



The Westbrook Chatterbox

WOW!!!! It's April!!

With all the rain that we've had in March, it's hard to believe that April showers are going to bring May flowers. I feel like March showers may bring April flowers instead this year. With the past year that we've had, it wouldn't surprise me!

As I write this, it has been 387 days since we began this pandemic journey. We've been through it all: locked doors, no guests in the building, having our meals in our rooms, no activities, no walking the halls, always wearing a mask, learning new terms like social distancing, finally getting to see one visitor per day, then the outbreak, lots of cleaning, lots of testing, a huge sigh of relief as we reached the end of the outbreak, a unique holiday season, finally the return of communal dining, walking the halls, vaccination clinics, activities resumed and once again, one visitor per room per day. Man! What a year it has been!!!

Now as we move forward and start putting this behind us, we can anticipate welcoming entertainers and volunteers back into the building. It will be so nice to see real people, not Zoom images. We have a full calendar for April starting with Good Friday.

Easter weekend is coming up and we have several ways to observe it. Friday morning at 10:30am, my pastor, Bob Baier from Antioch Bible Baptist Church, will be here to bring a Good Friday Service. He will also be overseeing communion for those who wish to partake. In the afternoon, Bob Knutter will be performing for us. His soothing voice and choices of tried and true gospel songs always make for an uplifting hour. Then on Monday, Pastor Brett Toole will bring an Easter message. Yes, Easter is coming.

Please be sure to look at the calendar closely. It has changed a lot. There are some mornings with activities and some without; there are some days with two afternoon activities. The names and times may have changed but the activities are scheduled.

I want to thank Hanna for taking on exercise on Monday afternoons. It's good to have others step up and help. AJ is helping by calling BINGO twice a month. April helps out with Happy Hours and YES!, there is one on the calendar. And Joan Nicely will be making a reappearance. She will be volunteering on the 2nd and 4th Tuesdays starting with the 4th Tuesday in April. It will be delightfully fun to have her back in the building.

Things are slowly returning to some resemblance of normal. I don't know about you but I am ready for it. Let's enjoy the sunshine and warmer temperatures and look forward to brighter days ahead!!!

Until Next Month –

Janelle

Easter is Coming!

Last month I said, Easter is coming. Guess what, friends - Easter is coming in just a few days!

I love the passages of scripture sharing Jesus's final week in Jerusalem. He teaches - a lot, He prays, He eats and sings and laughs, He enjoys fellowship with His friends. He goes strolling through the garden. He spends time in groups and off by Himself. He lives His life, with the full and complete knowledge that his mortal life will come to an end in just a few short days.

Although He asks that He be spared the cup before Him, He is more inclined toward, "Thy will be done." Jesus was and is all about the Father; all about God's plan. No, I don't suppose He was giddy or excited to endure what was to come, but He was confident in its purpose. Jesus knew the end game, and He knew it would be worth it.

Jesus wants us to be confident of the end game, too. That, if we believe in Him, we have eternity with Him. Why? Because, on the third day, He rose! On the third day, He showed Himself to be exactly who He had been saying He was all along - the Son of God, the Savior, Emmanuel. He conquered death and rose to sit at the right hand of God, where He reigns for eternity. And, if we believe in Him, we get to join Him there one day.

Easter is a season to remember the amazing sacrifice and gift of salvation. It is a time to, once more, draw into the Lord. Remember his words by spending some time in the gospels reading His teaching, especially during his final week. I'm in Mark these days, but there are three other Gospels from which to choose - choose your favorite, or read one you usually skip over. Which ever Gospel you read, seek to see Him; seek to hear Him; seek to know Him more.

The stores are filled with baskets and candy, colorful sugar Peeps, eggs and dye kits, and a whole host of trinkets with which to celebrate Easter. Only that's not what Easter is about. Easter is about Jesus and His power over death; His gift of eternity to us who believe. And that is most definitely something to celebrate!

Now, that being said, Easter is just the beginning of April. What about the other 26 days of the month? Well, it's spring, and that means rain and sunshine, flowers and green grass, and longer days. Make a Spring Bucket List. Or go to <http://sharondtweet.com/spring-2021-bucket-list-2/> and download mine.

Have some fun. Make time to share with friends and family - virtually, if in-person isn't possible. Do life on purpose. Love the ones you love on purpose. I know this Covid life we've got going on is old and tired, so we have to work a little harder to choose the right attitude and perspective. We have to be more intentional. It's worth it, friends. Do what will make you smile, and what will bring a smile to another.

Take advantage of technology and bring your loved ones closer that way. If it means learning something new, then learn something new. We are never too old to keep learning and growing! After all, isn't that part of what life is all about? Living with intention? Make a choice to do that this spring.

Spring has sprung. And you know what?

Easter is coming!

