



# The Westbrook Chatterbox

AT LAST.....MY TWO FAVORITE SEASONS ARE UPON US! TWO SEASONS, YOU ASK? AUTUMN AND FOOTBALL!!!!

FOOTBALL IS MY SPORT! I DON'T WATCH ANY OTHER SPORT, ONLY FOOTBALL. THE CHIEFS ARE MY TEAM, OF COURSE. BUT I WILL WATCH OTHER TEAMS. I AM SO LOOKING FORWARD TO SEEING WHAT OUR BOYS ARE GOING TO DO THIS YEAR! PLAYOFFS AND SUPERBOWL WOULD BE MY PREFERENCE, BUT TIME WILL TELL.

AND AUTUMN....AHHH.....THE CRISP MORNINGS DRINKING COFFEE ON THE DECK, THE COOLER TEMPERATURES, THE LEAVES TURNING COLORS, THE SMELL OF BON-FIRES BURNING, GOING ON VACATION AND WATCHING THE SCENERY OF THE LAKE OUT THE WINDOW, APPLE PICKING AND FRESH MADE APPLE BUTTER, PUMPKIN SPICE ANYTHING....IT'S ALL SO COMFORTING AND INVITING. I LOVE THE CHANGES AS THE EARTH PREPARES FOR WINTER WITH MAYBE SOME SNOW.

SEPTEMBER ALSO BRINGS WITH IT THE REMINDER OF 9/11. THAT WAS A DARK DAY. HOWEVER, OUT OF THE ASHES (LITERAL AND METAPHORICAL) WE ALSO SAW THE BEST IN HUMANITY. AMERICA CAME TOGETHER AND SUPPORTED EACH OTHER IN A WAY WE HADN'T EXPERIENCED IN YEARS. IT SHOULD ALWAYS BE THAT WAY BUT ALAS WE ARE HUMAN AND IMPERFECT.

ON A HAPPIER NOTE, THE END OF SEPTEMBER BRINGS ABOUT OUR FALL FESTIVAL. ON FRIDAY, SEPTEMBER 23<sup>RD</sup>, WE WILL ENJOY A DAY OF FUN AND HOPEFULLY, FRESH AIR AS WE LIKE TO DO OUR FALL FESTIVAL OUT IN THE PARKING LOT. WE WILL BE HAVING SEVERAL ACTIVITIES THROUGHOUT THE DAY. I HOPE YOU WILL MAKE PLANS TO ATTEND THESE EVENTS.

THERE ARE MANY OTHER ACTIVITIES ON THE CALENDAR AND I WOULD LOVE TO SEE ALL OF YOU ATTEND. ONE SPECIAL ACTIVITY IS A PRESENTATION BY GWENDEAN SCOTT ON FRIDAY, SEPT. 9<sup>TH</sup> AT 2:30PM.

THE OTHER ACTIVITY I'D LIKE TO MENTION IS CALLED, "THE THINGS I WISH I'D KNOWN". IT WILL BE ON FRIDAY, SEPT. 30<sup>TH</sup> AT 1:30. MISSOURI PALLIATIVE AND HOSPICE CARE WILL BE TALKING ABOUT EVERYTHING FROM TAKING STOCK OF WHAT YOU HAVE TO HOSPITAL HACKS TO COPING TO PAPERWORK AND GUIDENCE FOR AGING. THIS PROGRAM IS NOT JUST FOR YOU RESIDENTS. IT CAN BE HELPFUL FOR YOUR FAMILY AS WELL. SO PLEASE FEEL FREE TO INVITE THEM TO THIS PRESENTATION.

WE WILL BE STARTING A NEW ACTIVITY. WE HAVE A CHIEF'S GNOME THAT WE WILL HIDE EVERYDAY AND POST A CLUE ON CHANNEL 2 AS TO ITS WHEREABOUTS. THE FIRST PERSON TO FIND IT AND TELL ME WILL HAVE BRAGGING RIGHTS FOR THE DAY. PLEASE DO NOT MOVE IT BECAUSE WE WANT EVERYONE TO HAVE A CHANCE TO FIND IT. EVERYONE WHO TELLS ME WHERE IT IS WILL BE PUT INTO A WEEKLY DRAWING FOR A SPECIAL TREAT. LET THE HUNT BEGIN.

