



The Westbrook Chatterbox

Happy New Year!

As we welcome 2022, we say good-bye to all the struggles of 2020 and 2021. We may still have to wear our masks, but we can be together and together is a wonderful place to be.

We can eat at the same table and enjoy a meal and conversation. We were able to have our Fall Festival and it was so much fun. We can listen to music and enjoy having our entertainers come in person once again. We can walk the hallways with our friends and exercise together bouncing balls back and forth. We can keep our minds active with trivia challenges, word play, geography and spelling bees. We can play games and cards as well as sit around coloring pictures and talking. We can learn how to cope with change (and have we had a lot of change.) We can gather in the Social Room for some chit chat. And we can do all of these things, together.

In 2022, take time to appreciate the people around you. Share a smile or a kind word. Go out of your way to make someone's day. Lend a hand to someone in need. But most importantly, re-connect with the world and the people in it - together.



Until Next Month or should I say....

Until Next Year –

Janelle

Just an FYI...we know that sometimes questions and concerns come up after 5 p.m. and on the weekends...if something comes up and you need to contact someone and Janelle and I are not in our office, please contact 816.628.2222 ext 1. There is someone at the Nursing Station 24 hours a day and can assist you.

Thank you, April



Featured Resident – Donna Hartford

Donna was born in Mitchell, South Dakota, to Don and Geraldine Underwood. She was the oldest of five children, three boys and two girls. She lived in Hot Springs, SD, until she finished fourth grade. The family relocated to Portland, Oregon. Donna remembers it was a long, hectic drive across country. Her dad had built a trailer that they slept in on mattresses. They were 180 miles from Portland when they broke down. Donna's uncles came to help them out and they finally arrived about 8-10 days after they left South Dakota.

While still in South Dakota, Donna loved to play outside. There was a concrete wall on their property and Donna and her brothers loved to jump off it and go play in the grassy fields. She also loved swimming in the hot springs. Donna would visit and help out some of the local elderly. She has always loved working with the elderly. Donna's dad had polio and lost the use of his left arm when she was seven years old. Therefore, he couldn't work much and so her mother worked. They were very active in the Lutheran Church.

Donna wasn't real fond of school. It was okay and she got to see her friends. In Portland, she attended Franklin High School. She enjoyed playing lots of sports including basketball, volleyball, baseball and especially tetherball. She also loved dancing of any kind. She graduated high school in 1966.

Donna's family belonged to a Western Club that hosted dances for families. They would have six or seven bands that played an hour each. While working at the check in table with her mom, she met a gentleman named Howard Hartford. He said something to her and she smarted off to him. He then informed her he was going to dance her feet off. She laughed but he did sweep her off her feet. They started dating in April, got engaged two weeks later and married in July 1966. He was ten years older than her and divorced. He also had four kids who went on their honeymoon with them though they lived with their mother.

The couple settled down in Seattle, WA. Howard worked as a truck driver for Montgomery Wards and Donna went to work for Boeing. They relocated to Roseberg, OR. It took them all day to go 200 miles due to three foot of snow. She was pulling a trailer and Howard was driving a U-Haul.

Donna received a grant to go to beauty school. The same day, she found out that she was pregnant. They were relocating to Portland. While getting ready to move, Donna hurt herself and was unable to help move. Howard's ex-sister and brother in law as well as their landlord helped them get moved. She started school but had to quit to have their first child, Kenny in 1970.

She returned to beauty school when Kenny was six months old. She graduated in 1972. Her mother was her student model. She started working at a salon. She got pregnant in August with their second child. Due to a hormone imbalance, she had to have shots to keep the pregnancy viable. Their daughter, Jennifer, was born prematurely in May. She weighed 4lbs 11oz. After Jennifer's birth, Donna had her tubes tied.

When Jennifer was two years old, Donna went back to work. The family moved to Washogal, WA in 1976. They bought five acres and her sister's mobile home to live in. Unable to get the permits, they ended up putting the trailer on her mom's property. They lived there for four years before moving to Vancouver, WA. Donna opened her own in home beauty shop.

Donna started working for her sister as a merchandiser for True Value in 1994. Howard worked for Montgomery Wards until they closed in 1985. He then went to work for Franz Bakery where he was hurt on the job. He retired in 1996. Donna traveled all over the United States. Howard would go with her. They would leave on Monday and get home on Friday and then leave again on Monday. They were in Chicago on 9-11. They had to rent a car because all flights were grounded and their car was at the Portland airport.

In 2001, they moved to Kearney, MO, after having relocated her mom and step dad to Liberty, MO. Shortly thereafter, they bought a house in Holt. Donna retired August 31, 2005.

