



The Westbrook Chatterbox

Happy September! This is one of my most favorite months of the year!

As this month starts, it is the 2nd week of school for 3 of my grandkids. Sayer (8) started 2nd grade, Serenity (6) started 1st grade and Kenny (5) just started Kindergarten. All are very excited and love their teachers, so far! AJ's kids-Lilly(5th), Macie(3rd) and Jaxon(Kindergarten) and Hanna's kids-Paxton(10th) and Aiya(6th) are reporting that they are loving school so far as well. I always enjoyed going back to school, I loved the socializing that took place. I loved the new clothes, the new notebooks, just the newness of everything. I pray that all the kids have a great year!

Fall is just around the corner, September 22nd. I love Fall. The changing of the leaves and the cooler weather makes life just beautiful. We have our annual Fall Festival coming up on the 22nd. We have been working hard to make this year's festival something spectacular! There will be food, music, crafts, food, games and more food! We are having a BBQ food truck for lunch, some special baked goods from our very own Reneta and family for breakfast and for purchase, music by a new group as well as Speaks and Friends, a pie tasting, and crafts with our wonderful volunteer, Janet. We are super excited to do this for all our residents, so please plan to attend all the events all day long-you won't be disappointed! Be sure to check out the calendar for all the events that day! Invite your families to join us for this special event! Families may purchase their lunch from Stevie Ray's BBQ and any of the baked goods if they want to join us.

We are adding a new activity this month. On September 20th, we will host our very first "Free Swap & Shop"! We have heard that there is interest in bringing items out that you no longer need/use for others to see if they might need/want. Residents may bring items they no longer want or use to the Social Room where tables will be set up at 9:00 a.m. Residents may "shop" from 9:30 a.m.-1:30 p.m. At 1:30 p.m. you may pick up your items or staff will make sure they are taken care of. If this event is enjoyed and well attended, we will look to continue in the future. So, start digging now to find all those treasures!

I hope everyone has a wonderful month and takes some time to enjoy the changing of the weather and colors of the leaves.

Until next time~April



25 FUN FACTS YOU NEVER KNEW ABOUT APPLES

Crisp, sweet, and delicious, bushels of apples are a true symbol that autumn has arrived. Whether you stroll through the apple orchard and pick some yourself, or scoop a few pecks up from the store, Americans just can't get enough. By volume, we eat more apples than any other fruit. But for all the love we show to apples, how much do you actually know about our favorite fall fruit?

As you're sipping on that warm glass of apple cider and snacking on some apple slices, consider these 25 fun facts about apples:

