



The Westbrook Chatterbox

Well.....Another month has come and gone. August didn't disappoint in the heat factor. The "dog days of summer" made a serious appearance with temps in the upper 90s and heat index that topped out at 109. But that is behind us now. We have a gorgeous fall on the horizon.

I love autumn. All the glorious riot of colors. The mums in burnt orange, burgundy, purple, reds and yellows. The leaves as they turn from green to orange, brown, yellow and red. The temperatures are cooler. I love sitting out on my deck with a cup of coffee and enjoying the early morning as well as iced tea in the evening.

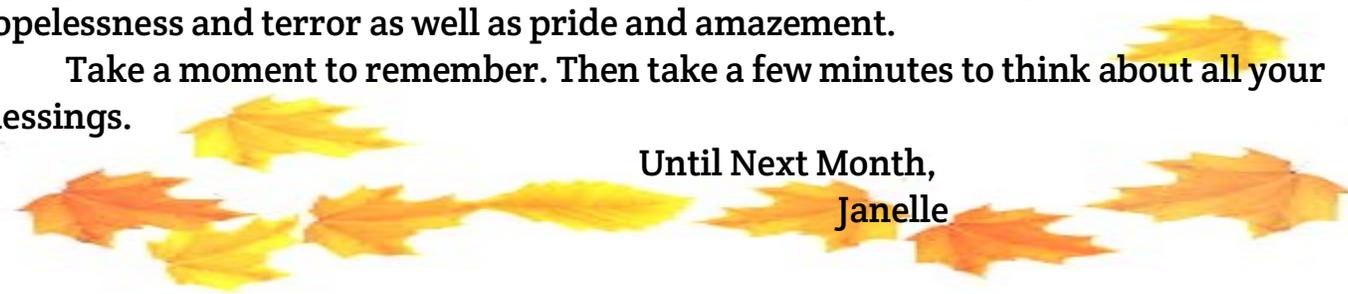
On a more somber note, this is the 20th anniversary of 9-11. Do you remember where you were, what you were doing and how you felt? I sure do. I had just parked in the Sears parking lot at Antioch Shopping Center. Chloe was six month old and I was there to buy her some more clothes. As I was getting out of the car, my friend, Jenni, called and asked if I was watching the news. When I told her no, she filled me in on what had been happening. I was in a state of disbelief. This couldn't be happening on American soil. I remember feeling a lead weight in the pit of my stomach. I got back in my car and headed home. As I watched the news coverage, disbelief and horror filled me. I remember hearing the details of Flight 93 – how they sacrificed their lives to save countless others. I was in awe of the selflessness they exhibited. I couldn't and still can't imagine how difficult that was for them.

Over the next few weeks and months, I was proud of how Americans stepped up to help and support each other. Thousands and thousands gave blood. People bought and sent all kinds of supplies to New York. Firefighters and first responders from all over arrived in New York to assist. It was amazing to see Americans come together.

Twenty years later, many have forgotten the selflessness and sacrifice that people made. They have forgotten the horror and utter disbelief. They have forgotten how we came together as a united people. Many of the younger generations have no concept of how 9-11 impacted America. I, however, will never forget the feelings of hopelessness and terror as well as pride and amazement.

Take a moment to remember. Then take a few minutes to think about all your blessings.

Until Next Month,
Janelle





10 Fun Facts About September



September: the month when you feel the first cool breeze followed by an iconic transition into fall. This month may lack major holidays, but it's still packed with interesting facts that most people don't know about. Plus, you'd be surprised to find out that there are some fun holidays scattered throughout the ninth month of the year. Read on to learn 10 fun facts about the month of September!