UNTIL NEXT MONTH -  
JANELLE

## The 9/11 Memorial

The 9/11 Memorial is a tribute of remembrance, honoring the 2,977 people killed in the terror attacks of September 11, 2001 at the World Trade Center site, near Shanksville, Pennsylvania, and at the Pentagon, as well as the six people killed in the World Trade Center bombing on February 26, 1993.

About the Memorial - The 9/11 Memorial is located at the site of the former World Trade Center complex and occupies approximately half of the 16-acre site. The Memorial's twin reflecting pools are each nearly an acre in size and feature the largest man-made waterfalls in North America.

Names on the Memorial - Prior to its opening in 2011 on the 10th anniversary of the 9/11 attacks, the National September 11 Memorial & Museum underwent a multi-year process to verify and arrange the names that would be inscribed into the Memorial's bronze parapets. All inscribed names represent 9/11 attack homicide victims: people who died as a direct result of injury sustained in the attacks on September 11, 2001, including the impacts of the planes and the building collapses.

Every name can be located by the panel on which it is inscribed. A panel address is comprised of the letter N or S (N for North Pool, S for South Pool) followed by a number 1 through 76.

9/11 Memorial Audio Guide - Explore the 9/11 Memorial with this audio guide app that features a 40-minute tour about the events of 9/11, the victims of the attacks, and the design of the Memorial.

9/11 Memorial Glade - This dedicated space honors the ongoing sacrifice of rescue, recovery, and relief workers, and the survivors and members of the broader lower Manhattan community, who are sick or have died from exposure to toxins at the World Trade Center site in the aftermath of 9/11. It also recognizes the courage, selflessness, and perseverance of the men and women of the rescue and recovery effort.

The Survivor Tree - A Callery pear tree became known as the "Survivor Tree" after enduring the September 11, 2001 terror attacks at the World Trade Center.

Tribute in Light - *Tribute in Light* is a commemorative public art installation that both honors those killed and celebrates the unbreakable spirit of New York.

The Museum - Located at bedrock of the World Trade Center site, seven stories below the Memorial, the Museum's core exhibitions allow visitors to learn about the history of 9/11 where it happened, at the very foundation of where the Twin Towers once stood.



# SEPTEMBER

## To All the Rocks in Your Life?

A philosophy professor stood before his class and had some items in front of him. When the class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks, rocks about 2" in diameter. He then asked the students if the jar was full? They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. He then asked the students again if the jar was full. They agreed it was. The students laughed.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

"Now," said the professor, "I want you to recognise that this is your life. The rocks are the important things - your family, your partner, your health, your children - things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, your car. The sand is everything else, the small stuff. If you put the sand into the jar first, there is no room for the pebbles or the rocks.

The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal. Take care of the rocks first - the things that really matter. Set your priorities. The rest is just sand."

**Happy First Day of Autumn!!!  
Thursday, September 22nd**

**WE WILL NEVER  
FORGET 9/11**

Blessings *Jumpkin*  
SCARECROW *Patch*  
**AUTUMN**  
*leaves Crisp*  
*Fall HARVEST*  
GIVE THANKS **SPICE**  
HAYRIDES  
*CORN FALLING LEAVES*  
*hot chocolate*  
**MAZE Chilly colors**

# The Johnny Appleseed Story

Johnny Appleseed in real life was one John Chapman, born on September 26, 1774 near Leominster, Massachusetts. Little is known of his early life, but he apparently received a good education which helped him in his later years. By the time he was 25 years old, he had become a nursery man and had planted apple trees in the western portions of New York and Pennsylvania. Some of the orchards in those areas were said to have originated with his apple trees.

