



# THE WESTBROOK CHATTERBOX



February is here! Lots of things happen in February – Groundhog’s Day, Chinese New Year, Ash Wednesday, Valentine’s Day and President’s Day. It also kicks off tax season (see article inside for more on this topic).

On February 10<sup>th</sup>, we will be celebrating Chinese New Year (yes, it’s a week early). We will be serving a buffet lunch from Hunan Garden. Then in the afternoon, we will have entertainment from the LeYue Arts Ensemble Choir & Institute of Chinese Language and Culture Dancers. For those of you who have been here awhile, this is the group that came in about two years ago. This is an amazing cultural experience that you will not want to miss. Feel free to invite friends and family for the entertainment which will start at 1:30pm in our Social Room.

We will be celebrating Valentine’s Day with a surprise. We’ll be having a party in the afternoon with entertainment that you will not want to miss. It will be out of this world! SO be sure and come see what we have planned for this day instead of choir practice.

If you follow the Westbrook calendar, you will notice that we have lots of different activities. This month we will be starting our monthly shuffleboard tournaments. You don’t need to know how to play. We will be more than happy to teach you. Also every Thursday afternoon, we bowl in the 1000 Hall on the Wii. If you like to bowl, if you were a league bowler or if you’ve ever wanted to bowl, this is for you! You don’t need to know how to play because we are more than happy to teach you. There is currently one team of bowlers and they would love for you to join them. It would be so much fun to have two or three teams to be able to compete against each other for weekly bragging rights! If you’re uncertain, come down and watch a time or two and see how much fun Wii Bowling can be!

On February’s calendar, we have three new activities. Nick the Guitarman will be here on Monday the 26<sup>th</sup> at 1:30pm. Jim Tipton will be here on Friday the 23<sup>rd</sup> at 10:30am. He does multimedia programs about various topics including Walks Down Memory Lane, History of US Holidays, History with a Touch of Humor and Travelogues. Finally, we will be having Catherine Bohm on Friday the 16<sup>th</sup> at 1:30pm. She plays the saxophone. Many of you saw her on Thursday night as part of The Overtones. We are excited to welcome some new talent.

Speaking of The Overtones....were they not amazing?!?!?! They were loud which we were aware they were going to be. But I had no idea how much fun and how fantastic they would be! We are currently working on plans to get them back in here at least once more this year. For those of you that missed it, watch the calendar and be sure to come and experience them next time!

Until Next Month –  
Janelle



Over the years that I've done the Chatterbox, I've written a lot about being thankful. I'll talk about all the things that we have to be thankful for – everything from our freedoms to our families. As Christians, we have so much to truly be thankful for – most notably, our salvation.

Audrey Dye, who had lived here for 18 years, passed away in December. She was a gracious, kind, friendly and giving woman. She was a gentle spirit with a ready smile – no matter how she felt or how much pain she was enduring. After she passed, her daughter, Mary Lou, found a handwritten piece of paper in her Bible. On it was a list of everything that SHE was thankful to have. After reading it, I realized I was not as intentionally thankful as Audrey. She gave me food for thought about all the things that I take for granted. Audrey will be sorely missed but she has left an amazing legacy.

Below is a typed list of all the things that Audrey had listed on that scrap of paper in her Bible. There are 145 different items. As you read this list, take a few minutes to think about your blessings as well.

### God is My World, My Salvation

I am thankful for God, Jesus and the Holy Ghost above all else. I'm thankful that Jesus is my Savior and I can talk to him. I had Christian parents. I was raised Christian. My husband was a Christian (and his family). We have wonderful children, grandchildren, great grandchildren and great-great grandchildren. I am an American and live in America. I am mostly thankful for God's love and the holy bible, his listening ear, and his grace and mercy.

I am thankful for the ability to read, my eyes, ears, hair, body, for my senses, feet, internal parts, mouth, hands, TBS (Thursday bible study), food, clothes, shelter, changing seasons, trees, grass, flowers, rain, snow, blue skies, sunsets, night & day, stars, ministers, doctors, nurses, their helpers, caregivers, hospitals, medicine, those who search for cures for diseases, for the fun times (games, parties etc.), Thanksgiving and Christmas, pictures so we can relive special moments, cars, trains, buses, Westbrook where I feel safe, my special jewel, Mary Lou, who helps me enjoy life and the million (more or less) other things she does for me. Ron helps and is caring.