Howard and Donna have six kids between them; Rosie (Dennis), David (Debbie), Diana, Tracy (Bruce), Kenny (Kathy) and Jennifer (Roger). They have 20 grandchildren, 23 great grandkids, 9 great greats and 2 great great greats. After retiring, they traveled all over visiting their family.

In December 2020, the couple moved to Westbrook. Their bodies had broke down and they weren't able to do stairs. They moved from an apartment in Liberty.

Donna says she loves the people, both staff and residents. She really likes being able to help some of the other residents. It gives her purpose. She encourages them, gives the backrubs and just talks with them. She also likes how everyone keeps tabs on each other and the fact that everything is kept really clean.

Besides visiting and taking care of the elderly, Donna has spent most of her life creating things. Most recently, she has taken up coloring, markers or colored pencils. She has a friendly competition going on with her neighbor, Joyce.

Donna says that helping and working with other people is important. It makes both her and them happy as well as makes their lives better.

Howard and Donna have been married 55 years and were avid square dancers in their day. They both reminisce quite fondly of their life together.



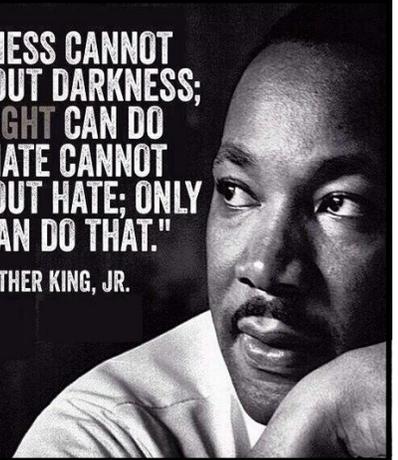
January

Beautiful Snow
 Oh, the snow! The beautiful snow
 Filling the sky and earth below!
 Over the housetops, over the
 street
 Over the heads of the people you
 meet,
 Dancing ~
 Flirting ~
 Skimming along.
 Beautiful snow; it can do no
 wrong
 Flying to kiss a fair lady's cheek;
 Clinging to lips in frolicsome
 freak;
 Beautiful snow from the heavens
 above;
 Pure as an angel, gentle as love.

January
 Sparkling winter sunshine,
 Faces all aglow
 Making resolutions,
 And angels in the snow -
 Steaming cups of cocoa,
 A year that's fresh and new...
 All of this is magic -
 Unfolding just for you.

**"DARKNESS CANNOT
 DRIVE OUT DARKNESS;
 ONLY LIGHT CAN DO
 THAT. HATE CANNOT
 DRIVE OUT HATE; ONLY
 LOVE CAN DO THAT."**

MARTIN LUTHER KING, JR.



**"LOVE IS THE ONLY
 FORCE CAPABLE OF
 TRANSFORMING
 AN ENEMY INTO
 A FRIEND."**

Martin Luther King Jr.
 ADDICTED2SUCCESS.COM



Let it Snow



*I have decided
 to stick with
 Love...
 Hate is too
 great a
 burden
 to bear*

mlk
 1967

**THE TIME IS
 ALWAYS
 RIGHT TO
 DO WHAT IS
 RIGHT.**

DR. MARTIN LUTHER KING, JR.



