



The Westbrook Chatterbox

I know I've said it before but I am amazed how quickly time goes by. I swear I just finished the October Chatterbox yesterday and yet, here I am completing the November Chatterbox. As quickly as time moves, I sometimes wonder if I appreciate things enough. Do I stop to smell the roses? Do I take a minute to breathe in the cool crisp air of autumn? Do I make the time to stop and visit with a friend who wants to talk? Or do I remain so focused on what I'm doing that I miss out on blessings?

Hmmmm.....as I reflect on this it brings me to some great memories. Getting my first car, getting my first job, getting married, having my children, coming to work here, spending vacations with my parents(both of who are gone), time spent with my husband, homeschooling Chloe, teaching my domino ladies here at Westbrook how to play Mexican Train dominoes, and the list goes on.

Besides those events, there are so many people who have impacted my life. I think of my parents, who taught me right from wrong, unconditional love and that there is a God who loves. I think of the people I work with starting with Winnie, who is part of the reason why I started working here. She took me under her wing and mentored me, teaching me what I'd need to know to be able carry on without her. Of course, Steve who took a chance on me, April who I've worked closely with for over a dozen years, Joan who came into the department and immediately became indispensable. And there are so many residents, friends, family members and co-workers; too many to mention So many people and things to be thankful for and that brings me to Thanksgiving.

Thanksgiving - the act of expressing gratitude especially to God; a holiday set aside for blessings we've received; a time to pause and reflect. By the definition, that is what I have been doing a lot of lately. We, as Americans and as Christians, have so many things for which to be thankful. Just waking up in the morning is a cause for gratitude. We have freedoms in this country that some peoples only dream of and yet I so often take them for granted.

Veteran's Day is also this month. We, as a nation, should be exceedingly grateful for the men and women who have served, are serving and the families that support them. Our freedoms as a nation would not be what they are if not for those who sacrifice their time, their dreams, and some, their lives.

So as Thanksgiving approaches, take the time to reflect on your many blessings. Tell your family and friends what you are grateful for, even if it is them. Show your gratitude to others in your actions. Smile at others and thank a veteran for their service. It is the least expensive gift you will ever give but will have the greatest value to whoever receives it.

Until Next Month- Janelle



Thanksgiving: A Poem by Lizelia Augusta Jenkins Moorer

Let us give thanks to God above.
Thanks for expressions of His love.
Seen in the book of nature, grand
Taught by His love on every hand.

Let us be thankful in our hearts
Thankful for all the truth imparts
For the religion of our Lord
All that is taught us in His word.

Let us be thankful for a land
That will for such religion stand;
One that protects it by the law,
One that before it stands in awe.

Thankful for all things let us be
Thought there be woes and misery;
Lessons they bring us for our good –
Later 'twill all be understood.

Thankful for peace o'er land and sea,
Thankful for signs of liberty,
Thankful for homes, for life and health,
Pleasure and plenty, fame and wealth.

Thankful for friends and loved ones, too.
Thankful for all things, good and true.
Thankful for harvest in the fall,
Thankful to Him who gave it all.

GIVE THANKS

*For the hay and the corn and the wheat that is reaped,
For the labor well done, and the barns that are heaped,
For the sun and the dew and the sweet honeycomb,
For the rose and the song and the harvest brought home --
Thanksgiving! Thanksgiving!*

*For the trade and the skill and the wealth in our land,
For the cunning and strength of the workingman's hand,
For the good that our artists and poets have taught,
For the friendship that hope and affection have brought --
Thanksgiving! Thanksgiving!*

*For the homes that with purest affection are blest,
For the season of plenty and well-deserved rest,
For our country extending from sea unto sea;
The land that is known as the "Land of the Free" --
Thanksgiving! Thanksgiving*

A Thanksgiving Dinner

Take a turkey, stuff it fat,
Some of this and some of that.
Get some turnips,
peel them well.
Cook a big squash in its shell.

Now potatoes, big and white,
Mash till they are soft and light.
Cranberries, so tart and sweet,
With the turkey we must eat.

Pickles-yes-and then, oh my!
For a dessert a pumpkin pie,
Golden brown and spicy sweet.
What a fine Thanksgiving treat!



Thanksgiving Verses & Quotes

"Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow." ~ Edward Sandford Martin

1 Chronicles 16:34 O give thanks to the LORD, for He is good; For His loving kindness is everlasting.

Psalms 92:1 IT IS A GOOD THING TO GIVE THANKS UNTO THE LORD, AND TO SING PRAISES ...

Psalms 106:1 "Praise ye the LORD. O give thanks unto the LORD; for he is good: for his mercy endureth for ever."

Psalms 107:8 "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men"

Ephesians 5:20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,

1 Thessalonians 5:18 "In everything give thanks; for this is the will of God in Christ Jesus for you."

The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving." ~ H.U. Westermayer

NOVEMBER

There are not words big enough.
There is not a hug strong enough.
There is not a smile wide enough.

All I can offer is thank you.

You are my hero.

You are in my thoughts.

You are in my prayers.

For all you've done, thank you.

