ARE DROOPING TO THE SOUTH AS THEY FOLLOW THE SUN....AND IN THE NEXT COUPLE OF WEEKS THEY MAY MEET THEIR DEMISE. I HEARD THE WORD FROST ON THE WEATHER LAST NIGHT. OH, WELL, IT IS THAT TIME OF YEAR. I WILL SAY FAREWELL TO MY FLOWERS WITH JOY IN MY HEART. THEY HAVE PULLED ME THROUGH WHAT COULD HAVE BEEN A ROUGH TIME DUE TO THE COVID. I FEEL LUCKY TO HAVE THE SPACE TO GROW THINGS AND I APPRECIATE GODS BEAUTIFUL CREATIONS. THE "BIRDS AND THE BEES" WHAT A BLESSING!! MARTHA

MUSIC NOTES FROM MART  
HI GANG, MISSING YOU SO MUCH!!!

I WAS SO EXCITED TO HEAR FROM JANELLE THE NEWS ABOUT THE NEW SINGING GROUP, THE SUNSHINE SING A LONG GANG LED BY ALICE, " WAY TO GO , ALICE" I AM SO GLAD SHE STEPPED UP AND TOOK CHARGE...I MISS BEING THERE BUT FEEL MUCH BETTER NOW THAT I KNOW THERE IS A PLAN IN PLACE AND YOU GET TO CONTINUE SINGING.....MUSIC IS SO IMPORTANT!! WHAT IS THAT SAYING, MUSIC CAN CALM THE SAVAGE BEAST? I DON'T THINK ANY OF YOU ARE SAVAGE BEASTS, HOWEVER, I DO LOOK IN THE MIRROR ON SOME DAYS AND WONDER!! THEN I SING A SONG....I HAVE DISCOVERED A SINGER ON YOUTUBE NAMED JIMMY BARNES. HE IS AN AUSTRALIAN SINGER (COUNTRY AND OLD TIME ROCK AND ROLL). HE STARTED IN 1967 AND IS STILL GOING STRONG. HIS VERSION OF SHAKE, RATTLE AND ROLL IS OUT OF SIGHT!

ANOTHER SONG OF HIS IS "RECONSIDER ME" AND "DARK END OF THE STREET". I ALSO RAN ACROSS "THE FABULOUS THUNDERBIRDS". I WAS UP TIL ALMOST 1 AM ONE NIGHT LISTENING TO OLD TIME ROCK AND ROLL.....ROCK ON WESTBROOK.....MART

## **Featured Staff – Rick Hain**

Ricky Dean Hain was the seventh of eight children born to Joseph and Roberta Hain. He grew up in the Northeast section of Kansas City, MO. Growing up, he enjoyed playing baseball and football. However, Rick was a troubled youth. He hated school and dropped out in the eighth grade. He started running the streets with the neighborhood guys. He was picked up for truancy and ended up at McCune Boys School. He was released when he turned 16.

Returning to the old neighborhood, Rick started hanging out with Deena Holst. She lived around the corner and they had gone to school together. In 1977, Rick (17) and Deena (16) got married due to an unplanned pregnancy. Later that year, Ricky, Jr, was born.

Rick went to work at his father-in-law's store until he turned 18. He then went to work for American Ice Cream Company. In 1979, their daughter, Heidi, was born. Rick needed more money and ended up getting in trouble with the law.

He was sentenced to 7 years in Missouri and 7 years in Kansas to be served consecutively. Knowing he was going to be in prison for some many years, he asked Deena to divorce him. He wanted her to be free to live her life without worrying about him. He basically cut ties with his family for their own good.

Rick started serving his seven years in Missouri first. He was not a model prisoner; believing that the rules didn't apply to him. He was paroled in 1985 but only lasted six months on the outside before violating his parole. He was released from Missouri in 1987 and was immediately transferred to Kansas to serve his time there. He was paroled in 1993. Still not thinking the rules applied to him, he went on the run for the next four years before getting caught in Texas. He was returned to Kansas where he finished his sentence.

Rick had been saved as a child but had turned his back on his faith as he grew up. The last couple of years in prison, he started attending chapel. After a year and a half, he realized he needed to change and that he could not do that on his own. He had no one to help him. Realizing he needed to rededicate his life to the Lord, he asked the prison ministry workers to pray with him. It was the first in several positive changes in his life.

Rick was released from prison in 2000. He returned to Northeast KC and moved in with a friend. A couple of days later, he ran into Deena. She asked if he would like to meet his grandchildren. This meeting reinforced his need to straighten up. He also reconnected with his former brother-in-law, Fred Walters. Between Deena and Fred, they became a support system for him and helped him stay straight.

A month or so after meeting Deena, the couple moved in together. Deena said she couldn't help him if they remained in Northeast. So the couple relocated to North Kansas City. Deena was actively attending Towerview Baptist Church but Rick was scared to attend. He was afraid he'd be judged for his tattoos, long hair and time in prison. Deena remained faithful and became an example to Rick. A year later, he started attending church as well. They are still involved with Towerview Baptist.

Rick went to work for Advanced Tree Service in 2000 and remained there until 2015. Rick and Deena remarried Christmas Eve, 2009. They have two grandsons, two granddaughters (one deceased) and one great granddaughter.

Rick and Fred started their own sub-contracting company called Handyman Construction. In 2015, they started doing odd jobs for Steve McDonald which led to them working in maintenance here at Westbrook.