When the rich and fertile lands lying south of the Great Lakes and west of the Ohio river were opened for settlement in the early 1800's, John Chapman was among the very first to explore the new territory. This was the Northwest Territory from which the states of Ohio, Michigan, Indiana, and Illinois were later formed. For nearly half a century Johnny Appleseed roamed his territory. When settlers arrived, they found John Chapman's young apple trees ready for sale. In the years that followed, he became known as the Apple Tree Man, or Johnny Appleseed.

His manner of operation was simple. He went into the wilderness with a bag of apple seeds on his back until he found a likely spot for planting. There he would clear the land by chopping out weeds and brush by hand. Then he planted his apple seeds in neat rows and built a brush fence around the area to keep out straying animals. His nurseries varied in size. Some were only an acre or so, others covered many acres.

He did all of the work himself, living alone for weeks at a time with only the Indians and wild animals for companionship. He never carried a gun or weapon of any kind. He was a deeply religious man who lived by the Golden Rule and had no fear of man or beast. Indians accepted him as a friend, and he is reputed to have talked at times to the wild animals who watched him as he worked in his nurseries. Undoubtedly, they sensed his kind and gentle nature. Once, it is reported, he was caught in a snow storm and crept into a hollow fallen tree for shelter. He found it occupied by a hibernating bear and her cubs, but spent the night there nonetheless. There is no report, however, of how much space he kept between them and himself.

John Chapman was a practical businessman as well as a sincere Christian. Somewhere, somehow, he had caught a vision of the wilderness blossoming with apple trees, orchard after orchard of carefully nurtured trees, whose fragrant blossoms gave promise of a fruitful harvest for the settlers. Willingly he endured the hardships of his wilderness life as he worked to make his dream come true. His sturdy young trees lightened the hearts and lifted the spirits of many settlers, for there is a suggestion of a permanent and loving home when one plants fruit trees around a cabin.

He sold his trees for a few pennies each, accepting any of the coins current on the frontier. Some had no cash, and from those he accepted a simple promise to pay at a later date. Few failed to keep their word. He sometimes accepted payment in used clothing.

As he was a small man, his bartered clothing usually fit him poorly. This led to some of the humorous descriptions of his appearance in those early years. Like many of the settlers, he went barefooted a great deal because shoes were hard to come by and seldom fit his tough gnarled feet. As he ate no meat, he carried a stewpot or kettle with him. In this he could gather nuts or berries in season, carry water, get milk from a settler's cow, boil potatoes, or drop a handful of coarse-ground meal into the boiling water to make an unpalatable but nourishing meal. He has been pictured wearing such a pot on his head, but more likely he kept it tied to his pack rather than let it bounce on his head.

He preferred to walk, carrying his precious apple seeds and the simplest of camping gear on his back. He also used a boat, canoe, or raft to transfer larger loads of seeds along the many waterways. Customarily, he obtained his apple seeds every fall. At first, he went back to the cider presses in western Pennsylvania where he selected good seeds from the discarded apple pressings. He washed the seeds carefully and packed them in bags for planting the following spring. In later years, as cider presses were located in the new territory, he gathered his seeds closer to home.

There is no way to estimate how many millions of seeds he planted in the hundreds of nurseries he created in the territory lying south of the Great Lakes and between the Ohio and Mississippi Rivers. This was his service to mankind.

John Chapman never married, but he loved people and especially children. As the settlers moved into the wilderness, his lonely nights were fewer because he was a welcomed guest at every cabin. Many a night after the simple meal, he would hold them all enthralled with his stories or read to them from the Bible or from some of the religious material he carried.

It was with such friends that he spent his last night. He had been living near Fort Wayne, Indiana, when word came one March day that cattle had broken through the brush fence around one of his nurseries some twenty miles away. Although it was a raw spring day, he set forth immediately to repair the damage. On his return trip he was stricken with a disease known as the winter plague. He found shelter with friendly settlers but failed to survive the attack. A newspaper account gives the date as March 18, 1845, but other dates have been given. Such confusion is not at all surprising when one remembers that this kind and gentle man was known by the name of Johnny Appleseed to almost everyone, and only a few knew that his true name was John Chapman. Many of his young seedlings may have crossed the plains in covered wagons to produce their bountiful fruit in the western states. Certainly, his fame did, for the name of Johnny Appleseed is known throughout all of the United States and elsewhere in much of the world. People continue to improve their environment in Johnny Appleseed's manner whenever they plant a new seedling!