I'm thankful for beds to sleep in, lounge chairs, pillows, sheets, blankets, books to read, the Bible and its messages, for lights and furnaces, air conditioners, TV, radios, computers, music, schools, teachers, washing machines, stoves and cooking appliances, recipes, soap and water, bathtubs and showers, stoves, toilet paper, washrags and towels, storage areas, plungers, brooms, vacuums, trash barrels and trash men.

I'm thankful for my life and the pleasure I get being with these special TBS friends who have taught me so much, all the friends you have given me, ministers and their helpers, the military, telephones, indoor plumbing and water, tornado alarms and basements, swimming pools, government, rules, nighttime and sleep, pencils, erasers, pens, sewing machines, scissors, thread, material, schools and the ability to read, the ability to love and be loved, quiet moments, grocery stores, drug stores, workers in stores, pictures, cameras, explorers of all kinds, experiments, lakes, rivers, trains, builders.

Found in Audrey Dye's Living Bible the week she passed away. December 2017

It's that time of year again ~ Tax season. I have once again been certified to do returns through AARP. If you are interested in having me do your taxes, please let me now ASAP.

You will need to have your copy of last year's return, all forms of income (1099-SSA, 1099-R, 1099-INT, 1099-DIV or 1099-B), plus any charitable contributions and unreimbursed medical expenses (co-pays, medical or dental bills, prescription medication, chiropractor, insurance premiums) if you have enough to itemize.

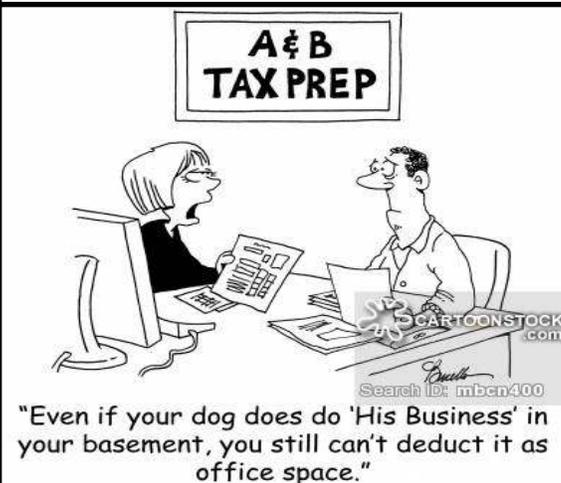
Once you have everything gathered, put them in an envelope with your name, date of birth and phone number. I'll take them home, complete them and bring them back for you to sign. Then we can file them. I will electronically file the returns unless you are opposed to this, then we can prepare a paper return. You can choose to have your refund, if one is due, either check mailed to you or direct deposited.

The best part is since I do taxes through AARP, the cost to you is nothing. It's a free service and I do this as a volunteer. I do ask that you allow me a week to get them completed as I do this in my spare time.

Also if you need a rent receipt for tax purposes, please sign up on the sheet in the Activities Office and I will get them to you as soon as I can.

With the new tax bill signed into law in December, there is only one item that affects us this year. If you itemize and have medical, it allows you to claim the deduction once you exceed 7.5% of you adjusted gross income instead of last years 10%.

If you have any questions, please don't hesitate to ask. I look forward to helping make taxes a little less stressful (if that's possible). ~ Janelle



- It would be nice if we could all pay our taxes with a smile, but unfortunately cash is required.
- What's the definition of an accountant? Someone who solves a problem you didn't know you had in a way you don't understand.
- If you love something, set it free. If it comes back, it will always be yours. If it doesn't come back, it was never yours to begin with. But... If it just sits in your living room, messes up your stuff, eats your food, uses your telephone, takes your money, and doesn't appear to realize that you actually set it free in the first place, you either married it or gave birth to it. Either of which is probably a tax deduction.

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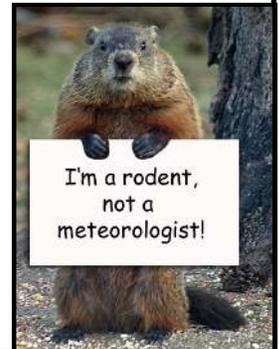
*"I really like Westbrook's progressive care capabilities. If my mom needs more extensive care in the future, there is that option. That's very appealing to us because we wouldn't need to move her elsewhere if that situation did arise."* Ken M

# FEBRUARY

**Food for Thought** - On a very cold, snowy Sunday in February, only the pastor and one farmer arrived at the village church. The pastor said, 'Well, I guess we won't have a service today.' The farmer replied: 'Pastor, even if only one cow shows up at feeding time, I feed it.'