Rick loves the staff and residents at Westbrook. He says the staff is good and caring and non-judgmental. He loves being able to help the residents who are kind and grateful. He also likes the flexibility of hours and the variety of work.

Rick loves spending time his grandchildren. He plays football and X-Box with them. He says they are his reason for living. He also enjoys watching football especially the Chiefs.

His words of advice are to learn about the Lord; it will change your life. Everything, both good and bad, in life will affect you! So be caring and kind to each other and respect each other.

## What Your Body Language Says...

Body language refers to the nonverbal signals that we use to communicate. According to experts, these nonverbal signals make up a huge part of daily communication.

From our facial expressions to our body movements, the things we *don't* say can still convey volumes of information. It has been suggested that body language may account for between 60 to 65% of all communication.

Understanding body language is important, but it is also essential to pay attention to other cues such as context. In many cases, you should look at signals as a group rather than focusing on a single action.

Here's what to look for when you're trying to interpret body language.

Gestures can be some of the most direct and obvious body language signals. Waving, pointing, and using the fingers to indicate numerical amounts are all very common and easy to understand gestures.

The following examples are just a few common gestures and their possible meanings:

**A clenched fist** can indicate anger in some situations or solidarity in others.

**A thumbs up and thumbs down** are often used as gestures of approval and disapproval.<sup>10</sup>

**The "okay" gesture**, made by touching together the thumb and index finger in a circle while extending the other three fingers can be used to mean "okay" or "all right."<sup>10</sup> In some parts of Europe, however, the same signal is used to imply you are nothing. In some South American countries, the symbol is actually a vulgar gesture.

**The V sign**, created by lifting the index and middle finger and separating them to create a V-shape, means peace or victory in some countries. In the United Kingdom and Australia, the symbol takes on an offensive meaning when the back of the hand is facing outward.

The arms and legs can also be useful in conveying nonverbal information. Crossing the arms can indicate defensiveness. Crossing legs away from another person may indicate dislike or discomfort with that individual.

The following signals from the arms and legs may convey:

**Crossed arms** might indicate that a person feels defensive, self-protective, or closed-off.

**Standing with hands placed on the hips** can be an indication that a person is ready and in control, or it can also possibly be a sign of aggressiveness.

**Clasping the hands behind the back** might indicate that a person is feeling bored, anxious, or even angry.

**Rapidly tapping fingers or fidgeting** can be a sign that a person is bored, impatient, or frustrated.

**Crossed legs** can indicate that a person is feeling closed off or in need of privacy.

How we hold our bodies can also serve as an important part of body language. The term *posture* refers to how we hold our bodies as well as the overall physical form of an individual.

Posture can convey a wealth of information about how a person is feeling as well as hints about personality characteristics, such as whether a person is confident, open, or submissive.

Sitting up straight, for example, may indicate that a person is focused and paying attention to what's going on. Sitting with the body hunched forward, on the other hand, can imply that the person is bored or indifferent.

Try to notice some of the signals that a person's posture can send.

**Open posture** involves keeping the trunk of the body open and exposed. This type of posture indicates friendliness, openness, and willingness.

**Closed posture** involves hiding the trunk of the body often by hunching forward and keeping the arms and legs crossed. This type of posture can be an indicator of hostility, unfriendliness, and anxiety.

## Protect skin under your face mask

Face masks cover the noses and mouths of more people than ever right now. While they provide crucial help in reducing the risk of COVID-19 virus transmission, they can also cause skin irritation at areas of friction: the bridge of your nose, behind your ears and along your jawline. This is especially true for people with acne or conditions such as eczema, rosacea or psoriasis. If you notice any ongoing redness or a rash under your mask, talk to your health care provider.

Better yet, you may be able to prevent irritation problems with your face mask by:

- **Finding a good fit** — A mask should be tight enough that it won't slip or fall off. But it shouldn't be so tight that it leaves marks or bruises the skin.
- **Cleaning and moisturizing your skin before masking** — After washing your hands, wash and dry your face. Before putting the mask on, rub a thin layer of moisturizer — lotion or cream — on your face. Most people only need to do this once a day. However, those wearing masks for long periods may benefit from repeating once during the day. Avoid wearing makeup or foundation beneath the mask, as the chemicals in makeup may cause skin to break out in acne or a rash.
- **Washing and moisturizing after use** — After removing your mask for the day, wash your hands and face thoroughly with cleanser and water. Apply a moisturizing lotion or cream to your face and neck.
- **Washing your mask regularly** — Wash cloth masks at least daily to disinfect. This can be done by hand or in a washing machine. Hand-washing is generally easier on the mask.

### **FOLLOW THESE GUIDELINES TO PROPERLY WEAR YOUR FACE MASK**

- Wash your hands before and after touching the mask.
- Touch only the bands or ties when putting on and taking off your mask.
- Make sure the mask fits to cover your nose, mouth and chin. If you adjust the mask to cover those areas, wash your hands before and after.
- Make sure you can breathe and talk comfortably through your mask.
- Wash reusable masks after each use. If the mask is disposable, discard it when visibly soiled or damaged.

### **TO PROTECT YOURSELF AND OTHERS, AVOID THESE COMMON MASK-WEARING MISTAKES**

- Don't touch your or your child's mask while it is being worn.
- Don't wear the mask under your chin with your nose and mouth exposed.
- Don't leave your nose or mouth uncovered.
- Don't remove the mask while around others in public.
- Don't share your mask with family members or friends.

Mayo Clinic Health Letter October 2020

## **IMPROPER USE OF FACE COVERINGS**

