



# The Westbrook Chatterbox

Happy November and Happy Thanksgiving ~

Yes, it is hard to believe that it's once again November. I keep trying to find a way to slow down time but so far – I've been unsuccessful in my endeavors.

November is a busy month with Daylight Savings time ending (yep that's Sunday the 4<sup>th</sup>), Election Day (Tuesday, Nov. 6<sup>th</sup>), Veteran's Day (Sunday, Nov. 11<sup>th</sup>) and Thanksgiving (Thursday, Nov. 22<sup>nd</sup>).

Speaking of Veteran's Day, the Boy Scouts will be doing their annual flag ceremony on Saturday, Nov. 10<sup>th</sup> at 2:00pm. This year they would like to honor not only our resident veterans but also resident family members who have or are currently serving in the military. If you have someone you would like mentioned, please write their name, branch of service and any war they may have served in on a piece of paper. Bring it with you to the ceremony and they will collect them. Then they will honor all of the veterans during a portion of the ceremony.

Another opportunity that is once again presenting itself is our Prime Time Singers. For those of you who are not familiar with this, it's our a cappella singing group. We hold concerts periodically for our families and friends. It meets every Wednesday afternoon at 1:30pm. It's a great time of fun and music. And NOW is the perfect time to join! We are starting to work on our annual Christmas concert. These are all standard Christmas carols and songs that everybody knows and loves. Martha Armstrong is our music director. She says that you do not have to sing well. All you need to do is be able to make a joyful noise! SO if you're looking for a fun activity that makes you feel good, this IS it!!

Thanksgiving is one of my favorite holidays. It's about family, friends, food and gratitude. I have so much to be thankful for – a good job that I love, my health, a loving husband, a daughter who constantly challenges me to step out of the box, another daughter that encourages me to grow spiritually, a son who keeps reinforcing the necessity of prayer, brothers who I am still close to, a church family that I enjoy, a pastor that preaches the Word, a house to live in, food to eat and cars to drive. But the thing that I am most thankful for is my freedoms. I can go to church without fear of persecution. I can speak freely – whether in support of or against what is going on politically without fear of jail. I have the freedom to choose where I work, how I spend my money, who I associate with and what I watch on TV or read. I sometimes forget that Thanksgiving is more than a holiday, it's a state of mind. This November, I am striving daily to be more deliberate in my gratitude.

I wish you a wonderful Thanksgiving, a cool and colorful November and more things to be thankful for than you can count.

Until Next Month – Janelle

## Five People in the Bible Who Gave Thanks

I found this article and thought it was both interesting and relevant. Hope you enjoy it. - Janelle

We find ourselves in a special season that singularly focuses on the act of giving thanks. People hang banners across their mantles proclaiming "give thanks" and others share on Facebook something they are grateful for each day in November. But Thanksgiving is more than a day or a month. Thanksgiving is something we are called to do every day. In the good and the bad, in the ups and downs, our natural response must be gratitude.

Good thing we have some great examples in the Bible! Many men and women we consider pillars of the faith represented an attitude of thanksgiving so well.

### 1. Hannah

Hannah is one of my favorite people in the Bible and someone I've learned a lot from. There honestly isn't a lot of information about her but her mark in the Bible is significant.

Hannah was one of two wives to a man named Elkanah; Hannah was barren but the other wife had many children. The other wife would taunt her regularly and Hannah's misery was indeed immense. One night, while in the temple, Hannah prayed fervently for a child, so much so that the priest Eli thought she was drunk.

Hannah prayed that if God would give her a child, she would give that child back to Him. Eli blessed her request and soon after she conceived a boy named Samuel, who would become the great prophet of Israel.

What's beautiful about this story is that she did indeed give her son back to the Lord--she gave Samuel to Eli. Hannah's praise wasn't just the reflection of an answer to prayer, but it proceeded giving up her son. With all her heart she praised God in the aftermath of turning over her biggest prayer request.

Does your praise and thanksgiving overflow from the good you've had to let go? When perhaps your sacrifice was difficult.

### 2. David

David danced before the Lord in the streets as a response of praise to his holy God. He worshiped after the death of his son. David is a man known for praise. Even in the darkest seasons of his life--as we see in the psalms--he pointed back to the goodness of God.

No matter what season David found himself in, he always had the perspective of praise. We can learn a thing or two from that kind of attitude. I'm sure it wasn't always easy but he knew thanksgiving was always necessary.

### 3. Mary, Mother of Jesus

Finding out she was pregnant with the Savior of the world wasn't the easiest news to swallow and the aftermath took some faith. But Mary, the young girl chosen to carry the baby Jesus, would exemplify great praise.

Mary's heart was full of praise and it outpoured into the world. A young girl filled with immense thanks knew exactly where her praise was to be directed. Do you know where to direct your praise today? What are you carrying that at first might have seemed a bit fearful but you can now be thankful for?

### 4. The Healed Leper

When Jesus entered a village there were ten lepers that called out to him for healing. Jesus told them to go show themselves to the priest and as they did, all ten were healed.