**FOOTBALL SEASON  
HOUSE RULES**



1. Don't root against my Chiefs
2. Don't talk to me when my Chiefs are on
3. Repeat number 1



This story is from a quarterback in the NFL. This anecdote may explain all those times that we've yelled at referees for bad calls. Read on and tell me what you think.

Partway through the second quarter I'm in the huddle when the head referee taps me on the shoulder. 'Can I talk to you for a second?' he says. I step away from the huddle. 'Hey, listen, my daughter's going to BYU,' he whispers. Next thing I know he starts trying to convince me that I should meet his daughter. 'I'd like you to take her out,' he says.

I cannot believe this. We're in the middle of a game! 'Oh, okay,' I said. 'What's her name?' He tells me and I return to the huddle...Late in the game we're down 31-23 and I'm trying to mount a comeback. I scramble out of the pocket and take a brutal hit. It causes me to fumble just before the whistle blows to stop the play. I am lying on the ground when the defense recovers the loose ball, all but sealing our defeat. Suddenly out of nowhere a yellow flag lands next to me. The referee whose daughter is headed to BYU calls a personal foul on the defense. Automatic first down. I get up and brush myself off. Then the ref walks past me and whispers she likes Italian food.

# KANSAS CITY CHIEFS



## 2022-2023 KANSAS CITY CHIEFS SCHEDULE

Week	Date	Opponent	Time	Home	Away	Network	Win/ Lose	Score
Week 1	9/11	Arizona Cardinals	3:25pm		X	CBS - 4		
Week 2	9/15	LA Chargers	7:15pm	X		Prime Video		
Week 3	9/25	Indianapolis Colts	12:00pm		X	CBS - 4		
Week 4	10/2	Tampa Bay Buccaneers	7:20pm		X	NBC - 5		
Week 5	10/10	Las Vegas Raiders	7:15pm	X		ESPN - 10		
Week 6	10/16	Buffalo Bills	3:25pm	X		CBS - 4		
Week 7	10/23	San Francisco 49ers	3:25pm		X	FOX - 6		
Week 8	10/30	BYE WEEK						
Week 9	11/6	Tennessee Titans	7:20pm	X		NBC - 5		
Week 10	11/13	Jacksonville Jaguars	12:00pm	X		CBS - 4		
Week 11	11/20	LA Chargers	3:25pm		X	CBS - 4		
Week 12	11/27	LA Rams	3:25pm	X		FOX - 6		
Week 13	12/4	Cincinnati Bengals	3:25pm		X	CBS - 4		
Week 14	12/11	Denver Broncos	7:20pm		X	NBC - 5		
Week 15	12/18	Houston Texans	12:00pm		X	CBS - 4		
Week 16	12/24	Seattle Seahawks	12:00pm	X		FOX - 6		
Week 17	1/1	Denver Broncos	12:00pm	X		CBS - 4		
Week 18	1/7 or 1/8	Las Vegas Raiders	TBD		X	TBD		

### Featured Resident – Gwendean Scott

Gwendean was born September 30, 1919 to Amos and Ethel (Holt) Hill. She is the oldest of five siblings. She had four sisters, the youngest for fourteen years younger than her.

Shortly after her sister, Helen Jean's birth, Gwendean remembers her parents losing their farm. Her father went onto work in the mines in Langlothe, PA. They soon followed her father to Pennsylvania but left a year or so later.

It was the "lure of the land" that drew her parents to Wyoming to homestead. Not many people can say they lived in a homestead. The family was all alone miles and miles away from anyone.

She has many memories of living in the three-room house in Wyoming, including her father building a sod barn. The local school teacher slept in the school house but ate all her meals with the Hill family. They lived in Wyoming until Gwendean was twelve. They then moved to Harris, MO, to be near relatives.