1. Archaeologists have found evidence that people have been eating apples since 6,500B.C.
2. The science of growing apples is called pomology.
3. There are more than 7,500 apple varieties in the world — about 2,500 varieties grown in the United States. About 100 of those are sold commercially. Apples are the second-most valuable fruit grown in the U.S. (oranges being the first).
4. Apples are grown in all 50 states, but they're only grown commercially in 36 states. The top producing states are Washington, New York, Michigan, Pennsylvania, California, and Virginia.
5. Top producing countries in the world are China, United States, Turkey, Poland, and Italy.
6. Most apples in the world are still picked by hand.
7. Americans eat more apples per capita than any other fruit. According to the USDA Economic Research Service, the average American eats about 16 pounds of fresh apples and 28 pounds of processed apples like juice, cider, or sauce, for a total of about 44 pounds per person per year.
8. Apples are available in grocery stores all year long thanks to the global market, but the Northern Hemisphere typically considers as early as July and as late as November apple season. September and October are peak months.
9. If you've ever wondered why apples float it's because they're 25 percent air, giving us the ability to bob for apples in a barrel of water.
10. The common autumn party game bobbing for apples started as a Celtic New Year's tradition for trying to determine one's potential future mate.
11. Apples ripen up to 10 times faster at room temperature than if they are refrigerated.
12. Apple trees take at least four to five years to start producing fruit. Some take as many as 10 years.
13. The top ten varieties produced in the United States are Gala, Red Delicious, Granny Smith, Fuji, Golden Delicious, Honeycrisp, McIntosh, Rome, Cripps Pink, and Empire.
14. An average tree produces 840 pounds of fruit.
15. It takes about 36 apples to make one gallon of apple cider.
16. One of George Washington's hobbies was pruning his apple trees.
17. Apples are a member of the rose family of plants, which also includes pears, peaches, cherries, and plums.
18. When John Glenn, the first American to orbit Earth, blasted off on his initial space flight, he carried with him pureed applesauce in squeezable tubes.
19. According to Guinness World Records, the largest apple peel was created by Kathy Wafler Madison in Rochester, N.Y. on October 16, 1976. The prize-winning peel was 172 feet 4 inches long.
20. The first American apple orchard was planted around 1625 by William Blackstone on Boston's Beacon Hill.
21. Apple juice was one of the earliest prescribed antidepressants.
22. Only sour apple trees were native to America before the European settlers brought with them their favorites.
23. The pale, lime green Lady apple is one of the oldest varieties of apple still available today. It was originally documented in early Rome (approximately 700 B.C.). It was first referenced as the 'Lady apple' in 1628 during the French Renaissance.
24. An apple has about 80 calories. They are fat-free, sodium-free, and cholesterol-free and also are an excellent source of fiber.
25. After nearly a decade with Red Delicious as the apple darling of the United States, Gala apples are now the nation's favorite.

Featured Resident – Shirley Henel

Shirley was born in Quincy, IL, to Guy and Claudine Smith. She was the oldest of six children – four girls and two boys. Even though she was the oldest, her mother never made her take care of the younger children. She did enjoy playing with her siblings. Growing up, she loved reading, listening to radio shows like Inner Sanctum and spending summers with her grandma in the country.

Shirley loved school especially English and Social Studies. However, she strongly disliked math. She passed algebra barely. She was involved in the school choir and wrote articles for the school newspaper. At 14, She started working at the corner grocery store for the McGuiness family. She learned to cut up chickens, stock shelves and run the cash register.

Shirley quit school her junior year. Her parents divorced and she went to live with her grandmother. There was so much turmoil and change that she couldn't keep up. She did get her GED later in life.

Shirley grew up in the Assembly of God church. Her family was very faithful. When Shirley was 16, her pastor's brother came back from Korea. They decided to play matchmaker for him and Shirley was chosen. They started dating and three months later, they married. It was 1952 and Shirley was 16 years old.

The young couple settled in Quincy, IL. Shirley quit her job and stayed home to take care of her husband and children. By the time she was 24, she had four children – Chris(1953), Carol (1954), David (1956) and Bruce (1960).

She was a stay at home mom until 1965 when she went to work for Southwestern Bell as a telephone operator. Over time she was promoted to instructor for new operators and then in 1975, she was offered a new position. She was offered a job that usually was offered only to men. They sent her to school in six week sessions all over including Chicago, Colorado and Cincinnati learning the new digital equipment. And at the same pay as the men!

Shirley remained involved in the Assembly of God church. She taught Sunday School and worked with girls 10-14 in the Missionette program. She made them uniforms and they did lots of things together.

Shirley supplemented their income by babysitting, ironing for people and other odd jobs. She continued to love reading as well as sewing and quilting by hand.

Shirley and her husband divorced in 1976. Shirley got an apartment on her own and continued working at SWB. It was here that she met her second husband. She and Jim Henel had been friends before they started dating. They went to Phoenix to visit Jim's dad. They liked it so well that they decided to stay. They married in 1977. She continued working at Mountain Bell even though Jim retired. He took care of her and the house, doing the shopping and cleaning while she worked. They traveled a lot. They would either come back here and visit her kids or go out west. She really enjoyed Sedona, AZ, and San Diego, CA.

Jim contracted an illness that the doctors did not know how to treat. He passed away shortly after Shirley retired in 1996.

