

# The Westbrook Chatterbox

Happy March!!

After a major cold snap in February with record breaking temperatures (remember -15 actual), warmer weather should be on the way with the beginning of spring. I'm looking forward to the colors that spring brings with it. The greening grass and budding trees, the flowers in a plethora of colors and the blue skies and sunshine are all extremely welcome. I love being able to sit out on my deck in the mornings with a cup of coffee and just enjoy the changing seasons.

Most of us have had both of our vaccinations and we are starting up activities again. Be sure to pay close attention to the calendar. There is a lot of on it. Please be patient as we start bringing back activities. We cannot start everything all at once and as of yet, we cannot bring in volunteers. But folks, I believe I see a light at the end of this tunnel and it doesn't look like an oncoming train.

As you receive this Chatterbox, we are on day 357 since we started this long, long journey through a worldwide pandemic. It has been hard on all of us, not just physically but emotionally and mentally. I know I don't need to go into details as you all have lived it.

Many of you may remember Becky Franklin. She used to come in and do a program called Coping with Change. She is a licensed therapist with Tri-County Mental Health. They have come up with a program series called "How to Cope and Find Hope After Living Through a Pandemic". This is a four week series and we are delighted to inform you that Becky will be here to facilitate this program with us.

Week one is on Relaxation, week two is Mindfulness and Meditation, week three is Grief Takes Many Forms and finally week four is Thoughts and Feelings. She will be here on Wednesday afternoons (March 3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> at 1:30pm). I strongly encourage everyone to take advantage of this opportunity. Even if you don't think you need it, you might be surprised to find a new way to deal with issues that arise.

Easter is coming up the first weekend in April. Holy Week and Palm Sunday are the end of March. My friend, Sharon, has written a thought provoking article about Lent and Holy Week. I hope you will be motivated and inspired by it. As my pastor says, "Easter is the Super Bowl for Christians".

I am so happy that we are returning to some sense of normality. It will not look the same and we will not be doing the same things or doing things the same. We will figure out how to embrace this new normal and make the most of it!

Until Next Month,  
Janelle

**"You know you're a gardener if....."**

1. You consider well-aged manure a thoughtful gift.
2. When you see someone trimming trees, you wonder if you could use a cutting of that.
3. You have taken bags of leaves (i.e. other people's trash) off the street to use as mulch or compost.
4. You have saved pits or seeds from fruit you liked, in your purse or pocket, to sprout at home.
5. You hoard yogurt containers, plastic bottles and egg cartons because they are useful in the garden.
6. You sometimes forget your "to-do" list because the plants just need some staring at.
7. You think store bought tomatoes are disgusting.
8. A sale at the nursery is more exciting than a sale at the department store.
9. When you meet someone who likes to garden, you feel an immediate and unbreakable bond with them. Secretly you also wonder if their harvests are better than yours.
10. Your favorite color is green.
11. Gives zucchinis to friends and co-workers (and sometimes the postal deliverer and UPS driver).
12. Home Depot and nursery's know you by your first name.
13. Own one too many floppy straw hats.
14. The yard is in better shape than the inside of your house.
15. You have more pairs of gloves than earrings.
16. You stop talking mid-sentence when you see a plant you don't recognize.
17. You wake up in the middle of a cold night and wonder if you should go out and cover your succulents.
18. You water other people's plants when out for a walk from your own water bottle if they look thirsty.
19. Your own garden book collection rivals Barnes & Nobles.
20. You're in a national park and you have to resist the urge to pull weeds.



**How To Plant Your Garden**

First, you come to the garden alone, while the dew is still on the roses.

FOR THE GARDEN OF YOUR DAILY LIVING ,

PLANT THREE ROWS OF PEAS :

1. Peas of mind
2. Peas of heart
3. Peas of soul



PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness



PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another



NO GARDEN IS WITHOUT TUR-NIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another



TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:

1. Thyme for each other
2. Thyme for family



WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE. THERE IS MUCH FRUIT IN YOUR GARDEN BECAUSE YOU REAP WHAT YOU SOW. NOT BAD, HUH?!