Only one returned to Jesus to thank him. Only one! That man threw himself at the feet of Jesus and gave immense thanks. It's both amazing to think and sad that only one man returned to give thanks for healing from a debilitating disease. When nine vanished into the crowd one gave thanks where thanks was due.

Don't be like one of the nine that was blessed and moved on. Stop and give incredible thanks for all God has and is doing in your life!

### 5. Paul

Paul was a powerfully thankful man. Gratitude pulsed through his veins! His entire life changed on the road to Damascus. It led him to cease persecuting early Christians and to become a follower of Jesus.

By count, Paul uses the word "thanks" twenty-four times in his writings. Add one more though from his speech to the sailors on that torturous cruise to Rome, Acts 27:35. So, twenty-five times Paul says "thanks!" Eleven more times he uses the word in the singular, "thank."

And "thanksgiving" can be found seven times as Paul wrote either the Churches or his young Preachers. Oh, add "thanksgivings," the plural, once as well. Then "thankful" twice. "Thanked" two times also. And even "thankfulness" once. And that adds up to forty-nine occurrences of the theme of gratefulness either to God, vertically, or to his companions or addressees, horizontally! Nearly fifty times!

These notes alone concerning one of the greatest preachers to ever live, one of Jesus' most devoted followers, make me want to be more thankful! How about you?



Be Thankful For...

The mess to clean up after a party because it means I am surrounded by friends...

The taxes I pay because it means I am employed...

The clothes that fit a little snug because it means I have food to eat...

A lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means I have a home...

All the complaining I hear about our government because it means we have freedom of speech...

The space I find at the end of the parking lot because it means I am capable of walking...

My huge heating bill because it means I am warm...

The lady behind me at church that sings off-key because it means I can hear...

The piles of laundry because it means I have clothes to wear...

Weariness and aching muscles at the end of the day because it means I have been productive...

The alarm that goes off in the early hours of the morning because it means I am alive.

Gratitude unlocks the fullness of life.

It turns what we have into enough, and more.

It turns denial into acceptance, chaos into order,  
confusion to clarity.

It can turn a meal into a feast, a house into a  
home, a stranger into a friend.

Gratitude makes sense of our past, brings peace  
for today, and creates a vision for tomorrow.

~ Melody Beattie

Give Thanks for each new morning with its light

For rest and shelter of the night

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FOR EVERYTHING thy goodness sends!

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*"My mom gets everything she needs whenever she needs it. The food is excellent, the place is nice, and they keep it clean."* James K

### Featured Resident – Ella Amos

Ella was born in Clay County, MO, in what is now Liberty. She was the only child of Frank and Frances Liggett. Her father was a farmer. Her mother was sickly and Ella helped to take care of her from age 7 until her mother's death when Ella was 14. Ella's father continued raising her on his own. He cooked and farmed and Ella took care of the house and went to school. She attended Providence School through eighth grade. Her freshman year, she attended Liberty High School. Her father purchased a farm on Frances Rd when Ella was a sophomore and she graduated from Kearney.

When Ella was a young girl, their neighbors adopted a boy, Harold, who was 8 or 10. He was four years older than her, but they became friends. When Ella was 14, Harold went into the service. She wrote him letters for the next three years. He told his buddies that he was going to marry the girl he was writing. When he came home from the service, Harold and Ella started dating. He was 21 and she was 17. They dated about a year and married in March of 1949. She graduated high school in May and they welcomed their first child, Bobby, in October.

Harold and Ella lived with Ella's father. Harold helped some around the farm but he was working for the Clay County Highway Dept when they married. He changed jobs to the Lake City Munitions Plant before getting hired on at Ford in 1953.

In 1951, their daughter, Marilyn was born. Rick joined the family in 1952. Ella said that was when the real work began. She was raising three children who were three and under. It was hectic and hard work but rewarding. Cindy rounded out the family in 1954.

Ella also had a big garden, chickens (she raised about 150 a year) and guineas to look after as well.

In 1956, their farmhouse burned down. They lived in the Frances Schoolhouse for a while. Then someone gave them a two story house. They transported it by tractors to the farm and placed it by the garden. They lived in this house which was up on jacks until the new house was built. Ella said that every time it stormed they were afraid the house would fall.

Ella's father, Frank, came to her and informed her that he was going to get married again. She was surprised because he had said he'd never remarry unless he found an old maid. Mary Ruth was about 50 when she married Frank, who was also in his 50s. Ella's children were in Frank and Mary Ruth's wedding. Frank had already sold the farm to Harold and Ella so he moved to Mary Ruth's house in Nashua. To everyone's amazement, Mary Ruth got pregnant, miscarried and then gave birth to Frank Thomas.

Once the children were in school, Ella went to work at the feed store candling eggs. In the mid 60s, she became a mail carrier in Liberty. She retired from the Postal Service with twenty years of service. Harold had retired in 1983 from Ford. They continued to work the farm raising tobacco, corn and hay. They also had the big garden, cows, pigs, goats, chickens and guineas.