**Groundhog Day** or **Ground-Hog Day**, **ground-hog's day**, etc., is a popular tradition celebrated in the United States and Canada on February 2. It derives from the Pennsylvania Dutch superstition that if a groundhog emerging from its burrow on this day sees a shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks, and if he does not, due to cloudiness, spring season will arrive early.

The weather lore was brought from German-speaking areas where the badger is the forecasting animal. This appears to be an enhanced version of the lore that clear weather on Candlemas forebodes a prolonged winter.



A young woman sitting next to the President at a dinner party confided to him she had bet she could get at least three words of conversation from him. Without looking at her he quietly retorted, "You lose."

"A four-year-old boy saw a picture of the president. His parent said, 'Do you know what that man does?' The boy looked and said, 'Yes: He approves this message.'"

**"You came home early from your date," John observed to his roommate. "What happened?"**

**"Well," said the flat mate, "after dinner she invited me up to her flat. We had a couple of drinks and she put on some soft music. Then she reached over and turned out the lights."**

**"So, what next?" asked John, eyebrows raised.**

**"I can take a hint," said his flat mate. "I came home."**



### Featured Resident – Marilyn Thudium

Marilyn was born in Brookfield, MO. She and her brother, Myrl, grew up in town with their parents, Ray and Genevieve Sternke. Marilyn was always into outdoor activities. She loved to play tennis. Her family belonged to the Brookfield Country Club and had a cottage on the lake there. During the summer months, they would live in the cottage and take advantage all the lake and country club had to offer. They would move back into town when school started. Marilyn liked school and was a cheerleader for the Brookfield Bulldogs. Marilyn worked part time at JC Penney's.

During her freshman year in high school, she started dating Richard (Dick) Rose. Their first date was going to the movies. They also spent a lot of time at the Olympia – the local teen hangout. They would go there for sodas and dancing every day after school for an hour or so and on Friday and Saturday nights. They dated all through high school.

When they graduated, Dick went into the service. Marilyn went to Missouri Valley College at Marshall, MO. She took general classes towards an associative degree. Dick returned to Brookfield in the spring of 1946 and went to work with his dad in Rose Construction. The couple married in May of 1947 and settled into their own home. Dick became sole owner/operator. They had two children - David born in 1951 and Jennifer born in 1955.

Marilyn was a real go getter and innovator. She saw someone waterskiing on TV. So she got on a train and went to Kansas City to get water skis. She bought them and all the paraphernalia and boarded the train back to Brookfield. She was met at the station by half the town. After much trial and error, she became the first person to ever ski on the Brookfield Country Club Lake.

While still in high school, Marilyn directed the children's choir at First Presbyterian of Brookfield and sang in the adult choir. Her lifelong best friend, Emily, would play the organ and Marilyn would sing at funerals. Over the years, that was how they made their spending money. Marilyn eventually took over as choir director for the adult choir at church.

Dick and Marilyn were huge fans of University of Missouri – Columbia football. Dick had even been offered a scholarship to play football but with the war and his dad needing help, he was unable to attend. He told Marilyn that he may not be able to play there but they would never miss a game. They got season tickets for football along with their friends, Pat and Floyd Cleveland. The two couples would go down to Columbia and see all the games. Marilyn was recognized a few years ago at an MU game for being a season ticket holder for 65 years.

Dick passed away suddenly of a heart attack at the age of 51. Marilyn was in New York at the time at a family wedding. His brother took over running the construction company.

Her friend, Emily, was diagnosed with ALS. Marilyn helped Lane in her care for the last six or eight months prior to her death.

Marilyn became acquainted with Girl Scouts when Jennifer was young. She was a Scout leader. She then went on to become involved with the Becky Thatcher Girl Scout Council. She would organize new troops plus recruit and train leaders throughout northern Missouri. She retired from the Scouts in 1984.