Quotes for the New Year

- “Celebrate endings—for they precede new beginnings.” —*Jonathan Lockwood Huie, author*
- “An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves.” —*William E. Vaughan, journalist and author.*
- “And now we welcome the new year. Full of things that have never been.” —*Rainer Maria Rilke, poet*
- “Don’t be scared if you don’t do things in the right order. I didn’t think I’d have desert before breakfast today, but hey, it turned out that way and I wouldn’t change a thing.” —*Mindy Kaling, comedian*
- “I think the more unexpected something is, the more there is to learn from it.” —*Michael J. Fox, actor*
- “Whenever it feels uncomfortable to tell the truth, that’s often the most important time to tell it.” —*Jennifer Lopez, musician*
- “You never go wrong when you take the high road—it’s less crowded up there.” —*Gayle King, journalist*
- “You don’t have to be perfect to help people. All you have to be is real.” —*Trent Shelton, motivational speaker*
- “If people concentrated on the really important things in life, there’d be a shortage of fishing poles.” —*Doug Larson, columnist.*
- “I hope you realize that every day is a fresh start for you. That every sunrise is a new chapter in your life waiting to be written.” —*Juansen Dizon, poet*
- “My best ideas come to me when I’m bored. I’d love to be bored more, but there just isn’t time.” —*Sam Reich, producer*
- “I’m deciding to be my own individual self, and it looks nothing like what anyone else is doing. There’s something so powerful about being unique.” —*Alicia Keys, musician*
- “There are far better things ahead than any we leave behind.” —*C.S. Lewis, author*
- “Age is not the enemy. Stagnation is the enemy. Complacency is the enemy.” —*Twyla Tharp, dancer*
- “You’re never too broken to be fixed.” —*Jonathan Van Ness, television personality*
- “I’d rather regret the risks that didn’t work out than the chances I didn’t take at all.” —*Simone Biles, athlete*
- “Life’s not about expecting, hoping, and wishing; it’s about doing, being, and becoming.” —*Mike Dooley, author and speaker*
- “With the new day comes new strength and new thoughts.” —*Eleanor Roosevelt, former First Lady.*
- “I listen to everyone. Then I do what I want.” —*Diane von Furstenberg, fashion designer*
- “Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.” —*Helen Keller, author and activist*
- “When you’re young, you’re encouraged to try new things. At a certain age, nobody says that to you anymore. If you’re lucky enough to be alive, why not say yes to all of it at any age?” —*Mary Steenburgen, actor*
- “Don’t let a win get to your head, and loss to your heart.” —*Chuck D, rapper*
- “We either make ourselves miserable or make ourselves strong. The amount of work is the same.” —*Carlos Castaneda, writer*

To Resolution, Or Not to Resolution?

Hard to believe another year is ending and many of us find ourselves reflecting on all that we have achieved, overcome, celebrated, grown, and learned in the past year. For many, setting resolutions for the new year is a common practice. But is the resolution trend a worthwhile one?

Have you ever set a resolution and stuck to it for a few weeks, only to find yourself quitting later on? If that has ever been the case, you are not alone! January 17, sometimes referred to as “Quitter’s Day”, is the day that most people give up on their new years resolutions. By mid-February, approximately 80% of resolutions have been abandoned. Pretty surprising, right?

These statistics speak volumes about resolutions and goals in health and wellness. While reflection, self-development, growth, and goal setting are all important tools, new years resolutions teach us the value of using these tools strategically. If you have ever abandoned a resolution, how did you feel afterward? Many of us probably feel a sense of disappointment, discouragement, frustration, stress, or even failure. These negative feelings that result from unrealistic expectations inhibit growth and wellbeing; the exact opposite of the intention of resolutions!

This is not to bash resolutions themselves, but to highlight that traditional new year resolutions may not be the best practice for everyone. So before diving into your 2021 resolutions, consider some of these methods and strategies to set yourself up for success:

NO PRESSURE

Setting resolutions for a full year is a huge undertaking for many of us, especially if expectations are high. The pressure we often put on ourselves in efforts towards positive change can backfire in the form of stress. While stress is helpful in some scenarios, like getting to work on time or meeting a major deadline, it is not so helpful when it comes to personal growth. Instead of setting huge goals once each year, consider setting smaller, more frequent resolutions.

BE REALISTIC

Setting unrealistic goals immediately sets us up for disappointment. When setting goals and resolutions, be honest with yourself. *Is this goal attainable in the time I am allotting? Am I being reasonable in my expectations?* Oftentimes categorizing goals as short-, medium-, and long-term helps to maintain realistic expectations and more accurately track progress.

CHECK-IN

Many of us set a resolution or goal, and then stop right there. But the most important piece of growth is the process itself! Check-in on your progress frequently. *Am I on-track with this resolution? What am I doing now that is working? What are some obstacles that have slowed my progress?* As you identify resolutions, try to brainstorm strategies that will help you be successful. *What needs to happen to achieve this goal? What is one thing I can do each week to support my growth?* Over time, you will discover strategies and stepping stones that best support your success.

BE FLEXIBLE

12 months is a long time to commit to a resolution! Remember that it is OK for priorities and goals to change. If you set a resolution in January that no longer feels important to you in July, swap it for something that you feel is relevant and important to you at that time in your life. Ditching a resolution because it no longer resonates with you is *not* failing. Alternately, it signifies that you are in-tune with your growth!

EXPERIMENT

Whatever your resolutions or goals may be, no single method or plan of action works for everyone. Your goals, priorities, strengths, weaknesses, and values are unique to you. If a strategy isn’t working, no worries! Go back to the drawing board and try something different. Not only will you be more likely to find success in your journey, but you will also learn a lot about yourself along the way.

This is a once-in-a-lifetime way to see the Northern Lights –from a glass igloo hotel

If you're dying to see the Northern Lights, there's one way to experience them that may just beat all others: from a glass igloo tucked into the snow at the Kakslauttanen Arctic Resort in Finland.