Shirley moved back to Missouri to be closer to her children after Jim's death. She lived with Chris until she found a home to buy in Liberty. She realized the stairs were going to be a problem and sold her home. She found another house in Liberty to buy. In 2000, her daughter, Carol, was going through a divorce. She and her daughter, Carol, bought a brand new duplex together in Trimble, MO.

She continued reading a lot, did yardwork and played a lot of solitaire. She also took in several critters. However, as time went on, yardwork became hard to do and she gave up driving. She did not like relying on others for everything so she decided it was time to move.

Her daughters tried to talk her out of it but she remained firm. They started looking at places in Smithville but didn't find anything they liked. Shirley decided that moving closer to Chris might be nice. They decided to look in Kearney. They drove around looking at different places. When they toured Westbrook, she knew this was the place for her. She enjoys the people, the privacy of her own apartment and that she was able to bring her dog, Teddy, with her.

Shirley's son Bruce was killed in an car accident when he was 26, leaving behind two daughters. Besides the remaining children, she has a son in law, daughter in law, six other grandchildren and several great grandchildren. She says that despite all the things that have happened in her life, she never once felt alone. She says that her faith and her family have always sustained her.

We Shall Never Forget (9-11 Tribute) –

Poem by Alan W. Jankowski

Let the world always remember,
That fateful day in September,
And the ones who answered duty's call,
Should be remembered by us all.

Who left the comfort of their home,
To face perils as yet unknown,
An embodiment of goodness on a day,
When men's hearts had gone astray.

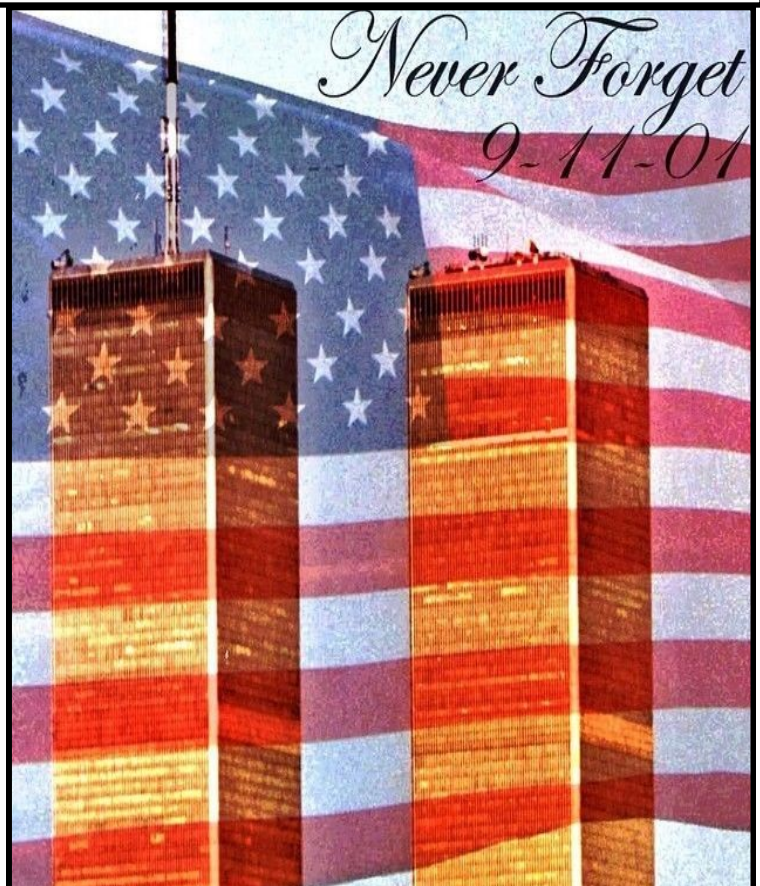
Sons and daughters like me and you,
Who never questioned what they had to do,
Who by example, were a source of hope,
And strength to others who could not cope.

Heroes that would not turn their back,
With determination that would not crack,
Who bound together in their ranks,
And asking not a word of thanks.