# MARCH

Love makes our friends a little dearer - Joy makes our hearts a little lighter  
Faith makes our paths a little clearer - Hope makes our lives a little brighter  
Peace brings us all a little nearer.



*May your heart be warm and happy,  
With the lilt of Irish laughter,  
Every day in every way  
And forever and ever after.*

*May you always be blessed  
With walls for the wind  
A roof for the rain  
A warm cup of tea by the fire  
Laughter to cheer you  
Those you love near you  
And all that your  
Heart might desire*



SO THIS IRISHMAN  
WALKS OUT  
OF A BAR...

NO, REALLY, IT CAN HAPPEN

*May your neighbors respect you,  
Trouble neglect you,  
The angels protect you,  
And heaven accept you.*



Saturday, March 20th



## **Lent & Holy Week: A Time to Remember. A Time to Prepare.**

We're almost two weeks into the Lenten season. Until several years ago, I never really understood what that meant. Honestly, I'm still learning.

Growing up with one set of influences, I knew there was Ash Wednesday, which I never understood, followed by Lent. Lent simply meant I was supposed to give up something that was important to me for a period of time until Easter. Of course, all I knew of Easter as a child was the Easter Bunny, chocolate, and an egg hunt. My heart soared as I came to an understanding of Christ and the significance of Easter and Christmas. As I grew older, more Christians were talking about Advent and Lent as part of the overall worship experience with Christ; a season of preparation and remembrance. Now, these are concepts I can wrap my mind around.

Now, I'm no Biblical scholar, nor am I legalistic in how I try to live out my faith. However, I do enjoy the structure of the seasons - be that the seasons of weather or the seasons of worship. So, what can we do with this season of Lent? After all, it's already started, right, doesn't that put us behind? Absolutely not! There's no such thing. Since Jesus meets us where we are, wherever we are is right where we need to be, and right on time. (Hee hee. I totally just channeled my inner J.R.R. Tolkien; just not sure if that was reminiscent of Bilbo or Gandalf. Hmm. But I digress.) I'm reading through the book of Joshua right now and will follow it up with the book of Mark with the "She Reads Truth" Lent 2021 study. You are welcome to jump in and read along, too. I've included the link below. Whatever you choose to do, the goal is alignment of your heart with God, remembering Jesus's life as we near the ultimate sacrifice and gift of salvation in his death and resurrection (Easter, but that's next month).

Palm Sunday will be the last Sunday in March. This marks the beginning of Holy Week. Jesus made his triumphal entry into Jerusalem, and amidst the subplot of all the scheming toward his demise, he spent his time teaching and praying. He was preparing his followers for his departure, and he was preparing himself for the ultimate task ahead of him. He was available to his disciples and the people, and drawing nearer to God. I can think of no better an example.

I like to spend time pouring over the gospels - reading, pondering, and praying over Jesus's last week. His words. His actions. I long for warm spring days and a garden in which to wander, but I'm not sure that will be a thing this year. Regardless, I'd like to encourage you to do the same.

As the calendar flips to March, embrace the season of preparation and remembrance ahead of you. Dive into the gospels. Dive into Jesus. There's no magic formula or plan, just aligning your heart to Him, aware of who He is and what He has given us. Salvation had a price; a very big price. We are wise to reflect, remember, and humble our hearts in awe.

Whether the sun is shining or hidden behind clouds, take time to turn your face toward heaven and remember. Give thanks. Bask in His glory. Bask in Him. Easter is coming.

Here is the link to "She Reads Truth" Lent Study  
<https://shereadstruth.com/>

Sharon D. Tweet [sharondtweet.com](http://sharondtweet.com)

Sharing a love of scripture through written fiction.  
#LiveYourFaithBoldly



### Featured Resident – Nancy Crossley

Nancy Crossley was born in San Jose, CA, to Edward and Ruth Crossley. Her father was in the service. When she was young, they moved to Ann Arbor, MI, where her younger sister was born. After that tour of duty, they moved back to California. Her father, with the help of her grandfathers, built a house on the side of a hill in San Anselmo, CA. Growing up, Nancy liked to play games and had a small group of friends. She liked school, especially Math and English.