The luxurious resort is in a northern region of the country called Finnish Lapland – 150 miles north of the Arctic Circle.

Aurora Borealis-spotting is the main attraction at Kakslauttanen from August through late April. In the winter, visitors can also ride snow mobiles, take sled rides with huskies, go ice fishing or see reindeer. And in the summer, the resort accommodates activities like horseback riding and panning for gold.



The hotel has had some famous guests, including the Sports Illustrated swim suit models.

Here's a look at the snowy wonderland. First built in 1999, the roofs of the igloos are made of thermal glass to allow the room to remain warm without disrupting the view.



There is Wi-Fi in the reception area at the hotel, but the igloos themselves are entirely without. Visitors report experiencing a pleasant "digital detox."

The hotel has 53 igloos that are meant for two people, and 12 igloos meant for four. A small glass igloo costs €435 euros, or about \$512 dollars per night.



For a bigger party, Kakslauttanen has accommodations that sleep up to six people. Its Kelo-Glass Igloos are a combination of a log cabin with a classic igloo.

A Kelo-Glass Igloo costs €598 euros, or about \$703 per night.

They have a "private sauna and bathroom, fireplace, kitchenette, and a bedroom with a stunning glass roof." The walls of the cabin are made from "Lapland's unique kelo pinewood."



WHAT ARE NORTHERN LIGHTS?

The bright dancing lights of the aurora are actually collisions between electrically charged particles from the sun that enter the earth's atmosphere. The lights are seen above the magnetic poles of the northern and southern hemispheres. They are known as 'Aurora borealis' in the north and 'Aurora australis' in the south.

Auroral displays appear in many colours although pale green and pink are the most common. Shades of red, yellow, green, blue, and violet have been reported. The lights appear in many forms from patches or scattered clouds of light to streamers, arcs, rippling curtains or shooting rays that light up the sky with an eerie glow.

WHAT CAUSES THE NORTHERN LIGHTS?

The Northern Lights are actually the result of collisions between gaseous particles in the Earth's atmosphere with charged particles released from the sun's atmosphere. Variations in colour are due to the type of gas particles that are colliding. The most common auroral color, a pale yellowish-green, is produced by oxygen molecules located about 60 miles above the earth. Rare, all-red auroras are produced by high-altitude oxygen, at heights of up to 200 miles. Nitrogen produces blue or purplish-red aurora.

The connection between the Northern Lights and sunspot activity has been suspected since about 1880. Thanks to research conducted since the 1950's, we now know that electrons and protons from the sun are blown towards the earth on the 'solar wind'. (Note: 1957-58 was International Geophysical Year and the atmosphere was studied extensively with balloons, radar, rockets and satellites. Rocket research is still conducted by scientists at Poker Flats, a facility under the direction of the University of Alaska at Fairbanks .

The temperature above the surface of the sun is millions of degrees Celsius. At this temperature, collisions between gas molecules are frequent and explosive. Free electrons and protons are thrown from the sun's atmosphere by the rotation of the sun and escape through holes in the magnetic field. Blown towards the earth by the solar wind, the charged particles are largely deflected by the earth's magnetic field. However, the earth's magnetic field is weaker at either pole and therefore some particles enter the earth's atmosphere and collide with gas particles. These collisions emit light that we perceive as the dancing lights of the north (and the south).

The lights of the Aurora generally extend from 80 kilometres (50 miles) to as high as 640 kilometres (400 miles) above the earth's surface.

WHERE IS THE BEST PLACE TO WATCH THE NORTHERN LIGHTS?

Northern Lights can be seen in the northern or southern hemisphere, in an irregularly shaped oval centred over each magnetic pole. The lights are known as 'Aurora borealis' in the north and 'Aurora australis' in the south. Scientists have learned that in most instances northern and southern auroras are mirror-like images that occur at the same time, with similar shapes and colors.

Because the phenomena occurs near the magnetic poles, northern lights have been seen as far south as New Orleans in the western hemisphere, while similar locations in the east never experience the mysterious lights. However the best places to watch the lights (in North America) are in the northwestern parts of Canada, particularly the Yukon, Nunavut, Northwest Territories and Alaska. Auroral displays can also be seen over the southern tip of Greenland and Iceland, the northern coast of Norway and over the coastal waters north of Siberia. Southern auroras are not often seen as they are concentrated in a ring around Antarctica and the southern Indian Ocean.

Areas that are not subject to 'light pollution' are the best places to watch for the lights. Areas in the north, in smaller communities, tend to be best.