HAPPY VETERAN'S DAY!!

*It is the VETERAN, not the preacher,
Who has given us freedom of religion.*

*It is the VETERAN, not the reporter,
Who has given us freedom of the press.*

*It is the VETERAN, not the poet,
Who has given us freedom of speech.*

*It is the VETERAN, not the campus organizer,
Who has given us the freedom to assemble.*

*It is the VETERAN, not the lawyer,
Who has given us the right to a fair trial.*

*It is the VETERAN, not the politician,
Who has given us the right to vote.*

Psalm 100

Make a joyful noise unto
the LORD, all ye lands.

Serve the LORD with
gladness: come before
His presence with singing.

Know ye that the LORD He
is God: it is He that hath

made us, and not we
ourselves; we are His

people, and the sheep of
His pasture.

Enter into His gates with
thanksgiving, and into His
courts with praise: be
thankful unto Him, and

bless His name.

For the LORD is good; His
mercy is everlasting; and

His truth endureth
to all generations.

May the
Blessings



Of this
Thanksgiving
fill your
Heart & Home

.....
GIVE
THANKS
For
Unknown
BLESSINGS
already on
Their Way
.....
- NATIVE AMERICAN SAYING

This is the *Day*
that the Lord has made;
let us *Rejoice*
and be glad in it.

Psalm 118:24



EXTRA! EXTRA!

As you are probably already aware of, we have purchased a new shuffleboard table. It's down by the pool table and big screen TV, where we play Wii Bowl. This table was bought with money that was donated in honor of Earl Heflin. We will be getting a nameplate to go on it. We will also be getting a traveling trophy. Why a traveling trophy? Well that's because we will be holding monthly shuffleboard tournaments. Each month, the winner of the tournament will get to take the trophy home until the next month's tournament. Our first tournament will be Friday morning, Nov. 10th at 10:15. This is a new activity and a new game to us. We will have a set of rules which we will run the tournament. We will go over these rules prior to the start of the tournament. Please plan to attend even if it is just to watch and see what it is this first time. Please be patient as we start this new activity.



Be Prepared

Grandma was showing the children a painting of the Pilgrim Family on a Thanksgiving Day card that they had received and she commented, 'The Pilgrim children enjoyed going to church with their mothers and fathers and praying to God.' Her youngest grandson looked at her doubtfully and asked, 'Then why is their Dad carrying that rifle?'



The Turkey, the Parrot and the In-laws

Martha had a parrot called Brutus, the only problem was that Brutus cussed something awful. Now Martha was having her in-laws over for Thanksgiving, and so she needed to train Brutus quickly not to swear.

Just before her Mother-in-law was due Brutus cussed terribly, so Martha put him in the freezer for 2 minutes to literally cool off. Then she opened the door and took out the parrot along with the turkey.

'And have you learned your lesson about cussing?' Martha asked the parrot.

Brutus the parrot took one look at the dead turkey and said: 'I sure have. But I have one I have a question, "What did the turkey do?" '



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They are absolutely wonderful: easy to deal with, friendly, great staff, and they take excellent care of my grandma. ~ Renea Spires

Featured Resident – “Frankie” Braden

Frances E Braden (aka Frankie) was the eighth of eleven children born to Everett and Harriet Lowrey. There were seven girls and four boys. When she was born, they lived in a two room shack near Tina, MO. She vaguely remembers sleeping on a pallet in an attic area. When Frankie was three, her family moved to California to look for work; there were nine kids and her parents in a Model T. After a month or so with no luck, they moved back to Missouri. Her father rented a 160 acre farm near Dawn, where he sharecropped corn, oats and wheat. The farm had a big eight room house but no electricity and no running water. The kids helped with hoeing the garden and taking care of the chickens. Frankie remembers banging pans to scare the hawks away from the baby chicks. The kids attended school in Dawn which was about 4.5 miles from home. They didn't have snow days so the radiator was full of wet gloves in the winter. Frankie's favorite subject was recess and she enjoyed socializing with her friends and family. In 1941, Frankie graduated as Valedictorian of her class of 12 students.

After graduation, she attended the Chillicothe Business College before going to work at Northwestern Insurance Company in Kansas City as a receptionist. There was not enough work so Frankie went to work for the Kansas City Quartermaster. She was in charge of supplying athletic equipment to the troops stateside and abroad. This job lasted until after the war was over when returning servicemen took over the work.

Frankie had ran into John Braden when he was home on leave in 1941. She knew the family but was three years younger than John. He asked her to write him and so she did for the next four years. When John came home in November 1945, she met him at the station. They married in March 2, 1946.

The couple moved to Kansas City. John went to work at Pennsylvania Rubber and Frankie stayed home. They moved to Utica where he and his uncle had a service station at Utica & Dawn junction. Out of respect for Grandma Braden, they didn't sell beer. So Murf took over and John escorted bodies of servicemen to their homes. In January 1947, their daughter, Pat, was born and Terry joined the family in November 1948. John went to work at a bank in Dawn in 1949. He was called back up to the Army in November 1950 and the family moved to Ft. Leonardwood. In January 1951, Mike was born and John was discharged from the service.