The family moved to Kaiserslautern, Germany, when Nancy was 12. She loved Germany. While they were stationed there, they were able to travel throughout Europe. This is when the “travel bug” bit Nancy. They moved back to San Anselmo in time for Nancy’s junior year in high school. A year later, the family went to Quito, Ecuador. Nancy attended a Baptist Missionary Boarding School, though she didn’t board. She graduated from there at the age of sixteen. Her graduating class consisted of eight students.

Nancy flew back to the states by herself and attended the University of California – Santa Barbara for a semester. She didn’t really like anything about the college. So she moved to Pleasanton, CA, to live with her aunt and family. She attended Diablo Valley College studying music for a semester before deciding college wasn’t for her.

Nancy worked a series of odd jobs until her parents and sister returned from Ecuador. Shortly thereafter, they were sent to Taiwan. Nancy went with them and taught English to the Chinese military preparing to go overseas. She was there for a year and a half and says she was treated like royalty. Upon graduation of the Chinese, they had a graduation banquet unlike anything she had ever seen.

When Nancy returned to the states, she went to business school in San Francisco. It was an eight month course. They helped with job placement and Nancy went to work for the U.S. Geological Survey in Menlo Park, CA, doing secretarial work. Eventually Nancy was transferred to Reston, VA, to be a travel and transportation specialist. She was in charge of packing supplies to go overseas. She really loved that job. However, the weather reeked havoc on her health and she ended up transferring back to Menlo Park. She remained there until she took an early retirement in 1995. She had just over thirty years of service.

Nancy’s mom passed away in 1978. When Nancy retired, she went to live with her father. She took care of him until he had to go to a nursing home. He passed away in 2000.

In 1998, Nancy moved to Cape Coral, FL, with her friend, Carole. They loved Florida. Carole’s son convinced them to move to Ft. Myers. They eventually moved into Barkley Place, a senior living community. She and Carole lived there for about three years. Carole passed away in March of 2020

Nancy’s cousin asked her to move to Kearney so that she could be closer to family. She moved to Westbrook in August. She is only six miles from her cousin.

As I mentioned before, Nancy was bitten by the “travel bug” at a young age. She continued to travel throughout her life. She traveled with friends. She even became best friends with her travel agent and the agent’s husband. Some of the amazing travel experiences include a two week African Safari in Namibia and Botswana. It was especially planned for Nancy and her friend by a counterpart to her position in the U.S. Geological Survey. She said the only animal she didn’t get to see was the white rhino. During this safari, they stayed in every kind of housing from hotels down to a tent. It was a marvelous trip. She has been throughout Europe, to Australia, the Far East, Antarctica, the Arctic Circle, where she experienced the Midnight Sun. In 2007, she took a world cruise. It lasted 105 days. One of the highlights of that trip was India and visiting the Taj Mahal.

Nancy strongly encourages that if the opportunity to travel arises, take it because traveling is very educational.

## BEWARE THE IDES OF MARCH



### Beware the Ides of March?

It's unlikely even Shakespeare could have predicted how his famous phrase would have evolved.

You've probably heard the soothsayer's warning to Julius Caesar in William Shakespeare's play of the same name: "Beware the Ides of March." Not only did Shakespeare's words stick, they branded the phrase—and the date, March 15—with a dark and gloomy connotation. It's likely that many people who use the phrase today don't know its true origin. In fact, just about every pop culture reference to the Ides—save for those appearing in actual history-based books, movies or television specials—makes it seem like the day itself is cursed.

The term 'Ides' had a perfectly practical – and in no way sinister – meaning to the Romans. Their calendar, in connection with the phases of the Moon, used three terms to mark the passage of a month. A 'Kalend' was the first day of the month; a 'None' signified the first quarter of the Moon (the fifth or seventh day) and an 'Ide' was the full Moon (the 13th or 15th day). Therefore the Ides of March simply meant: 15 March.

In 44 BC, the Ides of March took on a new meaning. Julius Caesar, who had seized power from the Roman Republic and made himself a dictator, was murdered by a group of 60 dagger-wielding Senators led by his friends, Brutus and Cassius.