Men who bravely gave their lives,
Whose orphaned kids and widowed wives,
Can proudly look back on their dad,
Who gave this country all they had.

Time is passing. Yet, for the United States of America, there will be no forgetting September the 11th. We will remember every rescuer who died in honor. We will remember every family that lives in grief. We will remember the fire and ash, the last phone calls, the funerals of the children.

– President George W. Bush



Remembering 9/11

As the soot and dirt and ash rained down, we became one color.
As we carried each other down the stairs of the burning building, we became one class.
As we lit candles of waiting and hoping, we became one generation.
As the firefighters and police officers fought their way into the inferno, we became one gender.
As we fell to our knees in prayer for strength, we became one faith.
As we whispered or shouted words of encouragement, we spoke one language.
As we gave our blood in lines a mile long, we became one body.
As we mourned together the great loss, we became one family.
As we cried tears of grief and loss, we became one soul.
As we retell with pride the sacrifice of heroes, we become one people.

JUST A BIT OF FUN

Dust If You Must

Dusting: "A house becomes a home when you can write "I love you" on the furniture." I can't tell you how many countless hours that I have spent CLEANING!! I used to spend at least 8 hours every weekend making sure things were just perfect - "in case someone came over". Then I realized one day that no one came over; they were all out living life and having fun! Now, when people visit, I find no need to explain the "condition" of my home. They are more interested in hearing about the things I've been doing while I was away living my life and having fun. If you haven't figured this out yet, please heed this advice. Life is short. Enjoy it!

Dust if you must... but wouldn't it be better to paint a picture or write a letter, bake cookies or a cake or plant a seed, ponder the difference between want and need?

Dust if you must, but there's not much time, with rivers to swim and mountains to climb, music to hear and books to read, friends to cherish and life to lead.

Dust if you must, but the world's out there with the sun in your eyes, the wind in your hair, a flutter of snow, a shower of rain. This day will not come around again.

Dust if you must, but bear in mind, old age will come and it's not kind. And when you go - and go you must - you, yourself will make more dust!

It's not what you gather, but what you scatter that tells what kind of life you have lived.

Ain't Dead Yet

My hair is white and I'm almost blind, The days of my youth are far behind,
My neck's so stiff, can't turn my head, Can't hear half of what's being said.
My legs are wobbly, can hardly walk, But glory be, I can surely talk!
And this is the message I want you to get: I'm still a-kickin' - and I ain't dead yet!

My joints are stiff - won't move in their sockets, And nary a dime is left in my pockets.
So maybe you think I'm a total wreck. (To tell the truth, I look like heck!)
But, still I have just loads of fun And my heart with joy is overrun.
I've lots of friends, so kind and sweet, And many more I never meet.
O, this is a wonderful world of ours: Shade and sunshine and beautiful flowers.
So you just take it from me, you bet, I'm glad I'm livin' - and I ain't dead yet!

I've got corns on my feet and ingrown nails, And do they hurt? - here language fails.
To tell you my troubles would take too long; If I tried, you would give me the gong.
I go to Church and Sunday School too, For I love the Story that is ever new;
And when I reach the end of my row, I know to my Heavenly Home I'll go.
Then, when I leave my house of clay, If you listen closely, I'm apt to say,

Frivolous Old Gal

I have become a little older since I last saw you and a few changes have come into my life. Frankly, I have become a frivolous old gal. I am seeing five gentlemen every day. As soon as I wake up Will Power helps me get out of bed. Then I go see John. Next, Charlie Horse comes along and when he is here, he takes a lot of time and attention. When he leaves Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and glad to go to bed with Ben Gay. What a life! Oh, yes, I'm also flirting with Al Zymer. P.S. The preacher came to call the other day. He said that at my age, I should be thinking about the hereafter. I told him, "Oh, I do all the time. No matter where I am: in the parlor, upstairs, in the kitchen, or down in the basement, I ask myself, now what am I hereafter?"