1. *The Word September Comes From The Roman Calendar* The name "September" comes from an old Roman word, "septem," which actually means 7. Isn't September the 9th month of the year? Yes, that's right, when we're referring to the modern-day US calendar year. In the Roman calendar, at the time the term was coined, it was the 7th month.
2. *September Is The Month Of Fire* Another interesting fact about the Romans: They believed that September was looked after by the god of fire. So they always expected fires and volcanic eruptions to occur during this month.
3. *The Month With The Most Letters* Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year. No other months have the same amount of letters as their number in the calendar year.
4. *September's Birthstone Is Sapphire* The birthstone for September is the sapphire, which is found in many different colors but is most well known for being a bright, vivid blue color. The sapphire is known for representing wisdom, good fortune, truth, and power.
5. *First Day Of Fall Comes In September* The first day of fall is typically on September 22 or September 23 in North America. This is when the hours in the day are almost equal to the hours in the night. It's the second equinox of the year, followed by the first equinox that takes place in March. Most people look at the first day of fall as the official end of the summer.
6. *Constitution Day, The Forgotten Holiday, Falls In September* September has a little-known holiday that carries significant meaning to it. September 17th is observed as Constitution Day, which marks the day that the U.S. Constitution was adopted.
7. *There Are Plenty Of Popular Tunes With "September" In The Title* Over 10 songs have "September" in the title. Songs like "Wake me up when September ends," by Greenday as well as "September of my years" by Frank Sinatra are all part of this list.
8. *Little-known Holidays In September* September may not have any major U.S. holidays, unlike the months that follow it with Halloween, Thanksgiving, and Christmas; however, it does have a few fun, little-known holidays. Among these are National Grandparent Day, National Cheese Pizza Day, and National Drink-a-Beer Day.
9. *September Is Known As Harvest Month* As the weather begins to cool, it takes longer for vegetable crops to harvest in September. Since the weather isn't frigid yet but it is beginning to cool, especially in Northern regions, vegetables can be planted in September as long as they are cared for properly. It's a great month to harvest in preparation for the coming winter months. In fact, in Old England, it was called Haervest-monath, meaning Harvest Month. Some of the best crops to harvest are onions, apples, raspberries, and tomatoes.
10. *September Zodiac Signs* Zodiac signs in September are split between Virgo (August 23 – September 22) and Libra (September 23 – October 22). Virgos are known for being loyal and practical. They are typically thoughtful, analytical people who sometimes come off as cold, but it's only because they're taking a methodical approach to friendship (like most aspects of their lives). Libras are a little different, whose main characteristics include being diplomatic and fair. They like harmony, hate being alone, and always strive for peace and justice in the world.



Where were you on September 11, 2001

I was watching Good Morning America while the kids were getting ready for school. I distinctly remember my husband and daughter practicing spelling words for her test later that morning. I remember watching the smoke billowing from the 1st tower as the news reporters were trying to figure out what was happening. As I was watching, the 2nd plane hit the 2nd tower. All at once everyone seemed to know what had happened. I remember yelling for my husband to come watch. My husband, who is a firefighter and was the Fire Chief of a department at the time, immediately got up and went to the Fire Station, as did most other firemen who were not on duty that day-343 Firefighters were lost that day. Later that night, my son had a football game in Smithville and I thought how eerie it was that no planes were flying over the field and how everyone seemed to be in shock. To this day it is still a very painful memory. -April

I was 12 years old. The morning was that of an ordinary 7th grader. I remember being in my English class with Mrs. Restivo along with several friends and peers, sitting at my desk, most likely doodling. It was normal for our classroom televisions to automatically come on after the bell rang, for Channel One school news. I remember feeling very confused when the TV flipped on for a 2nd time towards the end of class. Everyone was very perplexed and the teachers congregated in the hallway just outside our room door. I remember them discussing if they were going to keep the "news" on or not and they all asked us to continue working quietly, though of course, the work slowed down... We continued to listen to the reports about all of the theories and speculation around why or what was actually happening. We watched as the second plane hit. I couldn't believe it. It was like straight out of a movie. I looked towards my teachers for any kind of understanding of what the level of concern should be. It was so awful. Classmates were hyped up and some of the girls were oddly silent as we then became glued to the television. It wasn't until after lunch that the remaining class teachers helped us students to really understand what was happening and how evil some people can be. We watched all the horrible scenes, nothing was censored. I remember feeling desperate to help and yet so helpless. There was such an eerie feeling through the weeks following that day: Everywhere you'd go with the uncertainty and insecurity of what might happen, as well as the wonder of who exactly was responsible for what happened, how our people were that survived and so much sorrow for those who didn't. Bless all those who were lost that day and everyone who was affected. Never to be forgotten. ~ Amalia "AJ"

Third Vaccine: Who Can Get It?

The Missouri Department of Health and Senior Services released this information about the need for a third vaccine. Listed below are criteria for those who will be eligible for the third shot.

- Immune compromised due to undergone solid organ transplantation and taking immune suppressing medications.
- Immune compromised due to active treatment for solid tumor and hematologic malignancies.
- Immune compromised due to receipt of CAR-T cell or hematopoietic stem cell transplant (within 2 years of transplantation or taking immunosuppression therapy)
- Moderate to severe primary immunodeficiency (eg. DiGeorge, Wiskott-Aldrich Syndromes)
- Immune compromised due to Advanced or untreated HIV infection
- Immune compromised due to "Active treatment with high-dose corticosteroids or other drugs that may suppress immune response: high-dose corticosteroids (ie. \geq 20mg prednisone or equivalent per day), alkylating agents, antimetabolites, transplant-related immunosuppressive drugs, cancer chemotherapeutic agents classified as severely immunosuppressive, tumornecrosis (TNF) blocker or other biologic agents that are immunosuppressive or immunomodulatory."