Caesar had known that many wished him dead and a soothsayer allegedly warned him that harm would come to him before the Ides of March. On 15 March, Caesar reportedly passed the soothsayer joking, "The Ides of March have come," but was met with the ominous reply, "Aye, Caesar, but not gone."

This moment has been immortalized by William Shakespeare in his play, *Julius Caesar*. It is from Shakespeare that we have the famous warning given by the soothsayer: "Beware the Ides of March."

Caesar's murder failed to bring back the Republic, but triggered the start of the Roman empire under his adopted heir, Octavian (known as Augustus).

Before the assassination, the Ides of March was best known as a festival. The popular time for feasting and drinking marked the festival of Roman deity Anna Perenna. It was also traditionally the time to settle debts – Julius Caesar certainly paid his.

Did the death of Caesar curse the day, or was it just Shakespeare's mastery of language that forever darkened an otherwise normal box on the calendar? If you look through history, you can certainly find enough horrible things that happened on March 15, but is it a case of life imitating art? Or art imitating life?

Perhaps it was Julius Caesar himself (and not the famous playwright) who caused all the drama. After all, he's the one who uprooted Rome's New Year celebration from their traditional March 15 date to January...just two years before he was betrayed and butchered by members of the Roman senate.

## **Practice a Good Oral Hygiene Routine**

### **Why is it Important?**

Prevention is the best option. Practicing a good oral hygiene routine, combined with regular visits to the dentist, is one of the most important things you can do for your teeth and mouth. Most oral health conditions are largely preventable and can be treated in their early stages. Maintaining good oral health has a positive impact on your general health, well-being and quality of life.

**FACT:** Oral diseases, such as tooth decay (dental caries) and gum disease, can impact every aspect of life, from relationships and self-confidence through to school, work, and the ability to interact with others. Yet they are preventable.

### **What is a good oral hygiene routine?**

Here's how you can help keep your mouth healthy throughout life:

- Brush for two minutes, twice a day. Toothbrushing helps remove food and plaque, which if not managed can lead to tooth decay and gum disease.
- Brush every surface. Use a manual or electric toothbrush to brush the inside surfaces, outside surfaces and chewing surfaces of your teeth.
- Use a fluoride toothpaste. Fluoride plays a key role in the fight against tooth decay.
- Do not rinse with water straight after brushing. This can wash the protective fluoride away. Spit out any excess toothpaste instead.
- Replace your toothbrush every three months. Brushing with an old, frayed toothbrush will not clean your teeth and mouth properly.
- Floss at least once a day. Floss and interdental cleaners help reach those difficult areas between your teeth. Regular cleaning helps to dislodge food and may reduce gum disease and bad breath by removing plaque that forms along the gum line.
- Protect your mouth while you're on the go. When brushing is not possible, rinse with a fluoride mouthwash or chew sugar-free gum after meals and snacks.

### **How to maintain good oral health throughout life...**

During pregnancy: women can experience morning sickness. Gastric reflux (regurgitating food or drink) or vomiting can increase the amount of acid your mouth is exposed to, which can damage tooth enamel and increase the risk of tooth decay. If you vomit, rinse your mouth out with water and either rub toothpaste onto your teeth with your finger, or use a fluoridated mouthwash. You should wait at least 30 minutes before brushing your teeth.

Children: losing primary teeth (milk teeth) is normal. However, it is important to look after them properly to avoid losing them too early because of tooth decay.

Older adults: a dry mouth can be a problem as you age; it happens when you do not have enough saliva to keep your mouth wet. Saliva helps you carry out a number of functions and also cleanses your mouth, which lessens the effect of acids that can cause tooth decay. Causes of dry mouth include tobacco and alcohol, as well as certain medications and other diseases.

To relieve symptoms of a dry mouth, try:

- chewing sugar-free gum or sucking on sugar-free candies to stimulate salivary flow;
- drinking water with meals to help chew and swallow food, and wet your mouth with water regularly throughout the day;
- using alcohol-free mouth rinse;
- avoiding carbonated drinks (like soda), caffeine, tobacco and alcohol;
- using a lip balm to soothe cracked or dry lips.

**Good Oral Health Can Help You Live a Longer, Healthier Life!**