Sharon D. Tweet
sharondtweet.com

Sharing a love of scripture through written fiction. #LiveYourFaithBoldly



Jesus' Triumphal Entry into Jerusalem

They brought the donkey and the colt and put on them their cloaks, and he sat on them. Most of the crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. And the crowds that went before him and that followed him were shouting "Hosanna to the Son of David!" "Blessed is he who comes in the name of the Lord!" "Hosanna in the highest heaven!" Matthew 21:7-9

Judas Agrees to Betray Jesus

Then one of the twelve, whose name was Judas Iscariot, went to the chief priests and said, "What will you give me if I deliver him over to you?" And they paid him thirty pieces of silver. And from that moment he sought an opportunity to betray him. Matthew 26:14-15

The Last Supper

He said, "Go into the city to a certain man and say to him, 'The Teacher says, My time is at hand. I will keep the Passover at your house with my disciples.'" Matthew 26:18

The Garden of Gethsemane

Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder. Matthew 26:36

And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." Matthew 26:39

Jesus Delivered to Pilate

When morning came, all the chief priests and the elders of the people took counsel against Jesus to put him to death. And they bound him and led him away and delivered him over to Pilate the governor. Matthew 27:1-2

Jesus' Final Steps

When the chief priests and the officers saw him, they cried out, "Crucify him, crucify him!" ... John 19:6
And they spit on him and took the reed and struck him on the head. And when they had mocked him, they stripped him of the robe and put his own clothes on him and led him away to crucify him. Matthew 27:30-31

The Death of Jesus

And when the sixth hour had come, there was darkness over the whole land until the ninth hour. Mark 15:33

Then Jesus, calling out with a loud voice, said, "Father, into your hands I commit my spirit!" And having said this he breathed his last. Luke 23:46

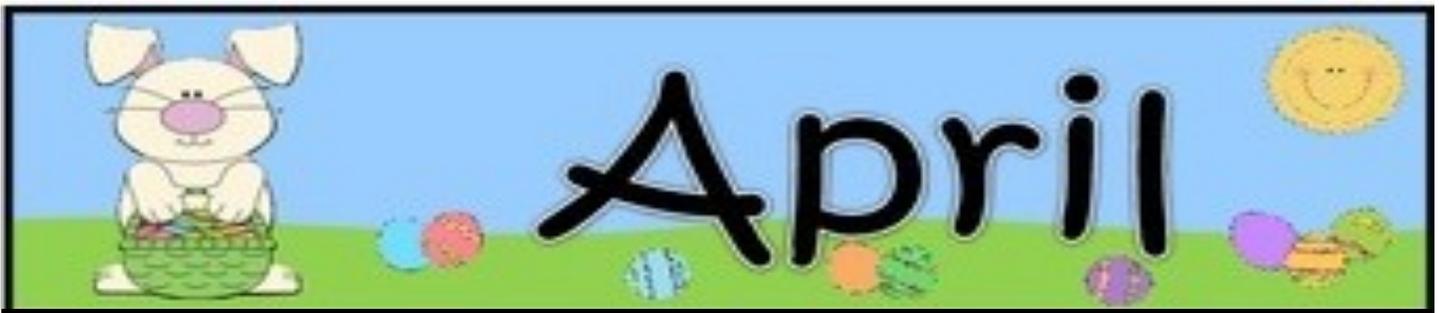
Jesus Is Buried

When it was evening, there came a rich man from Arimathea, named Joseph, who also was a disciple of Jesus. He went to Pilate and asked for the body of Jesus. Then Pilate ordered it to be given to him. And Joseph took the body and wrapped it in a clean linen shroud. Matthew 27:57-59

So they took the body of Jesus and bound it in linen cloths with the spices, as is the burial custom of the Jews. ⁴¹ Now in the place where he was crucified there was a garden, and in the garden a new tomb in which no one had yet been laid. John 19:40-41

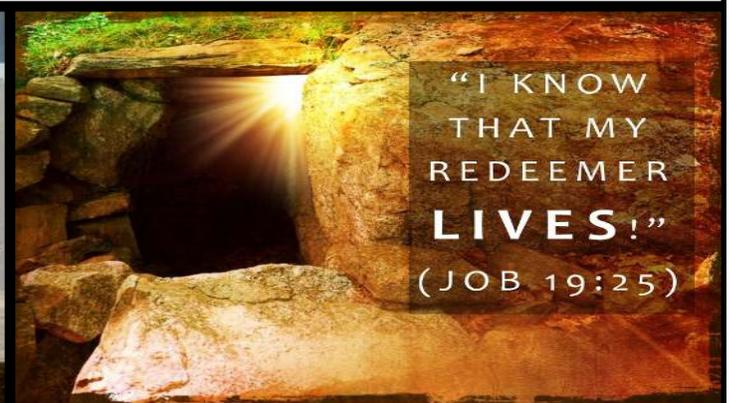
The Resurrection

But on the first day of the week, at early dawn, they went to the tomb, taking the spices they had prepared. And they found the stone rolled away from the tomb, but when they went in they did not find the body of the Lord Jesus. While they were perplexed about this, behold, two men stood by them in dazzling apparel. And as they were frightened and bowed their faces to the ground, the men said to them, "Why do you seek the living among the dead? He is not here, but has risen. Luke 24:1-6