In 1985, Marilyn went to MU and became a house mother for the Chi Omega sorority. For those five years, she would spend time in Columbia during the school year and then go back to her home in Brookfield. She still had the cottage at the country club as well.

While she was at MU, Lane would come down and go to all the football games with her. After a couple of years, Lane and Marilyn decided to marry. They married at the Chi Omega house during Miz-zou Basketball Sweet Sixteen game in March of 1993. She sold her house and moved into Lane's house on the lake at the Country Club. They enjoyed spending time with friends and belonged to couples card clubs – the men played Pitch and the women played Bridge. Lane passed away in 1999.

Marilyn moved to Westbrook to be closer to her daughter who lives in Liberty. She likes the food and the fact she doesn't have to cook it. She really enjoys the activities especially the choir which she joined and the music. She loves her apartment and the fact that she has her own patio. She has her Cupie doll collection on display as well as her MU memorabilia.

Besides her children, Marilyn has a daughter-in-law, Rose, a son-in-law, John, and three grandchildren, Whitney (husband-Adam), Mallory (husband-Garrett) and Dave.

## **The New Fountain of Youth: Online Skills That Keep Seniors Healthy & Active** by Karen Weeks

They say the way to stay young is to keep the mind and body active and continuously satisfy the thirst for new knowledge. As C.S. Lewis said, "You are never too old to set another goal or to dream a new dream."

### **Learning & Communication**

The arena of learning and communication has changed considerably as technology and the internet have become more accessible. As the Huffington Post reports, self-directed learning is ever so relevant in a world of technology where adult learners can take their own initiative and acquire new skills, hobbies, and education. Before getting started in surfing the Web, it might be useful for seniors to take some basic courses to learn computer skills and internet concepts. Websites and resources like Skillful Senior and Eldy that help guide seniors through basic Web skills.



### **Online Games**

Online games provide a great way for seniors to access entertainment and even communicate with friends. These can include online word games. According to The Spruce, there are various options when looking to play fun and classic games online. These can be played against friends over the internet and be done over Facebook or other sites like Pogo.com. Other online games include Sudoku, chess, and jigsaw puzzles, all of which can help keep the brain active and aid in memory and focus.

### **New and Exciting Skills**

Aside from entertainment and brain games, the internet can be useful in continuing the journey to new and useful knowledge and skills. The limits of self-directed learning are really endless and depend solely on the individual. Many of these skills can range from creative pursuits, cooking, and basic home or car repair.

### **Online Music Lessons**

There are a plethora of sites and online music academies that help people looking to start playing a new musical instrument. Many of these resources include video tutorials, step-by-step instructions, and weekly lessons that can be accessed, viewed multiple times, and studied at an individual's pace. Aside from the fun aspect, there are added benefits to learning a new musical instrument. According to The Telegraph, research suggests that learning a musical instrument, even for people over the age of 65, improves cognitive skills, memory, and focus. Additionally, it has mental health benefits in the form of improved mood, reduced stress, and feelings of well-being. You can take online lessons on the piano, guitar, trumpet, or saxophone, among many others.

If you sign up for online music lessons, you might need a new instrument. Use the internet as a helpful resource to help you find the instrument you're looking for. For example, when buying an instrument like a saxophone, consider instrument guides that review the different components and advise on good options.

### **Art and Photography Lessons**

Seniors can also go online to learn skills such as painting or photography. With the accessibility of inexpensive cameras or phone cameras, photography is an easily pursued passion of many retirees. They can take pictures of their families as they learn important concepts and photography skills. Painting and drawing skills can also be learned via the internet through online academies.

### **Online Tutorials**

Another aspect of self-directed learning comes in the form of online tutorials. There exist online tutorials on almost any subject and skill. Studies suggest that learning new skills and challenging the mind to new stimulus have proven effects on the aging mind. A senior can learn any number of skills, most of which can be enjoyed with friends and family, including:

Cooking skills or new recipes

Quilting or crocheting

Online book clubs

Hair styling and makeup

Basic car repair and maintenance

Creative arts and crafts

There is no magic button that stops time, but there is a way to fill it with the joy and satisfaction of learning. The fountain of youth is the internet, combined with curiosity and a desire to learn. To stay young, learn new skills, explore the wonders of technology, and encourage friends to join in on the fun. Remember, it is never too late to dream a new dream, to learn a new passion, or to wonder and explore the mysteries of life.