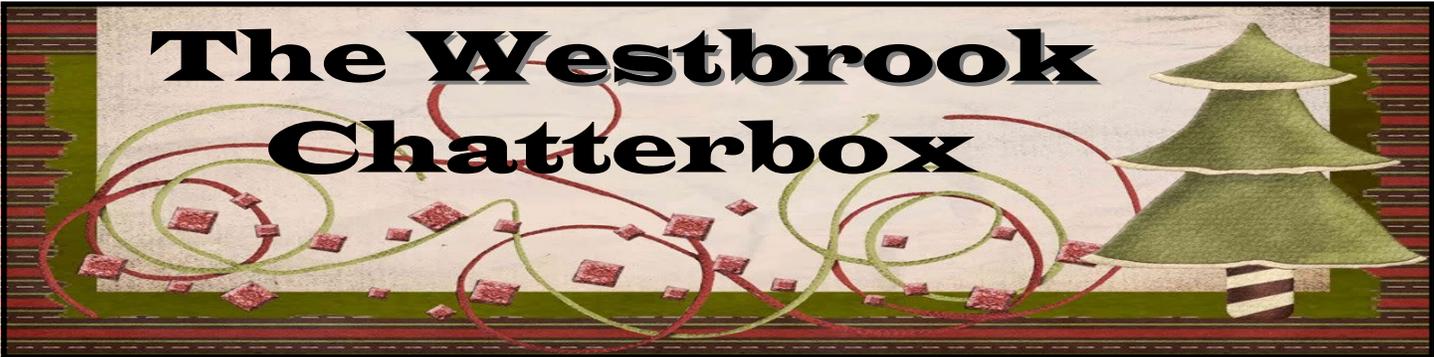


The Westbrook Chatterbox



December? Really? Already? Wasn't it just January a day or so ago? My mom used to tell me that the older she got the faster time flew. I have to say that I'm definitely starting to agree with her. I was having a conversation with Chloe about time the other day and how we can never get back the time that has gone by. It was a good conversation and made me stop and think about how I was spending my time. Do I prioritize my time correctly? Do I make time for those who are the closest to me? Do I selfishly use my time for myself? Do I take time to help others?

Time is a precious commodity. Whether you are a prince or a pauper, a child or senior citizen, a husband or wife, you have 24 hours in each day. We are all so busy that time seems to always be running out. It is easier to give of our money than it is to give of our time. Giving of ourselves and our time requires sacrifice. We have to put aside our wants and needs to focus on the wants or needs of others. There are so many ways to give of our time. We can visit someone who is lonely. We can take the time to stop and listen to others. We can clean the house of a person who is sick, injured or an invalid. We can fix dinner and take it to someone who needs it. We run errands for someone who can't get out. We can turn off the television, silence our phones and put down our electronic devices and spend quality time with our family and friends.

Rick Warren in his book, "The Purpose Driven Life" wrote "Time is your most precious gift because you only have a set amount of it. You can make more money, but you can't make more time. When you give someone your time, you are giving them a portion of your life that you'll never get back. Your time is your life. That is why the greatest gift you can give someone is your time.

It is not enough to just say relationships are important; we must prove it by investing time in them. Words alone are worthless. "My children, our love should not be just words and talk; it must be true love, which shows itself in action." Relationships take time and effort, and the best way to spell love is "T-I-M-E."

This Christmas season take the time to spend with family and friends. Take time to serve others. Take time to visit with those who you haven't seen or talked to in a while – even if it's only a phone call. Take the time to really listen to those you love. Christ took the time to leave Heaven and come to Earth for 33 years. He took the time to invest in the lives of others – including his parents, Mary, Martha and Lazarus, the blind man, the man whose friends lowered him from the roof, Jarius and his daughter and his 12 disciples. If Christ thought it important to give his time (and ultimately his life) for others, should we not also give of our time?

While it isn't necessarily easy to give up our time, the rewards are immeasurable. Giving the gift of time this holiday season will be the most appreciated gift you give or receive.

Merry Christmas ~

Janelle, Joan and April

The Legend of the Christmas Candle

Many years ago a cobbler and his wife lived in a cottage at the end of a village in Finland. They had few possessions, but whatever they owned they shared with others. Symbolic of their generous love of humankind was the lighted candle they placed in the window of their cottage.

Through the years, war, famine and destruction fell upon the village. Yet the cobbler and his wife suffered far less than the other villagers.

'There is something special about them. They are often spared from our misfortunes,' said the villagers. 'Let us put candles in our windows and see if this is the mysterious charm.'

Now it happened that the night the first candle was lit in every home, was Christmas Eve and before the first rays of the morning sun appeared, a messenger rode into the village to bring the great news - Peace has come! That Christmas Day there was awe in the hearts of the humble villagers.

