



The Westbrook Chatterbox

When you hear the word “Thanksgiving” what comes to mind? Is it turkey, mashed potatoes, stuffing, cranberries and pumpkin pie? Is it a parade or multiple football games? Is it spending time with family and friends? Or is it some combination of all of these?

Merriam-Webster defines thanksgiving as a public acknowledgment or celebration of divine goodness or the act of giving thanks. A public acknowledgement of divine goodness? Hmmm... Divine is relating to or proceeding directly from God and goodness is the quality or state of being good. So divine goodness simply is the good that comes from God. So then thanksgiving is a public acknowledgement of the good that comes from God. It sounds so simple. But is it?

We all have so much to be thankful for but often it seems easier to see the things that bring us down. An illness, a death in the family, the loss of a job, unexpected bills with no extra money, and the list goes on. But really, if we shift our focus and look at these things differently, they can become things to be thankful for as well.

Oftentimes, it's during trials that we grow closer to God and truly see how He is working in our lives. Maybe He brings in a new doctor who finds the cause and cures the illness. Maybe He closed the door on that one job because He has something better that you wouldn't find if you weren't having to look for it. Maybe He brings a group of friends to comfort and support after the loss of a loved one. Maybe He provides unexpected funds through anonymous gifts. Maybe He provides the peace to rely on Him and trust that He's got it under control. And maybe, just maybe He shows you the things you have to be truly thankful for.

I know I'm so grateful for my family - both at home and here at Westbrook. I love that I get to come to a job where I can be myself, have fun and spend time with people who challenge me and encourage me.

So I challenge you to think of the things that you are grateful for or to change your thinking to see the things you could be thankful for. In November, make it a point to consciously be thankful for something new and different each day.

Until Next Month,
Janelle

10 Tips To Fit Gratitude In Your Life

1. Every day, say aloud three good things that happened. This can be a fun activity to do with your kids when you tuck them in, or around the dinner table with family, but it's also extremely powerful to express gratitude aloud when you're alone.
2. Keep a gratitude journal. Jot down the small things from your day that mattered to you, like the few minutes of quiet time you had on your drive to work, or the fact that this afternoon's rain storm didn't flood your basement. If you're having a particularly rough day, you can look back through the pages of accumulated blessings in your life.
3. Say thanks to your partner. Couples who express gratitude toward one another set up a powerful feedback loop of intimacy and trust, where both partners feel as if their needs are being met.
4. Cool a hot temper with a quick gratitude inventory. One of the quickest ways to dispel the energy of a stormy mood is to focus your attention on what's good. So when you're about to lash out at someone, take a moment to do a quick inventory of five things you're thankful for in the moment. It could be your good health, clean air, or even the recent switch to a cheaper cell-phone bill—these details will help you relax and avoid saying something you'll later regret.
5. Thank yourself. Gratitude doesn't always need to be focused on what other people have done for you! Make sure you give yourself a thank-you for the healthy habits you've cultivated in your own life, such as eating plenty of veggies or giving yourself enough time for rest each night.
6. Use technology to send three gratitude messages a week. Find yourself tethered to your cell phone or the internet for hours each day? Harness the power of this technology to send out some good vibes, such as a text or Facebook comment, to tell your friends why you appreciate them.
7. Savor the good moments. If you notice you're feeling happy, stop what you're doing and pay attention for a few minutes. Notice exactly how you feel, including the sensations in your body and the thoughts you're having. Later, when you're trying to inspire gratitude, you can remember this moment and experience the benefits all over again.
8. Check for silver linings. Even the most difficult life challenges come with some benefit—you just have to look to find them. Being sick draws the compassion of friends. Making a mistake teaches you a lesson. When things feel hard, ask yourself: What's good here?
9. Look outward, not inward. Robert Emmons says people are more likely to feel grateful when they put their focus on others, rather than getting caught up in their own inner narratives about how things should have gone. Empathy for others can trigger a sense of gratitude, and people who have an outward focus tend to experience stronger benefits.
10. Change your perspective. If you struggle to come up with something to feel grateful for, put yourself in the shoes of someone who is experiencing misfortunes greater than your own. Recalling a colleague who has a debilitating physical condition, for example, will inspire gratitude for your own healthy body, which you may have taken for granted otherwise.