The family moved to Ludlow and John worked for the bank. David joined the family in June 1953 and Greg in November 1955. John got another bank job in Chillicothe and the family relocated once again in 1956. Kathy was born in 1957. In 1959, the family moved to North Kansas City and John became a bank examiner. The family eventually settled in Lee's Summit and John became a loan officer at Lee's Summit Bank. Becky was born in July 1963 followed by Jeff in December 1967.

Frankie stayed busy raising their eight children. She had joined the Catholic Church when she married John. She was very active there including helping with fundraising and cleaning the building. She was even the president of the PTA for their Catholic School two years. They also loved spending time with family – they would get together and play cards or just visit.

They moved to Greenwood, MO, in 1970 and built an earth home. She loved how easy that house was to clean and how cool it would stay. Eventually they bought a 40x40 shed behind the house and sold the home, choosing to build a house in half of the shed. John retired in 1981.

Mike, David, Greg and Kathy all had moved to Washington. So John and Frankie went every summer to visit them. John's family loved fishing so they made trips to Minnesota as well as spending time fishing on Lake Pomme De Terre. The couple wintered in Texas three years as well. John passed away in 1991 from lung cancer.

Frankie stayed in Greenwood – first with Jeff living there and then Pat moved in when Jeff left. Pat and Frankie ended up buying house. In 1992, they moved to North Kansas City to be near Pat's daughter, Amy, who had just had twins.

In May of 1997, Frankie moved to an apartment in Chillicothe to be near six of her siblings. Some were in poor health and so she helped take care of them. She was still active in her church. She played lots of cards – her favorite being Hand and Foot. She also joined a widow's group that had lots of activities.

Frankie moved to Kearney, MO, in 2011, to be closer to her sister and kids. Her kids found her an apartment in a senior's apartment complex. However, health concerns started arising and in September 2017, Frankie moved to Westbrook. She likes the place and her younger brother, Russ, lives here. Frankie talked about how Russ and she would drive the family car because her parents didn't drive. One of them would steer and work the pedals and the other would shift.

Frankie likes how clean her apartment is and how it's well arranged. She loves the food and getting to share her meals with her brother. She also really likes the people who she says are so friendly. Frankie enjoys doing jigsaw puzzles in her apartment.

Besides her eight children, Frankie has 5 sons/daughters-in-law, sixteen grandchildren, nine grandchildren-in-laws and twelve great grandchildren with one more on the way. Of the eleven Lowrey siblings, Frankie, Russ & Peggy are left.

Seven Scientifically Proven Benefits Of Gratitude That Will Motivate You To Give Thanks Year-Round

It's that time of year where many people begin thinking about everything they have to be thankful for. Although it's nice to count your blessings on Thanksgiving, being thankful throughout the year could have tremendous benefits on your quality of life.

In fact, gratitude may be one of the most overlooked tools that we all have access to every day. Cultivating gratitude doesn't cost any money and it certainly doesn't take much time, but the benefits are enormous. Research reveals gratitude can have these seven benefits:

1. **Gratitude opens the door to more relationships.** Not only does saying "thank you" constitute good manners, but showing appreciation can help you win new friends, according to a 2014 study published in *Emotion*. The study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So whether you thank a stranger for holding the door or you send a quick thank-you note to that co-worker who helped you with a project, acknowledging other people's contributions can lead to new opportunities.
2. **Gratitude improves physical health.** Grateful people experience fewer aches and pains and they report feeling healthier than other people, according to a 2012 study published in *Personality and Individual Differences*. Not surprisingly, grateful people are also more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups with their doctors, which is likely to contribute to further longevity.
3. **Gratitude improves psychological health.** Gratitude reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret. Robert A. Emmons, Ph.D., a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.
4. **Gratitude enhances empathy and reduces aggression.** Grateful people are more likely to behave in a pro-social manner, even when others behave less kind, according to a 2012 study by the University of Kentucky. Study participants who ranked higher on gratitude scales were less likely to retaliate against others, even when given negative feedback. They experienced more sensitivity and empathy toward other people and a decreased desire to seek revenge.
5. **Grateful people sleep better.** Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.
6. **Gratitude improves self-esteem.** A 2014 study published in the *Journal of Applied Sport Psychology* found that gratitude increased athlete's self-esteem, which is an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs – which is a major factor in reduced self-esteem- grateful people are able to appreciate other people's accomplishments.
7. **Gratitude increases mental strength.** For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A 2006 study published in *Behavior Research and Therapy* found that Vietnam War Veterans with higher levels of gratitude experienced lower rates of Post-Traumatic Stress Disorder. A 2003 study published in the *Journal of Personality and Social Psychology* found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all you have to be thankful for – even during the worst times of your life – fosters resilience.

We all have the ability and opportunity to cultivate gratitude. Simply take a few moments to focus on all that you have – rather than complain about all the things you think you deserve. Developing an "attitude of gratitude" is one of the simplest ways to improve your satisfaction with life.

From Forbes.com/Amy Morin