My Get Up and Go
Submitted by Jenni Covington

How do I know my youth has been spent?
Because my get up and go, got up and went;
But in spite of it I am able to grin
When I think where my get up and go has been.

Old age is golden, I have heard it said
But sometimes I wonder as I go to bed.
My weary head on the pillow, my teeth in a cup,
My eyes on the table until I wake up.

Before sleep dims my eyes, I say to myself,
"Is there anything else I should lay on the shelf?"
And I'm happy to say as I close the door,
"My friends are the same as in days of yore."

When I was young, my slippers were red,
I could kick up my heels right over my head.
When I grew older, my slippers were blue,
But I could dance the whole night through.

Now I am old, my slippers are black,
I walk to the corner and puff my way back.
The reason I know my youth has been spent,
My get up and go, got up and went.

I really don't mind when I think with a grin.
Of the places my get up and go has been,
Since I've retired from life's competition,
I bury myself with complete repetition.

I get up each morning, dust off my wits,
Pick up the paper and read the "Obits."
If my name is missing, I know I'm not dead,
So I eat a good breakfast and go back to bed.

My Forever Friend

I received a letter from a friend
Who lives so far away
Lately she's been on my mind
How it brightened up my day!

Our Friendship spans some sixty years-
Even though we are far apart,
For our memories are ever close
And we remain in each other's hearts.

We understand our deepest thoughts,
As only friends can do,
We share our troubles and our cares,
Our happy moments too.

I cherish this very special bond
That grows deeper every year;
It is something very precious
I will always hold most dear.

Church Bulletin Bloopers

- ◆ Fasting conference: The cost for attending the Fasting and Prayer Conference includes meals.
- ◆ Miss Charlene Mason sang, "I Will Not Pass This Way Again" giving obvious pleasure to the congregation.
- ◆ "Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands."
- ◆ The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."
- ◆ Next Thursday, there will be tryouts for the choir. They need all the help they can get.

7 Wonders of the World

A group of Geography students studied the Seven Wonders of the World. At the end of that section, the students were asked to list what they considered to be the Seven Wonders of the World. Though there was some disagreement, the following got the most votes: 1. Egypt's Great Pyramids, 2. Taj Mahal, 3. Grand Canyon, 4. Panama Canal, 5. Empire State Building, 6. St. Peter's Basilica, 7. China's Great Wall.

While gathering the votes, the teacher noted that one student, a quiet girl, hadn't turned in her paper yet. So she asked the girl if she was having trouble with her list. The quiet girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many." The teacher said, "Well, tell us what you have, and maybe we can help."

The girl hesitated, then read, "I think the Seven Wonders of the World are 1. to touch, 2. to taste, 3. to see, 4. to hear, She hesitated a little, and then 5. to run, 6. to laugh, 7. and to love.

It is far too easy for us to look at the exploits of man and refer to them as "wonders" while we overlook all God has done, regarding them as merely "ordinary." May you be reminded today of those things which are truly wondrous.



September

In The Autumn

In the autumn, the leaves start turning colors, adding a festive touch to the neighborhood!

In the autumn, you can visit an apple orchard and go on a hayride.

In the autumn, you can sit on your porch and watch the squirrels scampering around collecting acorns.

In the autumn, you can relax on a Sunday afternoon and watch a football game!

In the autumn, you can have fun in your backyard raking up the leaves and jumping in the piles.

In the autumn, you can spot birds flying south for the winter in their V formations.

In the autumn, the wind turns crisp and the rain turns cold, leading the way for the snow to fall.

In the autumn, it is fun to walk around and collect colorful leaves and pine cones.

In the autumn, the crops are ready for harvest, and the fields will be bare until next year.

In the autumn, the bears get ready to bed down for hibernation.

In the autumn, you pack away your shorts and unpack your snuggly sweatshirts and jackets.

In the autumn, you get to go back to school and be reunited with special friends.

Autumn is Here

Autumn leaves red, gold and brown, Falling, swirling, drifting down.

