

Westbrook Gardens

SENIOR LIVING COMMUNITY

1215 Westbrook Blvd. • Purcell, OK 73080

July 2010

Westbrook Gardens

Admin. Maureen Cavanaugh
Assistant
Administrator Alice Soto
Resident Care
Coordinator Rachel Gonzalez
Customer
Sales Manager Ann Cypert
Life Engagement
Coordinator Patricia Garver
Maintenance Jesus Ocampo
Housekeeping .. Margarita Moody
Dietary Manager Adenia Miles

Office Hours

Monday-Friday 8 a.m.-6 p.m.
Saturday 8 a.m.-2 p.m.
Sunday 8 a.m.-12 p.m.
Important Numbers
Office (405) 527-1365
Fire, Police
Ambulance 911

Resident of the Month

Our July Resident of the Month is James Loper. Mr. Loper is a very nice person and loves to help out here at Westbrook Gardens. He also loves to go on outings.

Employee of the Month

Our Employee of the Month for July is Fabiana Trejo. A big thank you for doing a great job!

Happy Birthday

July Birthdays:

7/4 Daisy Miles
7/4 Juanita Mackay
7/11 James Loper
7/22 Emma Bray
7/24 Linda Mott
Employees:
7/11 Patricia Garver

Welcome New Residents

Westbrook's Newest Residents

Bobbie Anderson, Robert and Linda Mott, Margaret Kaiser. So glad you're here!



Recipe by Adenia Miles,

Reese Pie: 1 graham cracker crust, 1 pkg. chocolate pudding, 2 cups thawed whipped cream, 1 chocolate bar, and 3 tbl. peanut butter. Mix pudding as directed on package for pie. Add peanut butter and 1 cup whipped cream. Pour into pie shell and cover with plastic wrap.

When set up, spread Cool Whip on top. Grate chocolate bar over Cool Whip. Yum, yum.





Trivia Whiz

Easy as Pie

Whether it comes à la mode or right out of grandma's oven, apple pie serves as a slice of Americana.

The expression "as American as apple pie" isn't too far-fetched. Though the origins of the dessert predate American times, colonists prepared many apple dishes such as pies and fritters.

The practice of serving cheese, fruits and nuts together dates back to ancient times. Many areas of the country serve apple pie with a thick slice of cheddar cheese on top.

Actor Robert De Niro ordered apple pie with cheese in the blockbuster movie "Taxi Driver" in 1976.

Although many types of apples exist, Bobby Flay's Food Network recipe for apple pie calls for the Northern Spy variety.



People & Places

Connecting With Grandkids From Afar

Keeping up with grandkids these days can be a challenge: school, after-school activities, friends and family schedules all compete for their time. A little strategy, however, can make that challenge both rewarding and enjoyable.

Pick an avenue, but be flexible. Mail, phone and e-mail are the tried-and-true favorites, but as your grandchildren get older, they'll probably expand into other realms: texting, MySpace, Facebook and even Twitter.

Share a project. Try to relate that project to something of interest to

them. For example, your grandson might love bugs. You can send each other pictures of bugs from the Internet or even exchange snapshots of the insects populating your yards. If your grandchild has already branched into some of the newer social media outlets, your first project together could be getting you set up on the same platform, with your grandchild training you to use it.

Set a time. Kids are creatures of habit and thrive off schedules. Try to end your conversations with a casual, "Same time next week?" or similar phrase. In addition to avoiding conflicts, you're also reinforcing how much you care and want to be a part of your grandchild's life. Every kid loves to hear that!



Health & Fitness

SilverSneakers Helps Seniors Get Fit

The benefits of being physically fit are hard to escape; every headline you read touts a reduced likelihood of falls, a better quality of life and, of course, weight loss. SilverSneakers is a nationwide program designed to address the fitness needs of senior adults and make achieving these benefits simple.

The goal of the SilverSneakers' program is to improve health by increasing access to fitness.