Just a Bit of Humor

- Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.
- You know that tingly feeling you get when you really like someone? That's common sense leaving your body.
- I didn't make it to the gym today. That makes five years in a row.
- I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.
- Last year, I joined a support group for procrastinators. We haven't met yet.
- Old age is coming at a really bad time.
- When I was a child I thought "Nap Time" was a punishment. Now, as a grownup, it feels like a small vacation.
- The biggest lie I tell myself is, "I don't need to write it down, I'll remember it."
- I don't have gray hair; I have "wisdom highlights." I'm just very wise.
- Of course, I talk to myself; sometimes I need expert advise.
- Why do I have to press ONE for English when you're going to transfer me to someone I can't understand anyway?
- At my age, "Getting Lucky" means walking into a room and remembering what I came in there for.

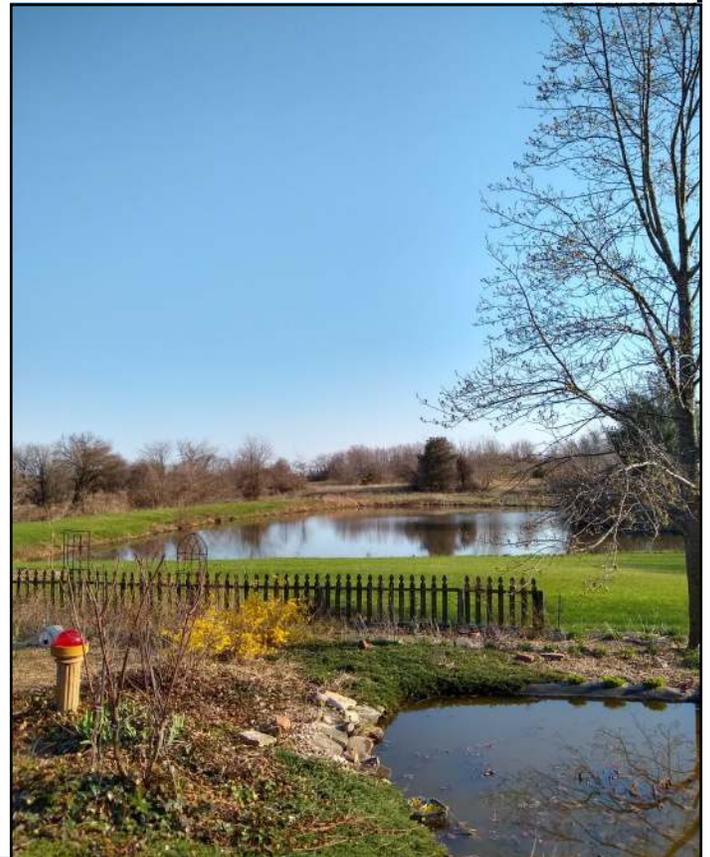


**Notes from Nature
By Martha Armstrong**

Here it comes.....There is goes.....2020 in the review mirror..... and that is the best place for it, wouldn't you agree?

I must say I learned a lot about myself this past year.....and some of what I learned was not so good....but we won't go into that!!

However, I learned that I can stay home and be happy, I don't need Kohls, Target, Penney's....The Dollar Store works for me and we have one just three miles from the house. However, it was months before I even ventured there. My garden, my lily pond, my pasture, window boxes, trees, frogs, fish, birds, raccoons, squirrels and my big front porch became my world. And what a world it is! I shared a lot with you last summer about my garden and things around my home. A slower pace of life but very busy at the same time....weeding, pruning, feeding, cleaning, watering from the big pond. By evening I was ready to sit and rest. And the birds sang, the frogs croaked, katydids did their thing. Nature is not always quiet.... But sometimes we forget to listen. I am looking forward to planting (already started) and seeing what surprises I come up with this summer in my garden. I will share with you as we go....if you get a chanced to go outside, take a moment and listen.....what do you hear?



Featured Resident – Ursal Leiter

Ursal was born to Ernest and Viola Currier in Summit, SD. She grew up with three siblings: Wilbur, Virgil and Leora. Her father was Methodist minister and got transferred every three years. Growing up she lived in White Rock, Layola and Selby; all in small towns in South Dakota.

School was just something that Ursal did. She didn't give it much thought one way or the other. She was active in church and even sang in the choir as she got older. Growing up they spent a lot of time outdoors. In the summer, they play all kinds of games outdoors like Kick the Can and in the winter, it was lots of ice skating and bobsledding.