Prickly conkers crackling, popping Branches snap, acorns dropping.

Picking pumpkins, juicy apples too Gathering blackberries in hedgerows for you.

Foggy mornings – damp, cold and grey Nature's blanket, clouding the day.

Swallows gather , swooping up high Off they go to Africa they fly

Hibernating hedgehog, finds somewhere to sleep

Be sure it's not your bonfire or your rubbish heap.

Shorter days, frosty and wet

Winter's round the corner, but not quite yet.

Leaves of Autumn

When blades of grass are turning brown

And autumn leaves come floating down,

I dance with them on lawn and street

And scuffle through them with my feet.

Then to one special spot I take

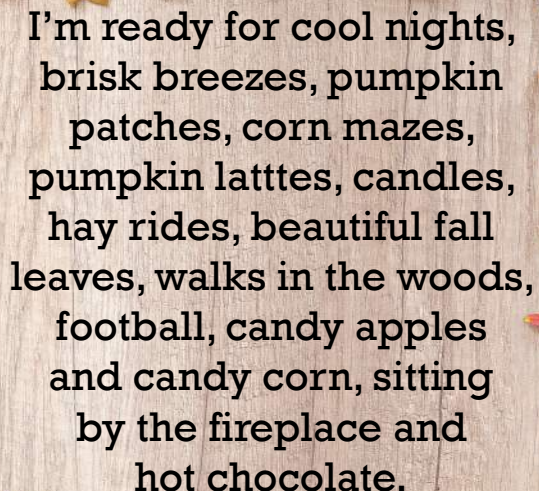
All I can gather with my rake,

Heaping them high above my head

To make a giant featherbed,

Where, when I climb on top to rest,

I sink into a cozy nest.



I'm ready for cool nights,
brisk breezes, pumpkin
patches, corn mazes,
pumpkin lattes, candles,
hay rides, beautiful fall
leaves, walks in the woods,
football, candy apples
and candy corn, sitting
by the fireplace and
hot chocolate.

Fall Prevention Checklist

Falling is an especially common and dangerous risk for older adults. With age, the likelihood of falling and the severity of falls increases. Not only can the result of a fall be physically debilitating, the fear of falling itself can take hold and keep you from being active and engaged, accelerating health decline.

Falls are the leading cause of fatal and non-fatal injuries to older adults (65+). According to the Center for Disease Control:

Close to 30% of older adults experience a fall each year - half will experience more than one fall a year!

- 20% to 30% of those who fall suffer serious injury, loss of independence or premature death according to the World Health Organization
- 2.8 million seniors are treated in emergency rooms each year due to fall injuries
- More than 95% of hip fractures are caused by falls
- Falls are the most common cause of traumatic brain injuries

Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home. The checklist asks about hazards found in each room of your home. For each hazard, the checklist tells you how to fix the problem. At the end of the checklist, you'll find other tips for preventing falls

FLOORS: Look at the floor in each room.

Q: When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Q: Do you have throw rugs on the floor?

- Remove the rugs or use doublesided tape or a non-slip backing so the rugs won't slip.

Q: Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?

- Pick up things that are on the floor. Always keep objects off the floor.

Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

BATHROOMS: Look at all your bathrooms.

Q: Is the tub or shower floor slippery?

- Put a non-slip rubber mat or selfstick strips on the floor of the tub or shower.

Q: Do you need some support when you get in and out of the tub or up from the toilet?

- Have a carpenter put grab bars inside the tub and next to the toilet.

BEDROOMS: Look at all your bedrooms.

Q: Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.

Q: Is the path from your bed to the bathroom dark?

- Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

Other Things You Can Do to Prevent Falls

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs (at least 60 watts). Use lamp shades or frosted bulbs to reduce glare.
- It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.

Other Safety Tips

- Keep emergency numbers in large print near each phone.
- Put a phone near the floor in case you fall and can't get up.
- Think about wearing an alarm device that will bring help in case you fall and can't get up