WHEN IS THE BEST TIME TO WATCH FOR AURORAL DISPLAYS?

Researchers have also discovered that auroral activity is cyclic, peaking roughly every 11 years. The next peak period is 2025. Winter in the north is generally a good season to view lights. The long periods of darkness and the frequency of clear nights provide many good opportunities to watch the auroral displays. Usually the best time of night (on clear nights) to watch for auroral displays is local midnight (adjust for differences caused by daylight savings time).

LEGENDS OF THE LIGHTS

'Aurora borealis', the lights of the northern hemisphere, means 'dawn of the north'. 'Aurora australis' means 'dawn of the south'. In Roman myths, Aurora was the goddess of the dawn. \par Many cultural groups have legends about the lights. In medieval times, the occurrences of auroral displays were seen as harbingers of war or famine. The Maori of New Zealand shared a belief with many northern people of Europe and North America that the lights were reflections from torches or campfires.

The Menominee Indians of Wisconsin believed that the lights indicated the location of manabai'wok (giants) who were the spirits of great hunters and fishermen. The Inuit of Alaska believed that the lights were the spirits of the animals they hunted: the seals, salmon, deer and beluga whales. Other aboriginal peoples believed that the lights were the spirits of their people.

8 Health Benefits of Laughter for Seniors



1. Laughter Releases Endorphins. What are endorphins? Endorphins are chemicals that are released from the brain that quickly reduce stress and physical pain. Some people can trigger endorphins through exercise, yoga, or — you guessed it — laughter. Laughing instantly boosts endorphins and, therefore, lowers stress levels.

2. Laughter Reduces Blood Pressure. One of the most dangerous side effects of too much stress is that it raises your blood pressure to dangerous levels. However, here's a positive domino effect: If laughing reduces stress, then your lowered stress level also lowers your blood pressure.

3. Laughter Helps Fight Depression. Depression is not a normal part of aging, but it can affect seniors as they transition into a different season of life. But with the release of those endorphins, you can see a decrease in symptoms of depression. Additionally, laughter can help shift your focus from those things that are unpleasant and cause feelings of depression or stress.

4. Laughter Increases Blood Flow. When you laugh, you improve the function of your blood vessels, which in turn increases your blood flow. Why is this good? Well, good blood flow can help protect you from a heart attack or other cardiovascular issues.

5. Laughter Promotes Fitness. Laughter may not be cardio (however, certain movies make you laugh so much that it feels like it), but laughter still engages almost all of the body's systems, including all muscles and nerves. This engagement boosts energy and makes you want to move more — not to mention, it gives your abdominal muscles a workout!

6. Laughter Boosts Your Immune System. With better blood flow, lower blood pressure, less stress, and more energy, it seems like a no-brainer to say that laughter also boosts your immune system. With regular laughter, some common illnesses that might land a senior in bed for a few days are fought off with a stronger immune system.

7. Laughter Improves the Memory. Stress can have a powerful adverse effect on the brain. When the stress hormone cortisol runs rampant, it can eat away at your short term memory function. With laughter, those stress hormones are reduced, which gives your brain time to repair itself from the damage that cortisol does.

8. Laughter Can Soothe Tension.

With increased blood flow through laughter also comes better circulation. It stands to reason then that with better circulation, your muscles that are experiencing tension will be adequately soothed. This can lead to less pain and better sleep at night.

Different Ways to Get Your Laughter In

Now that you know laughter has lasting physical and mental benefits, you might be looking for some different ways to have a good chuckle and start reaping those benefits. Here are some guaranteed ways to have a good laugh and start releasing those endorphins.

1. Spend time with family and friends You're more likely to laugh when you have other people around, and you're socializing. Have a small gathering and start talking about some of the good times you've all experienced together. Chances are that conversation will inevitably end up in laughter.

2. Watch a comedy With Netflix and other convenient streaming services, you now have thousands of comedy titles at your fingertips. Whether you like stand-up comedians or slapstick comedies, your bases are covered. With just a couple of clicks on the remote, you can find something that will tickle your fancy and get you laughing in no time.

3. Try laughter exercises You might not be feeling particularly "laughy" one day, but that doesn't mean you can't fake it. Laughing exercises, also known as laughing yoga or laughter therapy, are exercises of self-induced laughter that might be "faking it" but have the same health benefits as actual laughter. And who knows? Hearing yourself fake laugh might actually lead you to the real thing.

When the wise man once said that "Laughter is the best medicine," it turns out they were onto something. With health benefits that stretch from improving cardiovascular health to increasing your short term memory, laughter can improve your body in lots of ways besides just making you feel better.