We expect this to change down the road but for now only people with these conditions will receive the third dose of the vaccine.

September

IF IT INVOLVES
Pumpkins
 Leaves
HOODIES
 Bonfires Cider
Football
 COUNT ME IN

A little girl was holding two apples; her mother asked for one. The girl quickly bit one apple, and, then, the other. Her mother held back her disappointment. Then the girl handed one to her saying: "Here, this is the sweeter one."

Moral: Never judge.



CRISP MORNING
 FALLING LEAVES
 COZY SWEATERS
S'MORES
 FOOTBALL GAMES
HAY RIDES
 PUMPKIN PATCHES
FIRESIDE
 HOT COCOA
 APPLE CIDERS
 PUMPKIN SPICE
 COOL BREEZE

It's fall y'all!

CHIEFS KINGDOM

WEEK	DATE	OPPONENT	TIME	CHL	SCORE
1	SEPT. 12	CLEVELAND BROWNS	3 25PM	CBS -4	
2	SEPT. 19	AT BALTIMORE RAVENS	7 20PM	NBC 5	
3	SEPT. 26	LOS ANGELES CHARGERS	NOON	CBS -4	
4	OCT. 3	AT PHILADELPHIA EAGLES	NOON	CBS -4	
5	OCT. 10	BUFFALO BILLS	7 20PM	NBC -5	
6	OCT. 17	AT WASHINGTON	NOON	CBS -4	
7	OCT. 24	AT TENNESSEE TITANS	NOON	CBS -4	
8	NOV. 1	NEW YORK GIANTS	7 15PM	ESPN	
9	NOV. 7	GREEN BAY PACKERS	3 25PM	FOX -6	
10	NOV. 14	AT LAS VEGAS RAIDERS	7 20PM	NBC -5	
11	NOV. 21	DALLAS COWBOYS	3 25PM	FOX -6	
12		BYE WEEK			
13	DEC. 5	DENVER BRONCOS	NOON	CBS -4	
14	DEC. 12	LAS VEGAS RAIDERS	NOON	CBS -4	
15	DEC. 16	AT LOS ANGELES CHARGERS	7 20PM	FOX -6	
16	DEC. 26	PITTSBURGH STEELERS	3 25PM	CBS 4	
17	JAN. 2	AT CINCINNATI BENGALS	NOON	CBS -4	
18	JAN. 9	AT DENVER BRONCOS	3 25PM	CBS -4	

LET'S GO CHIEFS

Featured Resident – Joyce Baker

Joyce was born in Kansas City, KS, the third of five children born to Albert and Viola Greve. She had a sister three years older than her, a brother two years older, a sister ten years younger and a brother fifteen years younger. When she was three, the family moved to Pender, NE. Her parents rented a farm. Joyce loved living on the farm. She was a tomboy and loved helping her dad out with chores and field work. However, she hated housework and was known to hide in a haystack to get out of doing the dreaded housework when her mom would call for her. She admits to being a bit of a troublemaker. She always figured she was going to get into trouble for something.

Growing up, she loved riding the family horse, Trigger, bareback. One time she was thrown and was too short to get back on him. She climbed a barb wire fence to get back on but her father saw her and wasn't happy to say the least.

Joyce attended a one room schoolhouse until going to high school in Pender. She was a majorette with the marching band. In November of her junior year, the family moved back to Kansas City, KS, and she attended Washington High School, a huge change for her. She was able to be a majorette at Washington High as well but with the stipulation that she played an instrument. She didn't but the band director "set her up" with a baritone sax and told her if the principal came in to blow. The highlight of her school years was getting to march in the American Royal Parade. She graduated in 1962.

Joyce went to work for an insurance agency as a typist. Her brother, George, was in Basic Training at Ft. Leonardwood. He brought home one of his buddies in 1963. Joyce and he started dating and married in 1965.

The couple settled in Gladstone, MO. In 1966, they welcomed their son, Raymond into the family and Joyce quit her job and became a stay at home mom. Shelley was born in 1971 and Ryan in 1973.

Joyce kept very active with her kids. For a few summers, she had Raymond in baseball, Shelley in softball and Ryan in t-ball. She was a room mother for each of her kids. She was a den mother for Cub Scouts.

Joyce got a divorce in 1989. She went to work as a Mary Kay consultant. She eventually started selling Pampered Chef instead and really loved it.

In 1993, Shelley gave birth to her son, Dylan. Joyce was present at the birth and it's one of her most favorite memories.

One day Joyce was at the truck stop in Kearney having coffee when an old acquaintance came in. Carl Baker joined her for coffee and they started seeing each other. They married in 1994.

