



The Westbrook Chatterbox

The old adage of March “coming in like a lion and out like a lamb” didn’t seem to hold true this year. March DID come “in as a lion” and it sounds like it may be “going out as a lion” as well. As I’m writing this, they are calling for rain and thunderstorms for three of the last four days in March. So..... here’s hoping for a quieter April. But then again April Showers bring May Flowers.

I love winter and snow! I know I’m in the minority but I do. Back in November several of you made predictions for how much snow we would have this winter, how many ice storms and if we would have a white Christmas or not. The official snowfall total was 26.3 inches. The number of ice storms was too many and we did not have a white Christmas. Our resident who gets bragging rights for being the closest on snowfall is Paul Clevenger. He had predicted 36 inches. Frank McMurray had predicted five ice storms, so he has bragging rights there. Mary Coble, Everett Green and Bess Murphy said we wouldn’t have a white Christmas. They were right much to my dismay.

But SPRING is in the air and I like that as well. The green grass, the blossoming flowers and the birds singing are such a welcome change. I love the sounds, scents and colors of spring. Everywhere you look there’s so much to enjoy. And the warmer temperatures are also greatly appreciated. Today it’s 70 degrees. BUT I am not completely convinced that winter is truly gone. I have seen too many freak snow storms to have complete faith that we are done with snow. (I know. I Know. I can hear the “boos” as I write this.)

But while the sun is shining, go and sit out on the patio or go for a walk and soak up the sun. And don’t forget to attend the activities. This month, we have preschoolers to entertain us, the puppies will be back for one more visit, the Friendship Circle will be hosting an ice cream social and we’ll be having a Good Friday Service. It’s sure to be a fun-filled month.

Until Next Month,

Janelle

Beauty Shop Talk

Happy Spring!! My name is Leslie Spiteri. As some of you already know, I will be your hairstylist since Dana has retired.

I want to let you know the Beauty Shop days of operation will change from Thursday and Friday to Wednesday and Thursday from 9:00am to 3:00pm, starting in April.

However, the third week of April, I will be open on Tuesday, April 16th, and Wednesday, April 17th, as I will be going out of town for Easter to visit my family in Maryland.

I look forward to serving you and getting to know all of you! Please feel free to stop by with any questions.

Have you ever prayed for something and felt that God didn't answer your prayer? If we are honest, most of us would have to say "Yes, I've felt that way". We know that God did answer that prayer but maybe not how we wanted or in our timeframe. Below is an excerpt from a book I recently read. It is a great reminder that God is in control and always has our best interest in mind, whether we are aware of it or not.

Excerpt from Juliette Duncan's "**A Time to Care**"

Sermon preached in story entitled "*Why Doesn't God Always Answer My Prayers?*"

"How long are we supposed to keep praying if God continues to ignore us? In Psalm 84:11 the Psalmist writes, 'No good thing will God withhold from those who walk uprightly. That seems simple enough, but God's idea of a 'good thing' often differs from ours.

"You might be praying for a husband, or a job you've been hoping for, or even to win the lottery. Why wouldn't God give you any or all of these? They're all good things. But God might think they're not right for you and He might have other plans. Just because something makes us happy doesn't mean it's the right thing for us, eternally. And that's what's most important—God has our eternal interests in mind, not necessarily our earthly best. Being comfortable and getting what we want isn't always a good thing.

"We need to trust that God, our Heavenly Father, truly knows what's best for us. While we might be heartbroken at His 'no', He may very well be saving us from a bigger heartache down the road.

"God may also be waiting for us to be obedient. The verse says 'no good thing will He withhold from those who walk uprightly.' The question also is, are we walking uprightly? Are we not only obedient, but fully surrendered to Him? If not, God might be holding out in acknowledging our prayers to get us back into line with His will and purposes.

"God has three answers to our prayers. Yes, no, and wait. Because He can see what's eternally best for us and He can also see what our future holds, we need to trust His judgement. We shouldn't second-guess Him. His timing is always better than ours. If we're walking uprightly and what we're praying for is truly a good thing, then, according to the psalm, God isn't ignoring us. It just isn't the right time.

"And lastly, because God is good and knows what's eternally best for us, He sometimes says 'no' because He has something better in store. Something we haven't even thought to ask for. Ephesians 3:20 says that 'He can do immeasurably more than all we can ask or imagine.' Trust His timing. Trust His 'no'. And trust His idea of what's best for you, eternally. He truly is a good Father. His ways are higher than ours and He knows what's best for us."

Pausing, the pastor cast his gaze around the congregation. "Can you trust Him, regardless of His answer to your prayers?"

A P R I L



Now after the Sabbath, as the first *day* of the week began to dawn, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake; for an angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat on it. His countenance was like lightning, and his clothing as white as snow. And the guards shook for fear of him,

and became like dead *men*. But the angel answered and said to the women, "Do not be afraid, for I know that you seek Jesus who was crucified. He is not here; for He is risen, as He said. Come, see the place where the Lord lay. Matthew 28:1-6 NKJV

Young Ernie and his family were invited to have Easter lunch at his grandmother's house. Everyone was seated around the table as the food was being served. When Ernie received his plate he started eating straight away. 'Ernie, wait until we say grace,' demanded his father. 'I don't have to,' the five year old replied. 'Of course you do, Ernest,' his mother insisted rather forcefully. 'We always say a prayer before eating at our house.' 'That's at our house,' Ernie explained, 'but this is Grandma's house, and she knows how to cook.'