Gwendean's father was killed in an accident when she was fourteen. Her mother was left to raise five girls all alone. They were poor. Her mom even papered the kitchen with newspaper because she couldn't afford wall paper. But the family never went hungry. She doesn't know how her mother managed everything but she did.

Gwendean had a friend the night at their house. Her friend was an only child and lived in a nice big house. She had such a good time, even saying she would love to have a home with so much love and fun. It made Gwendean realize they had something money couldn't buy.

She graduated from Newton High School in 1937. Her class ring only cost \$7.50. She worked one study hall all year long to pay for her ring.

The summer after graduation she met Clifford Rhea. Six weeks after dating they were engaged. Two months and twenty-six days into dating, they were married at the courthouse in Trenton, MO.

She remembers them getting electricity in 1938, and purchasing their first television, which happened to be used. Reception was so poor that all you could see was the "snowy" picture but some days the neighbors came and watched it by the hour.

Clifford and Gwendean's daughter, Connie Marquette, was born in 1950, after twelve years of marriage. She says that it was the happiest day of her life. She was always the pride and joy of both her and Clifford's life.

Gwendean had different jobs throughout her life. She worked in a dime store and as a secretary for the University of Missouri Extension office but her favorite job was working at Wright Memorial Hospital for twenty years, first in outpatient then as a CNA on the floor.

Gwendean and Clifford became grandparents in 1973. Clifford had cancer and passed away in 1989 at the age of 73. Gwendean was 70. She kept her part time job for a couple of years, staying active attending ball games and involved with Sunday School and church.

She had been a widow for eight years when she received a phone call and a man on the phone asked if she'd eaten dinner yet. She said no. He then asked if it was about time they went to dinner. She asked who he was and he said Noel Scott, her high school sweetheart. She was living in Trenton at the time. He lived in Kearney and was in the area when he called. Gwendean replied, "Give me thirty minutes."

That conversation began their fifteen-month courtship. They married August 1998 and she moved in with Noel, who owned a house on 7<sup>th</sup> Street. They were 79 and 80 and hoped they could have at least five good years together. Noel watched Westbrook Care Center being built. He stopped by everyday and often offered Steve advice. Noel passed away in his sleep in 2014 after 16 good years of marriage.

Gwendean and her sewing machine became even better friends. She said they she made her own clothes as long as polyester was in style because it was easy to sew. After Noel, died she started sewing corn bags and potholders. She never charged a dime for her work. She bought all the supplies and gave everything away. When the pandemic hit, she made over a hundred face masks and gave them all away as well.

Gwendean's family decided she could no longer live at home by herself. It wasn't safe for her as she was falling a lot. In April of this year, she moved to the Westbrook Villas. She praises the cleanliness of the place. She says that everyone is so friendly and nice to help you when you ask, the food is always good. She hasn't had a bad meal yet. She really loves that she can go to bed when she wants and get up whenever she wants.

Gwendean loves her family. Besides, Marquette and Earl, she has her granddaughter, Andrea, her husband, Brad and four great grandchildren. Three boys that are biological and one girl that was adopted from China.

Gwendean has always been involved in church. It is her greatest desire that everyone accepts Christ as their Saviour. She also says that it's important to accept change in your life graciously.

## 5 Health Benefits of Apples

Apples are not just crunchy, sweet and satisfying. As part of a smart diet, they can help protect against serious diseases, including heart disease, diabetes, cancer and more. Consider them your healthy secret weapon.

You've heard it a zillion times: "An apple a day keeps the doctor away." Turns out there's more truth to that than you might think. Studies show apples have powerful health benefits, particularly when it comes to fighting chronic diseases that kill millions of people each year. Here's a short list of how eating more apples can help keep you healthy, along with some apple-luscious ways to add them to your meals.

Apples also have a low glycemic index, which means your blood sugar levels don't spike when you eat them. So while a rosy Red Delicious or sunny Honeycrisp might taste amazingly sweet, your body is able to process the sugar in a manageable way. And because apples are both sweet *and* filling, snacking on an apple can be a smart way to respond to cravings. Just be sure to eat the whole fruit, peel and all. The fiber will help keep you satisfied.