The couple bought a house in Grayson, MO. Carl worked for Burlington Northern. The couple loved to tent camp. They would get electrical sites so they could have their fan. Eventually the ground became too hard and they bought a Class C motor home. They traveled a lot more once Carl retired. They would camp with his brother and extended family. They went to South Dakota, Arizona, Colorado and spent a lot of time in the Ozarks,

Carl was diagnosed with mesothelioma. Joyce quit selling Pampered Chef and took care of him. He passed away in 2009.

Joyce stayed in Grayson. She had never lived alone in her life and it was quite the adjustment. She started selling Pampered Chef again and going to the American Legion. After a couple of years, she retired and started going to the Town Tavern in Smithville. She made a lot of friends and enjoyed socializing.

Joyce's breathing became an issue and kept her from being able to take care of her house and yard. She and Shelley started looking for some place for her to live. They came to Westbrook and Joyce immediately fell in love with the homey feeling. She moved to Westbrook in April 2021. She loves the staff, which is helpful and friendly. She really enjoys the ladies at her table. They make mealtime enjoyable. And she loves her apartment. According to her, it's not too big or too small. It is absolutely perfect for her.

Joyce is an avid colorer. She has enjoyed coloring since the 1990s. She enjoys playing slots on her phone and Kindle and going to Bingo. She also loves watching movies from the 1950s to today. She stays connected with family and friends via phone calls and visits.

Besides her three children, she has a daughter-in-law, a son-in-law, five grandchildren and one great grandson. Her advice to them and others is to "Take one day at a time and Keep the faith."

Health Benefits of Drinking Apple Cider Vinegar

Apple cider vinegar (ACV) comes from fermented juice obtained from crushed apples.

By now you have probably heard about some of the health benefits or uses for apple cider vinegar. More and more people are discovering its multipurpose benefits and using it as a one-stop-shop for daily needs.

Here are some uses for apple cider vinegar (ACV) that will inspire you to incorporate it into your daily routine too.

1. It helps in controlling the blood sugar level
2. It is anti-bacterial and prevents infection
3. It may aid in weight loss by changing the way the gut bacteria processes the fats
4. It helps in the reduction of blood pressure
5. It reduces the high cholesterol level
6. It helps in regulating body PH
7. It is supposed to help in detoxification of the body
8. It improves cardiovascular health
9. It is supposed to prevent cancer
10. It treats dandruff
11. It soothes the affected area in acne
12. It calms insect bite when applied to the affected area
13. It relieves sunburn when applied to the affected area
14. It helps in getting a clear skin
15. It helps to treat dyspepsia or indigestion
16. It removes parasite infection
17. It subsides leg cramps
18. It diminishes the process of aging
19. It helps in increasing hair shine

However, there has been insufficient evidence that supports all these health benefits of ACV. Besides, there have been conflicting viewpoints stated by different researches, regarding the various health benefits of ACV.

What is apple cider vinegar?

Apple cider vinegar (ACV) comes from fermented juice obtained from crushed apples. The main constituents of ACV include: Acetic acid and Citric acid. The nutritional components of ACV include: Pectin, Vitamin B1, Vitamin B2, Vitamin B6, Biotin, Folic acid, Niacin, Pantothenic acid, Vitamin C, Potassium, Calcium, Polyphenol, and Amino acids.

What dosage of apple cider vinegar should be taken?

Dosage of apple cider vinegar depends on the following factors: User's age, User's health and Other conditions.

It is important to dilute ACV before consuming it. Generally, diluting 15 ml to 30 ml (1-2 tablespoons) of ACV in 240 mL of water and taking before meals is recommended. Also, ACV shouldn't be directly applied to the skin as it can damage the skin.

- Before using ACV for medicinal purposes, consult your physician, pharmacist, or other healthcare professional to be sure of its risk and side effects.
- Also, diligently go through the directions mentioned in the label to avoid any risks.

What is the scientific evidence for the benefits of ACV?

The five proven benefits with sufficient scientific evidence include:

1. Lower the blood glucose level: There is enough scientific evidence that ACV regulates the blood sugar level in diabetes; however, it shouldn't replace the medications. Adding ACV as a part of an anti-diabetic diet may help to control the blood sugar level.
2. Weight loss: Researches have stated that ACV helps in weight management, lowering lipid levels, and prevents fat deposition around the organs.
3. Antibacterial: ACV has multiple antimicrobial properties on different microbial species, affecting its growth.
4. Boost skin health: ACV kills the bacteria and prevents the infection on the skin, thus helping in enhancing skin health.
5. ACV helps in detoxification of the body.

What are the side effects of apple cider vinegar?

The side effects of apple cider vinegar include:

1. Apple cider vinegar erodes the tooth enamel.
2. Acidic foods may worsen acid reflux.
3. In chronic kidney disease, the kidneys may not be able to process the acid that comes along with ACV.