The beautiful custom of placing a lighted candle in the window on Christmas Eve is being observed throughout the world today, sending forth a message of love, hope and joy.



Legend of the Candy Cane

*According to the legend of the candy cane, this candy was first created back in the 18th century. At that time, in certain areas of Europe, there was said to be a ban on public displays of Christianity. Christians were oppressed and no Bibles or crosses could be owned at the time. One man found this oppression distressing and wished he could share the love of Jesus and the joy of Christmas with the rest of the world. When Christmas came around, children didn't get to see nativity scenes or enjoy learning about the truth of Christmas. As a candy maker, this man prayed to find a way that he could offer local children a Christmas gift that would allow him to communicate the real story of Christmas. His prayer led to an idea— **The Candy Cane.***

The Shepherd's Staff: He chose to make the candy cane in the shape of a shepherd's staff. After all, Jesus is the shepherd to his followers and the Bible notes that the

"sheep" would hear His voice and follow him (*Psalm 23:1, John 10:11, John 10:27-30, Isaiah 40:11*).

The Letter J for Jesus: Not only was the candy cane in the shape of a staff, but when held upside down, it formed a "J," which stood for Jesus (*Luke 1:31, Matthew 1:21*).

He is A Rock: The candy maker chose hard candy for the candy cane, which was done to remind children that Jesus was our "rock," dependable and strong (*Psalm 31:3*).

By His Stripes: Wide red stripes were added to the candy cane, representative of the crucifixion and the blood Jesus shed for our sins.

Red-His Shed Blood: Through his blood, we are given salvation and life (*Revelation 1:5, John 3:16, Luke 22:20*).

White-Purification from Sin: There are also white stripes on the candy cane, which represents the holiness, and purity of Jesus, who was sinless (*1 John 1:7*).

Sweet Fragrance of Christ: Peppermint was the flavor that the candy maker chose for the candy cane. Peppermint was very similar to hyssop, which was used for sacrifice and purification in the Old Testament, reminding us of the sacrifice that Jesus made for us. It also reminds us of the spices brought by the Wise Men when they came to visit Jesus (*Psalm 51:7, John 10:29, Matthew 2:11*).

Broken For Us: Of course, when the candy cane is eaten, it is often broken, which the candy maker meant as a reminder that when Jesus was crucified, his body was broken (*1 Cor. 11:24*).

Love of Christ: The candy cane was also made to be given as a gift, representing the love of Jesus when he gave us the gift of salvation.

Although no one is quite sure if the legend of the candy cane is really true, the beauty of the legend is such a reminder of God's love for us around Christmas. In this legend, it was a way that the candy maker could tell the children the story of Christmas and still today, we have candy canes as a reminder of the real reason we celebrate Christmas.

EXTRA! EXTRA! READ ALL ABOUT IT!

Another New Year's Eve is upon us and I want to give you plenty of time to prepare for it. This year's theme is The Kentucky Derby.

We will be serving refreshments that coordinate with the theme. On your plate, you will have Bourbon Meatballs, Bacon Deviled Eggs, Bourbon Pulled Pork Sliders, Date, Walnut, And Coconut Bourbon Balls, and Bourbon Peach Pie Pops. For drinks, we will be serving both alcoholic and non-alcoholic choices including Sweet Tea, Mint Juleps, a Sweet Bourbon Punch, and Spicy Bloody Marys. We will also have some soda choices as well.

Since the Kentucky Derby is all about horses and racing, we thought we ought to bring some component into the party. Since we can't bring real horses into the facility, we thought it might be fun to bring in a horse piñata. So that's what we're doing. We'll have a piñata hanging up somewhere and you will have the chance to beat the candy out of it! And yes, we are only allowed to hit the piñata!

Another component of the Kentucky Derby is the hats. If you've ever watched the Derby, you know that the hats can be quite extravagant. We are planning to have a "Hat Contest." So start planning your hat now. It can be as outrageous or as tame as you would like. You can use whatever you can find to decorate it. You can use jewelry, buttons, lace, trash such as newspaper and toilet paper tubes, wrapping paper or ribbon. Have fun with it. (If you don't have a hat, please still come and enjoy the fun!)

The Derby attracts a wide variety of people from all walks of life. But you definitely see many of them dressed to the nines. So if you would like to, please dress up. This evening should be a lot of fun. We even have a very special surprise planned. You will NOT want to miss this New Year's Eve party. It will be one for the books!

Oh - and yes, Martha will be there to "Show Us The Way To Go Home"!