Harold and Ella enjoyed square dancing and Ella liked other forms of dance such as jitterbugging and polka dancing. They would also play cards with friends. But Ella's real passion was her flower gardens. She loved working in the dirt and had several different types that she raised including castor beans, zinnias, petunias, holly hocks, marigold and canna lilies.

Harold got sick in 1993. He had renal failure and Ella took him weekly for dialysis. He passed away in 1997. Ella continued living on the farm however they had already quit raising animals and quit farming everything except hay.

Ella met Roger Vanderpool in 1999. They became good friends and traveling companions. They loved each other but neither one wanted to marry again. They traveled all over the country though they really loved Colorado. They made a trip with Jim & Cindy to Florida where Ella saw the ocean for the first time and visited NASA. Sadly, Roger died suddenly of a massive heart attack in 2010. They had just eaten breakfast out and he went to the restroom. Next thing Ella knew, they were telling her that Roger was gone. She was all alone and it was very traumatic for her.

Ella continued living on the farm. She was in a bad car wreck and Marilyn told her they would go on vacation when she healed. Over the next four years, they traveled together to places such as Niagra Falls, the Grand Canyon, Yellowstone and Devil's Tower.

Ella had another wreck that left with a broken hip and a shattered leg. She healed but her kids took the car away from her. Without her car, she couldn't get out as much. Marilyn lived with her but was busy with her own endeavors. So in August 2018, Ella moved to Westbrook.

Bobby, Cindy & Marilyn felt Ella needed to be around people and have things to do. Westbrook offered that. Ella loves the personalities she encounters. She likes her space at Westbrook though she misses the farm. She also enjoys all the different activities offered to her.

Ella has eight grandchildren, twenty-six grandchildren and a great great grandson. She says that family is her life and it is important. Families need to take care of each other. It is also important to Ella that they put God first in their lives like she has done.

## **Dry Winter Skin Prevention**

As the season shifts towards winter, we can see and feel the effects of the winter climate. Older adults often find their aging skin drying out, when not only the temperature but also lower humidity levels that come in with the winter weather.

The affects of winter on our skin are not caused just by the cold air outside, but also by the dry warm air we have in our homes as we work to keep the cold outside.

Drier, warm air affects our seniors' skin, making it dry and sore. It is quite common during the winter months that older adults' skin needs special care to alleviate the symptoms of winter's harshness.

### **Physical Indications of Dry Winter Skin**

Skin that has been dried out often isn't pretty; even worse, it can be painful. These are some of the noticeable signs: flaky skin, dry and itchy skin, cracking skin, bleeding and pain.

### **Tips to Prevent & Repair Winter Damaged Skin**

- Prevent baths and showers from making dry skin worse. When your skin is dry, be sure to: close the bathroom door and limit your time in the shower or bath to 5 or 10 minutes, use warm rather than hot water, wash with a gentle, fragrance-free cleanser, apply enough cleanser to remove dirt and oil, but avoid using so much that you see a thick lather and blot your skin gently dry with a towel.
- Apply moisturizer immediately after washing. Ointments, creams, and lotions (moisturizers) work by trapping existing moisture in your skin. To trap this much-needed moisture, you need to apply a moisturizer within few minutes of: drying off after a shower or bath or washing your face or hands.
- Use an ointment or cream rather than a lotion. Ointments and creams are more effective and less irritating than lotions. Look for a cream or ointment that contains an oil such as olive oil or jojoba oil. Shea butter also works well. Other ingredients that help to soothe dry skin include lactic acid, urea, hyaluronic acid, dimethicone, glycerin, lanolin, mineral oil, and petrolatum.
- Wear lip balm. Choose a lip balm that feels good on your lips. Some healing lip balms can irritate your lips. If your lips sting or tingle after you apply the lip balm, switch to one that does not cause this reaction.
- Use only gentle, unscented skin care products. Some skin care products are too harsh for dry, sensitive skin. When your skin is dry, stop using: deodorant soaps, skin care products that contain alcohol, fragrance, retinoids, or alpha-hydroxy acid (AHA). Avoiding these products will help your skin retain its natural oils.
- Wear gloves. Our hands are often the first place we notice dry skin. You can reduce dry, raw skin by wearing gloves. Be sure to put gloves on before you: go outdoors in winter, perform tasks that require you to get your hands wet or get chemicals, greases, and other substances on your hands.
- Choose non-irritating clothes and laundry detergent. When our skin is dry and raw even clothes and laundry detergent can be irritating. To avoid this: wear cotton or silk under your clothing made of wool or another material that feels rough and use laundry detergent labeled "hypoallergenic"
- Stay warm without cozying up to a fireplace or other heat source. Sitting in front of an open flame or other heat source can dry your skin.
- Add moisture to the air. Plug in a humidifier. If you can check your home heating system, find out if you have a humidifier on the system — and whether it's working.

From the American Academy of Dermatology website