SilverSneakers has created a series of classes—offered at participating locations—specifically designed to meet the health and fitness needs of senior adults: balance, flexibility, endurance and strength. Because SilverSneakers is covered by many insurers, the membership at facilities that offer SilverSneakers is also typically covered by insurance. So in addition to classes designed for your needs, you also get free access to the amenities offered at participating fitness centers.

Physical fitness is important to your quality of life. To find participating facilities in the area or to learn if your insurance covers the program, visit the SilverSneakers web site at www.SilverSneakers.com or call (888) 423-4632.



Fun Facts

Hammocks: The Ultimate in Form and Function

One thousand years ago in Central America, Mayan Indians couldn't have known their next invention would be the symbol of relaxation today. With the bark from the Hamack tree, the Mayans wove the first hammock, using a web-like design. It soon became common to use the soft leaves from the abundant Sisal plant. The term "hammock" comes from *hamaca*, the Taíno word for "fishing net."

Extensive trade routes between the Indian nations of Central and South America encouraged the spread of this comfortable, portable bed, and before long, hammocks were made from all types of indigenous materials, such as the fabric design popular in Brazil or the woven rope hammock.

When Christopher Columbus arrived in the Bahamas, he found natives lounging in hammocks and using them for storage. After taking several back to Europe, sailors found the canvas hammock to be ideal for sleeping at sea.

The hammock's portability, comfort and utilitarian abilities have made it last for centuries. Today, more than 100 million people around the world use hammocks as beds, other furniture or for storage.

Gaming May Help Seniors Stay Sharp

Researchers find that gaming offers seniors more than a recreational activity: Video games may have the potential to help seniors stay sharp and responsive.

A 2008 study followed 40 seniors who played the computer strategy game *Rise of Nations* over an eight-week period. Researchers measured the cognitive abilities of the players before and after game-play, and observed improved performance on memory, reasoning and cognitive tests. There were specific improvements in "executive control processes"—planning, scheduling and multi-tasking.

Studies are also focusing on the Nintendo Wii, a gaming system that requires movement and is already used in many senior centers. One such study, conducted at a senior center in Florida, found that the Wii bowling game boosted players' heart rates by about 40 percent.

"There's a growing body of evidence that suggests playing video games can improve older adults' reflexes, memory and spatial abilities," said Jason Allaire, an associate professor of psychology at North Carolina State University. Allaire is part of a team that plans further research on how video games boost memory and thinking skills in seniors, through a grant from the National Science Foundation.

For more information about these studies and other research, visit www.HealthDay.com.



Wit & Wisdom

"The secret of happiness is freedom. The secret of freedom is courage."
—*Thucydides*

"Well, if crime fighters fight crime and fire fighters fight fire, what do freedom fighters fight? They never mention that part to us, do they?"
—*George Carlin*

"There is no such thing as a little freedom. Either you are all free, or you are not free."
—*Walter Cronkite*

"Freedom is, first of all, the chance to formulate the available choices, to argue over them—and then, the opportunity to choose."
—*C. Wright Mills*

"You can only protect your liberties in this world by protecting the other man's freedom. You can only be free if I am free."
—*Clarence Darrow*



American
Anthem
Apple pie
Fireworks
Flag
Fourth
Freedom

Independence
Parades
Parks
Party
Patriot
Picnic
Stars
Stripes
Summer

E Q C A B A P S E F E I Y C F
 E L J M N X U X I P N N P O N
 T P E O S M H R P D A Y U C J
 E A T D M T E W E A S R B Q L
 B R M E W W R P L U T V K F U
 E A R E O N E I P H A R P S S
 R D I R H N E P P S R L I P V
 D E K F D T M P A E S F C O T
 Y S V E Z G N G M R S O N R T
 K R N L B C B A E R T V I A N
 Y C S Y V S L L R L H Y C W E
 E Y B T K Y X F I Q E J J V V
 A J E I G Z A A C M K A B A E
 N R V B O U K L A R T M A M M
 C T G C E Z M M N V B S Y M L