I AM THANKFUL



Psalms of Thanksgiving

Psalm 44:8 - In God we have boasted continually, and we will give thanks to your name forever.

Psalm 105:1-3 - Give praise to the Lord, proclaim his name; make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts. Glory in his holy name; let the hearts of those who seek the Lord rejoice.

Psalm 106:7 - Praise the Lord! Oh give thanks to the Lord, for He is good, for His steadfast love endures forever!

Psalm 56:12 - I am under vows to you, my God; I will present my thank offerings to you.

Psalm 86:12 - I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever.

Psalm 116:17 - I will sacrifice a thank offering to you and call on the name of the Lord.

Psalm 107:8-9 - Let them give thanks to the Lord for His unfailing love and His wonderful deeds for mankind, for He satisfies the thirsty and fills the hungry with good things.

Psalm 95:1-2 - Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song.

Psalm 100:4 - Enter His gates with thanksgiving, and His courts with praise! Give thanks to Him; bless His name!!

Psalm 118:19 - Open for me the gates of the righteous; I will enter and give thanks to the Lord.

Psalm 75:1 - We give thanks to you, O God; we give thanks, unto thee do we give thanks, for that thy name is near they wondrous works declare.

Psalm 34:1-3 - I will extol the Lord at all times; His praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together.

Psalm 69:30 - I will praise the name of God with a song; I will magnify Him with Thanksgiving.

Psalm 138: 1-2 - I thank you, Lord, with all my heart; I sing praise to you before the gods. I face your holy Temple, bow down, and praise your name because of your constant love and faithfulness, because you have shown that your name and your commands are supreme.

Psalm 136:1 - Give thanks to the Lord, for He is good.

Psalm 7:17 - I will give thanks to the Lord because of his righteousness; I will sing the name of the Lord Most High.

Psalm 9:1 - I will give thanks to the Lord, with all my heart; I will tell you all your wonderful deeds.

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"The whole staff goes above and beyond. I couldn't be any more pleased with where my mom is. Everyone is great. They take care of her like she's their own mother." Kurt D

November

Thanksgiving dinners take 18 hours to prepare. They are consumed in 12 minutes. Half-times take 12 minutes. This is not coincidence.”—Erma Bombeck

Stuffed Turkey

Baby Bruno was sitting in his grandmother's kitchen, watching her prepare the Thanksgiving meal. "What are you doing?" Bruno asked.

"Oh, I'm just stuffing the turkey," his grandmother replied.

"That's cool!" Bruno said. "Are you going to hang it next to the deer?"

HORN OF PLENTY

When a music student brought his French horn to my shop for repair, he complained that the instrument "felt stuffy" and he couldn't blow air through it. It's not unusual to find partial blockages in brass instruments if small items get lodged in the tubing, but when I tested the instrument, the horn was completely blocked. After much probing and prodding, a small tangerine dropped out of the bell. "Oh," said the musician when I handed him the fruit. Seeing the bewildered look on my face, he explained, "My mom used the horn for a cornucopia in a Thanksgiving centerpiece."

A man buys a parrot, only to have it constantly insult him. He tries everything to make the parrot stop, but nothing works. Frustrated, the man puts the parrot in the freezer. After a few minutes the insults stop. The man thinks he might have killed the parrot, so he opens the freezer and takes the parrot out. The parrot is shivering. It stammers, "S-s-sorry for being r-r-rude. Please f-f-forgive me." Then, after a moment, the parrot softly asks, "W-w-what exactly d-d-did the turkey do?"

Thanksgiving
pilgrims pumpkin pie
HARVEST TIME F
FOOD Blessed O
Give thanks to the Lord TURKEY O
JUMPING IN LEAVES T
HOT APPLE CIDER BLACKBERRY FRIDAY A
Autumn Indians L
FAMILY Pumpkins L
Hay Rides L

Wishing you a
HAPPY
THANKSGIVING

No matter what's going on in your life,
there is ALWAYS something to be

THANKFUL

for

health home family friends food

Featured Resident – Bob Rice

Robert "Bob" Rice was born in Clinton County near Mecca, MO, to Eugene and Hazel Rice. Hazel was the cousin of Academy Award winner Wallace Beery. He was raised on a small farm with his older brother and sister. His chores included hauling water from the well, keeping the woodpile stocked and brought in to the stove. His family had a few milk cows, some sheep and hogs. Pork was their main meat.