### 5 Health Benefits of Apples

**1. Protects your heart** - Multiple studies show apples are good for your ticker-in multiple ways. Their high fiber content has been shown to help improve cholesterol levels (lowering bad LDL cholesterol and increasing good HDL cholesterol). A new small clinical trial found subjects who ate 2 apples a day for 8 weeks had significantly lower LDL cholesterol levels than those who didn't eat the fruit. The researchers cite apples' fiber, but also polyphenols—you benefit from whole fruit's nutrients working together.

A review of data published by Florida State University also found that people who ate whole fruits—including apples—were less likely to develop high blood pressure. And the Women's Health Study showed that women who ate apples over the seven-year study period had up to a 22 percent reduced risk of heart disease. Finally, a Dutch study found that eating apples and pears was associated with a 52 percent lower risk of stroke—thanks to their high fiber and a flavonoid called quercetin.

**2. Boosts brain health** - A group of four large studies presented at the Alzheimer's Association's International Conference in 2017 adds to the evidence that eating a plant-based diet may help prevent dementia. In one of the studies, Swedish researchers following 2,000 people for six years found that those who stuck to a diet called the Nordic Prudent Dietary Pattern (NPDP) had better cognitive function than people who ate more fatty, processed foods. Among other things, the NPDP calls for eating plenty of non-root vegetables, plus pears, peaches and—you guessed it—apples.

In another of the studies, healthy older adults who followed either the Mediterranean or MIND diet, both of which stress eating fresh fruits and vegetables, lowered their risk of dementia by 30 to 35 percent. The longer they followed the diet, the better their cognitive function. Experts point out that more research is needed, but the results look promising.

**3. May help you lose weight** - One medium apple can help fill you up for under 100 calories, so it's no surprise that apples can help with weight loss. Turns out it's what form of apple you eat that counts. In one study, people who ate apple slices before a meal felt fuller and more satisfied than people who had applesauce, apple juice or no apples at all. The same study also found that starting a meal with apple slices helped people eat an average of 200 fewer calories compared to those who skipped the apple slices.

What kind of apple you eat may make a difference, too. One intriguing animal study published in *Food Chemistry* suggests that Granny Smith apples have fewer carbs and more non-digestible compounds, including feel-full fiber—compared to McIntosh, Golden Delicious and other common varieties. The compounds also help feed healthy gut bacteria, potentially lowering the risk of some obesity-related problems. Prebiotics in apples feed good gut bacteria: a recent lab study looked specifically at how we digest the nutrients in whole skin-on apples and found an increase in *Bifidobacteria*, beneficial members of our microbiome.

**4. Lowers your risk of type 2 diabetes** - The numbers speak for themselves. In an extensive review of studies, Tufts researchers noted a strong association of apple eating with diabetes prevention, finding that people who ate one or more apples a day had up to a 23% lower risk of type 2 diabetes than non-apple eaters. In another study of more than 38,000 healthy women, those who ate one or more apples a day had a 28 percent lower risk of type 2 diabetes than the non-apple eaters.

And in a review of data from more than 187,000 people involved in three long-term studies, Harvard researchers found that people who ate at least two servings a week of blueberries, grapes and, yup, apples lowered their diabetes risk by 23 percent, compared to people who had one serving or less a month. Experts say the fruit's fiber helps stabilize blood sugar. Flavonoids, a type of antioxidant, also play an important role.

**5. Fights cancer** - Apples' cancer-fighting antioxidant activity is nearly tops among fruits (second only to cranberries). Eating an apple a day (or more) is linked with lower risk of several cancers, including colorectal, breast and prostate. In fact, an analysis of several Italian studies found that eating one or more servings of apples a day helped lower the risk of colorectal cancer more than eating any other fruit. Other studies in humans have found that eating apples can be helpful in preventing lung and prostate cancer. Don't toss the peel, though, that's where most of the cancer-fighting antioxidants are found.

*Some original reporting by Kerri-Ann Jennings, M.S., R.D.*