Home for the
HOLIDAYS
CANDY CANES
snowmen & sleighs
gingerbread houses
candles & cookies
under the **MISTLETOE**
tinsel & tidings
DECK the **HALLS**
elves & egg nog
Presents ^{under} _{the} **Tree**
family & friends
merry
Christmas

SHOULD OLD
AQUAINTANCE
BE FORGOT
★AND NEVER★
BROUGHT TO MIND
SHOULD OLD
AQUAINTANCE
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"My mother enjoys the activities and staff. She's always on the go and loves meeting new people. There's nothing that we would change about Westbrook, it's been perfect for my mom." Adam D



December

Spirit of Christmas

On this Christmas morning
Let thoughts of peace prevail,
As holy bells are ringing
Across the hills and dales.

As we celebrate the birth
Of our Saviour and our King
Let us live in harmony
Seeing good in everything.

When festivities have ended,
And the memories fade away
Let peace remain within each heart
As it did on Christmas Day.

Christmas Long Ago

Frosty days and ice-still nights,
Fir trees trimmed with tiny lights
Sound of sleigh bells in the snow
That was Christmas long ago.

Types on sleds and shouts of glee
Icy-window filigree
Sugarplums and candle glow
Part of Christmas long ago.

Footsteps stealthy on the stair
Sweet-voiced carols in the air.
Stocking hanging in a row
Tell of Christmas long ago.

Starry nights so still and blue
Good friends calling out to you
Life, so fact, will always slow....
For dreams of Christmas long ago.



LUKE 2:1-20

And it came to pass in those days that a decree went out from Caesar Augustus that all the world should be registered. This census first took place while Quirinius was governing Syria. So all went to be registered, everyone to his own city. Joseph also went up from Galilee, out of the city of Nazareth, into Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, to be registered with Mary, his betrothed wife, who was with child. So it was, that while they were there, the days were completed for her to be delivered. And she brought forth her firstborn Son, and wrapped Him in swaddling cloths, and laid Him in a manger, because there was no room for them in the inn. Now there were in the same country shepherds living out in the fields, keeping watch over their flock by night. And behold, an angel of the Lord stood before them, and the glory of

the Lord shone around them, and they were greatly afraid. Then the angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. For there is born to you this day in the city of David a Savior, who is Christ the Lord. And this will be the sign to you:

You will find a Babe wrapped in swaddling cloths, lying in a manger." And suddenly there was with the angel a multitude of the heavenly host praising God and saying: "Glory to God in the highest, And on earth peace, goodwill toward men!" So

it was, when the angels had gone away from them into heaven, that the shepherds said to one another, "Let us now go to Bethlehem and see this thing that has come to pass, which the Lord has made known to us." And they came with haste and found Mary and Joseph, and the Babe lying in a manger. Now when they had seen Him, they made widely known the saying which was told them concerning this Child. And all those who heard it marveled at those things which were told them by the shepherds. But Mary kept all these things and pondered them in her heart. Then the shepherds returned, glorifying and praising God for all the things that they had heard and seen, as it was told them.



Merry
Christmas

Wash Your Hands

Handwashing is one of the best ways to protect yourself and your family from getting sick. Handwashing is easy to do and it's one of the most effective ways to prevent the spread of many types of infection and illness in all settings—from your home and workplace to child care facilities and hospitals. Clean hands can stop germs from spreading from one person to another and throughout an entire community .

When should you wash your hands?

Feces (poop) from people or animals is an important sources of germs. A single gram of human feces—which is about the weight of a paper clip—can contain one trillion germs. Help stop the spread of germs by washing your hands often, especially during key times listed below.

- **Before**, during, and after preparing food
- **Before** eating food
- **Before** and after caring for someone who is sick
- **Before** and after treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** touching garbage

What is the right way to wash your hands?

Follow the five steps below to wash your hands the right way every time.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

What should you do if you don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **NOT** eliminate all types of germs.

Hand sanitizers may not be as effective when hands are visibly dirty or greasy. Furthermore, hand sanitizers might not remove harmful chemicals like pesticides and heavy metals from hands. Be cautious when using hand sanitizers around children; swallowing alcohol-based hand sanitizers can cause alcohol poisoning if a person swallows more than a couple mouthfuls.

How do you use hand sanitizers?

1. Apply the product to the palm of one hand (read the label to learn the correct amount).
2. Rub your hands together.
3. Rub the product over all surfaces of your hands and fingers until your hands are dry.

**Merry Christmas From All of Us
to All of You!!**



Janille
Steve
Danna & Rodam
Jeri
Angie
Loretta
(Rick)
MICRO!
RAVEN WALTERS
Fred Welter
Tom
Roger A. D.
Theresa
MAYO
Dana
Rebekah
Jesse
April
Joy
Terri
Shirley Pochron
DANA
Angela
Kimm
Jelene