Bob attended a couple of country schools before attending high school in Plattsburg. Bob loved school and had an eclectic education including Algebra, home economics (because they got to eat what they made), shorthand, typing, bookkeeping and Intro to Music instead of English. Bob threw discus and shot put as well as doing high jump in Track. Though his mother wasn't in favor of it, Bob ended up playing football and his senior year made All Conference as left guard.

After graduation, Bob moved to Kansas City to attend Central Radio and Television School. Bob learned to build and repair radios. While attending here, Bob met Phyllis. She was a secretarial classmate of his high school friend, JoAnne, who was dating Bob's best friend. She brought home three girlfriends, so Bob was enlisted in a group blind date. The four couples went to the Frog Hop in St. Joe. It was love at first sight for Bob and Phyllis. They started dating, got engaged on Easter Sunday and married on July 1, 1950. Phyllis was visiting her sister in Michigan at the time, so Bob drove up to Pontiac with Phyllis's mother for the wedding. Her mom didn't find out about the wedding until they got there.

The couple got an apartment in Kansas City. Bob worked for Braniff Airlines and Phyllis worked various jobs. Bob went to work for Will Rice raising cattle and hogs then worked for the construction company building the new bridge by Mecca before enlisting in the Navy during the Korean War.

Bob did basic training in San Diego. He was amazed by the sight of the Pacific Ocean. He had never seen such a large pond. Phyllis followed him and at first, could only meet with Bob by the gate because he wasn't allowed off base. Bob attended electrician school and was assigned to the Horrace A. Bass, an APD 124. He was sent overseas twice and hated being away from Phyllis. Bob did four years active service and four years inactive reserves.

Bob and Phyllis bought a 39 acre farm east of Mecca and Bob built a small concrete block house for them. Eventually, he added on to it, framing it and adding a second floor. In 1955, their son, Marlin was born and Kevin was born in 1958. Bob got a job as a sign hanger for a couple of years before he started selling insurance. In 1963, the couple moved to Kearney and Bob became an MFA agent. He built a house on W 8th St and sold the farm in Mecca. The family attended the First Baptist Church, where Bob is still a member. Bob and some fathers revitalized Boy Scout Troop 397 which still exists today. Bob served years as a Committee Man then Scout Master when needed.

Bob eventually left the insurance business and went to work for TWA. He went from moving parts around to becoming an instrument mechanic in just a few short months. Bob retired after almost 24 years of service.

Phyllis was diagnosed with Parkinson's Disease in the mid 90s. At first it wasn't apparent but over time, she got worse. Bob took care of her 24/7 for most of the last three years of her life. It was during this time that Bob got more involved in computers. He had gotten started emailing when his son was in Zimbabwe, Africa. (Bob, Phyllis and Aleece, their oldest granddaughter, had visited him in Zimbabwe for two weeks.) Now, he taught himself how to make and edit movies even adding in music. Phyllis passed away in 2006.

After Phyllis passed, Bob was rather lost, isolating himself. His old friend, Joann, hadn't been able to make it to Phyllis' graveside service. So Bob invited her to go to the cemetery with him three months later. JoAnne drew him out and they started doing things together. She wasn't interested in getting married but Bob pursued her and the couple was married 6-7-07. Bob sold his house in Kearney and moved to JoAnne's house in Smithville

JoAnne started having memory problems. It became evident that she was going to require more care. In April 2017, the couple moved to Oak Pointe in Kearney. Bob stayed there in an apartment when JoAnne had to move to the Memory Care wing in October of 2018.

Bob moved to Westbrook in September. He really likes the staff (Steve and Amy were his neighbors at one time and had helped him with Phyllis). He enjoys the food and likes the activities and that they start on time. Bob still goes and visits JoAnne every day

Over the years, Bob has been an active outdoors man. He has hunted quail, turkey and deer. He learned to trap coyote. He was an avid gardener. He had his own cider press and made apple cider. At one time, he had 28 beehives and did not wear any protective clothing. He said if you knew what you were doing, you didn't need it. He loves fishing and still goes when he can. For his 80th birthday, his son took him salmon fishing in Alaska. He's been back twice since then.