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**"Everyone should pay their taxes with a smile.
I tried it but they demanded money"**

- Jackie Mason



The Jelly Bean Prayer

Red is for the blood he gave,
Green is for the grass He made.
Yellow is for the sun so bright,
Orange is for the edge of night.
Black is for the sin we made,
White is for the grace He gave.
Purple is for His hour of sorrow,
Pink is for our new tomorrow.
A bag full of jelly beans,
Colorful and sweet.
It's a prayer, it's a promise
It's an Easter treat!!

Spring is finally here.
... I think ... Maybe
... Hopefully.



Extra! Extra!! Read All About It! - On Saturday mornings, there is a resident led small group Bible Study that has just started. They would like to invite you to attend. They are meeting in the Private Dining Room /Family Room at 10:00am except on the fourth Saturday when they will meet at 11:00am.Come join us this Saturday!

A LITTLE CHURCH HUMOR

How to Get Into Heaven

A man dies and meets St. Peter at the Pearly Gates. Peter says to the man, "Here's how it works. You need to have one hundred points to get into heaven. You tell me about all the good things you've done. They are all worth a certain number of points. If your total is one hundred or more, you can come in."

"Well," says the man. "I was happily married to the same woman for 52 years. I never looked at another woman. I was attentive and loved her dearly."

"That's great," says St. Peter. "That'll be two points."

"Hmmm," says the man. "This is going to be harder than I thought. Well, I attended church regularly, volunteered my time and tithed faithfully."

"Wonderful," says St. Peter, "That's worth another point."

"One point!" says the man. "Okay, okay. I was involved with a prison ministry for twenty-five years. I went into the prison, at least monthly, and shared Jesus with them."

"Wow!" says St. Peter. "That's another two points!"

"Only two points!" says the man. "At this rate, it'll be only by the grace of God that'll I'll ever get into this place."

"Bingo!" says St. Peter. "That's one hundred points! Come on in."

My Dad's Better Than Your Dad

Three boys on the playground were bragging about their dads. One said. "My dad scribbles a few words, calls it a song and they pay him 50 bucks."

"Oh, yah. My dad scribbles a few words, calls it a poem and they pay him 100 bucks."

"That's nothin'," said the third kid. My dad scribbles a few words, calls it a sermon and it takes six people to collect all the money!"

The Coin Toss

By the time Bobby arrived, the football game had already started. "Why are you so late?" asked his friend.

"I couldn't decide between going to church and going to the football game. So I tossed a coin," said Bobby.

"But that shouldn't have taken too long." said the friend.

"Well, I had to toss it 35 times."

At Sunday School they were learning how God created everything, including human beings. Johnny was especially intent when the teacher told him how Eve was created out of one of Adam's ribs.

Later in the week his mother noticed him lying down as though he were ill, and said, "Johnny, what is the matter?"

Johnny responded, "I have pain in my side. I think I'm going to have a wife."

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"The staff really make the whole organization at Westbrook They really excel with the socialization and activities and they took care of everyone. You can tell that it's more than just a job to them." Becky W

Featured Resident – Ida Thomson

Ida was born at home in Chillicothe, MO. The county nurse had arrived to help the doctor with the delivery, but ended up delivering Ida before the doctor got there. Her parents were Frank and Willadean Jones. She had one younger brother, William “Bill”. Growing up, Ida and Bill would collect pop bottles from the curbside trash and cash them in for the deposit at the grocery store. Then they would take that money and go to the movies. When Ida was twelve, her family moved to a farm outside of town. She became fast friends with three girls who were a year younger than her. They called themselves the “Ya Ya Sisters”. When Ida got her driver’s license, the girls had a blast driving up and down the main drag in town, seeing who was with who and who was doing what. Ida graduated from Chillicothe High School in 1966.

While in high school, Ida worked summers for a lady that ran a group home. She would clean the house on weekends and would stay with the residents so that the lady and her husband could go out occasionally. After high school, Ida went to work at a combination gas station, convenience store, motel and café. She started out in the motel and quickly moved to waitressing in the café. Five months later, she got a job working in the hospital cafeteria. She worked in the cafeteria for four years before transferring to medical records.

Ida had gone to church as a child and enjoyed it. But she fought God, because she didn’t want to have to go to Africa as a missionary. As a young adult, she gave her life to Christ and it changed her forever. She became active in her church and quit dating, choosing to believe God would bring the man he had for her to her. So when a girl she knew said she was bringing a young man to meet her, Ida wasn’t interested. Especially after the girl said they’d be perfect for each other because they were both dull. Ida did end up meeting Kenneth Thomson. He was from Ohio and recently discharged from the Navy. He had gotten a job with the phone company, who had then transferred him to Braymer, MO. They started dating in June 1973. Kenneth was Catholic but started attending the Pentecostal Church with Ida and eventually converted. The couple got engaged in October. When Kenneth first proposed, Ida wanted him to slow down, then spent the rest of the night crying, thinking she had lost him. He came back however and they married in February 1974.

The couple settled into married life in Braymer, MO. Ida drove to Chillicothe to work and Kenneth drove to Hamilton for his job. The couple soon started their family. Kenny was born in 1975, Kevin in 1978 and Rebecca in 1981. They remained active in their church and Ida taught children’s Sunday School.

Ida’s parents’ health was declining and so the couple moved back to Chillicothe to be able to take care of them. Ida was now responsible for her parents, raising their kids and working a job. After about a year of doing this, Ida quit her job and stayed home for a few years. But needing an outlet, she started working in the HyVee bakery making doughnuts. Her boys were delivering the local paper, “The Constitution Tribune”. When the paper needed someone to insert flyers into the papers, Ida took on that job as well. After a couple of years, she quit Hy-Vee and stayed working at the paper until it was sold.

Kenneth and Ida played lots of cards with friends and family. Ida sewed the children’s clothing when they were little. She loved to read and watch movies. The family traveled some going to Disney World in Florida one year and spending every Thanksgiving with Kenneth’s family in Cincinnati, OH. Rebecca, like her mom, had three girlfriends she was tight with. They would spend most weekends at their house. Kenneth would even go rent “chick flicks” for the girls and sit and watch the movies with the girls.

Kenneth worked for the phone company for 30 years. Upon retiring in 1973, he started his own business doing phone repairs. Kenneth was diagnosed with mesothelioma and passed away in 2011.

Ida remained in Chillicothe. Her church started a preschool and Ida taught there for seven years.

Kenny’s family lived in Kearney, MO. He had been trying to get his mom to move closer to him but she wanted to be near her mother who was in a nursing home. In December of 2018, Willadean passed away. Kenny suggested that Ida move in with his family but Ida wanted her own place. They toured Westbrook and decided it was the right fit.

Ida moved into a two bedroom apartment at Westbrook in February of this year. She says she loves being with people. She loves the other residents and enjoys people watching. Her apartment is just right for her. She has enough room for when friends and family comes to visit. They can even stay in her spare bedroom. She also loves the atmosphere.

Even though close to sixty years have passed, Ida is still in contact with the “Ya Ya Sisters”. They don’t get together in person anymore but they have many a phone conversation.

Besides her children, Ida has a two daughters-in-law, a son-in-law, three grandsons and one on the way. She’s hoping this one will be a girl!

Ida has not always had an easy life. As a child, she was made fun of and bullied. She overcame that through time and her faith. She now says, “You need to smile because we are all God’s children. Be who you are no matter the circumstances and treat everyone with respect.”

APRIL IS NATIONAL HUMOR MONTH

Are you stressed out? Unable to relax? Feeling gloomy? Well, you might consider going for a long and exhausting walk, or engaging in a frantic game of shuffleboard to work out those frustrations. Or, if you want more immediate results, you can just laugh it off!

April is National Humor Month, so this is the perfect time to add a little humor into your daily routine. Founded in 1976 by author and humorist Larry Wilde, the original idea was to heighten public awareness of the therapeutic and restorative values of joy and laughter. After all, many studies have shown that laughter can actually improve our health. And laughter is fun! After all, you can't feel sad or angry when you're laughing, right?

The fact is that laughter itself changes us physiologically. Like exercise or waving your arms around, it boosts the heart rate and increases blood flow, so we breathe faster and more oxygen is delivered to the body's tissues. Our facial muscles stretch and we actually burn calories when we're laughing. In fact, the mere act of smiling can alter your mood almost immediately.

Of course, there are always skeptics out there, like that cranky co-worker across the way or that grumpy relative you try to avoid at the holidays. But here are a few fun facts that you might want to mention to them:

- **Laughter Reduces Stress:** When stressed, we produce a hormone called cortisol. Laughter can significantly reduce cortisol levels.
- **Laughter Can Reduce Pain:** Laughter causes us to produce endorphins, which are natural, pain-killing hormones.
- **Laughter Strengthens the Immune System:** A hearty laugh decreases stress hormones and increases production of T-cells, immune proteins and infection-fighting antibodies.
- **Laughter Helps the Heart:** When we laugh we increase blood flow and the function of blood vessels, which can help prevent cardiovascular problems.
- **Laughter Relaxes the Whole Body:** One good belly laugh can relieve physical tension and relax your muscles for up to 45 minutes.
- **Laughter Helps You Recharge:** By reducing stress levels and increasing your energy, laughter can help you focus and achieve more.

So, not only is a great giggle a lot of fun, it's good for you! And like yawning, laughter can also be contagious. So by opening yourself up to more humor in your daily life, you may also have a positive effect on those around you. And the great thing about humor is that there is a bottomless supply out there. You don't need to sign up for anything. It doesn't cost a thing. It's fat-free and you can have as much of it as you like.

So in celebration of National Humor Month, let's get the giggles started!!