Bob is also a taxidermist. It started out as a hobby in the 60's. By the mid 70's, he had a side business and when he retired, it became his source of income. He won several blue ribbons. But in April of 1994, Bob was awarded the WASCO Most Artistic Entry Award for a rattlesnake in a bucket. This is a highly coveted honor.

Besides his sons, Bob has two daughters-in-law, six grandchildren, twelve great grandchildren and six great nieces and nephews to whom he's Grandpa Bob.

Resilience with Age

A broken hip. The death of a loved one. A large financial loss, Chronic pain.

Difficult and potentially devastating situations can happen to anyone. When adversity or even trauma strikes, it's normal to experience anger, grief, pain, and loss of control or other strong emotions.

But when you're resilient, you're generally able to keep functioning physically and mentally even when dealing with difficult situations. Your problems may not go away, but it doesn't take long before you're able to see past them and find constructive ways to focus your energies, adapt and move forward.

In contrast, a lack of resilience may mean that you dwell on problems and limitations, feel victimized or hopeless, withdraw from others, and perhaps turn to unhealthy coping mechanisms such as alcohol. If you're an older adult, chances are you've had a setback or two in your life- and found a way to bounce back. In fact, resiliency is common, and it's not something that's based on being a strong or stoic person. Rather, there are many factors that contribute to being resilient, many of which can be learned and developed.

The ability to bounce back from adversity is greatly aided by being fit and healthy. That way, you're better prepared to recover from adversity – whether it's recovering physically from a health problem, staying hopeful and optimistic despite emotional stress, or having loved ones to support you as you get back on your feet. Preparing for resilience includes:

Physical activity and a healthy diet – Challenging your body with daily exercise and eating a healthy, plant-based diet help bolster your resiliency by improving your physical strength, stamina, mood and mental health – and by reducing your risk of many diseases.

Managing Stress – Increased stress before a traumatic event may reduce your resilience. Managing your response to day-to-day stressors may include learning relaxation techniques such as deep breathing or meditation, or other mind and body practices, such as yoga and tai chi.

Cultivating healthy social connections – Friends and family can help support and motivate you during a tough time, and they also help give you a sense of purpose as your support them in turn. Make relationships a priority, whether it's maintaining ties to family or friends, or by participating in a social or religious group.

Having something to look forward to – This could be a job, a volunteer role, visits with your grand-kids, bridge club, a new opportunity for learning or anyway you can be actively involved with the world. These can help motivate you to stay engaged with life, refocus your thoughts away from your troubles and give you hope.

Practicing Optimism – It's never too late to examine thoughts, viewpoints, and actions that sour your outlook on life. Look for the positive, count your blessings, forgive, savor good times and simple pleasures, and practice kindness.

Cultivating Spirituality – You can be spiritual by reflecting on your own life and its purpose, and connecting to something larger than yourself, whether through religious worship, art, music or the natural world.

You may never be totally ready for a difficult situation, but when something bad happens, keep yourself afloat by:

Taking care of yourself – Work to maintain good dietary, sleep and exercise habits, and avoid destructive habits such as alcohol. Take time to participate in a hobby or activity that you enjoy. Utilize stress management techniques discussed above and make time to relax, such as by scheduling a massage. Keep up with medical therapies, such as taking medications, and make and keep doctor and dentist appointments.

Turning to others for support – Accept the help of friends, family and others. Support groups of people going through a similar situation may help you feel that you're not alone and can give you motivation and the resources to help you move forward.

Being proactive – Develop realistic goals for the near future and do something regularly – even if it's only a baby step – that allows you to move towards those goals. By taking decisive actions that address your situation, rather than detaching and wishing problems away, you can gain a sense of personal control.

Accepting change and remaining hopeful – This helps you avoid dwelling on what's lost or different and helps you focus on new opportunities or steps that you can take to address the changing circumstances.

Resilience isn't something you can force to happen by sheer will. If you don't feel as though you're bouncing back from a difficult situation – or don't know where to start – consider talking to your doctor or a mental health care provider for help.