She graduated from Selby High School. She worked for a year with the FFA. She then attended business college in Bismarck, ND. It was a six month program that taught shorthand, typing and book-keeping.

Her first job was in the business office of a hospital in Mandan, ND. She then went to work in an insurance office in Souix Falls, SD.

During World War II, she took several temporary jobs on various military bases including as far away as Spokane, WA. Between every assignment, she would return home to South Dakota.

Her sister was moving to Knobnoster, MO. Ursal rode along to help her. She liked the area so much she stayed. She got a job doing bookkeeping in the warehouse on the military base. While in Knobnoster, she took the Civil Service Test and got on that list. The base closed down and Ursal once again returned to South Dakota.

She was notified of a job at the VA hospital in Excelsior Springs. She interviewed for the job and got it. She lived in the Nursing quarters and ate in the nurse's dining room. That is where she met Robert Leiter, a cook who was attending railroad school. They dated about a year and married in early 1948.

He graduated from RR school and they moved to Wamego, KS. This is where their son, Robert, Jr. was born. They soon relocated to Topeka, KS. Ursal worked mornings at a wholesale liquor warehouse and Robert worked second shift.

Robert was in the inactive reserves but in 1950, he was recalled to active duty. He went to Korea for thirteen months. Ursal and Robert, Jr., went to live with her parents in South Dakota.

The young family moved to Hays, KS after his tour of duty. Their children, Cynthia and Kenneth were born there. Robert attended Fort Hays State University and graduated with a Business degree. Ursal worked at the college in News and Publications doing offset printing and mimeograph.

The Leiters relocated to Excelsior Springs, MO, when Robert got promoted to dispatcher. Ursal worked at McCleary's, then City Hospital before getting hired at Liberty Hospital. One parent was almost always at home. The kids were active in sports. The family liked going to Royals' games and to Starlight Theater.

Ursal retired in 1985 thinking she'd have about three years of freedom. However, that was not to be as Robert decided to retire two weeks later. The couple became very active in horse racing. They traveled to Arkansas, Omaha, and Lexington, KY. They even visited the Derby once. Ursal also volunteered at an after-school program and at the Excelsior Springs City Museum.

Robert was diagnosed with Alzheimer's. Ursal took care of him for several years before having to move him to a facility when he could no longer walk. He passed away in May 2007.

Ursal remained in their house until she couldn't drive due to macular degeneration. She moved to Westbrook in August 2019. She loves the friendships she has made. She says the staff bends over backwards to help. She loves the fact that she doesn't have to cook or clean. And most importantly, she feels safe here. She also enjoys playing cards like Hand & Foot, SkipBo and Kings in the Corner.

Ursal lived through the Great Depression, the Dust Bowl, WW II, Korea, 9-11 and now a pandemic. Of all of these, she says the worst was the Dust Bowl. She says you can't begin to imagine what it was like. You had to have lived through it. The dust was so thick that you couldn't drive at times and there was no way to get it all out of the house. The fences were buried under dust. She remembers the red dirt of Oklahoma making its way to South Dakota. Then there were the grasshoppers, huge clouds of them swarming together. They would descend on a field and in ten minutes the field would be stripped bare. She says that if you live long enough, you'll see everything.

Ursal enjoys her family. Besides her three children, she has a son-in-law, a daughter-in-law, two grandchildren and five great grandchildren.

The Great Outdoors - Nature's Many Benefits

Waves lapping up on the shore. Leaves changing color in a dense forest. A glorious sunset. Nature can be beautiful, but it's also beneficial.

Whether your favorite outdoor place is a trail in the woods, a trout stream or even your own garden, spending time in nature may improve your health in many ways, such as helping to lower your stress, lift your mood or foster enjoyable physical activity.

Natural benefits

Spending time in nature can evoke many positive feelings such as awe, wonder and calm. Time in nature can also be invigorating or provide a harshness that can be rewarding to endure. In addition, studies have found an association between time in nature and benefits to mental and physical health, such as these:

- Exposure to natural settings appears to help lower stress, heart rate and diastolic blood pressure.
- Women who had heart attacks had shorter hospital stays in sunny rooms compared with sunless rooms.
- Children with attention-deficit/hyperactivity disorder (ADHD) have better symptom relief after taking part in activities in green, outdoor settings than in less natural environments.
- For those burned out from focusing on specific tasks, spending time in nature or looking at nature scenes may help restore their ability to concentrate better.

Studies define nature in various ways, examining everything from forests to trees along streets. Mayo Clinic experts say that many types of contact with nature and green spaces can be beneficial, including taking a stroll in the park or forest, spending time around trees and plants, and seeing and hearing birds or water.

How does nature help?

Nature studies are often short-term, and it's unclear exactly how exposure to natural settings actually benefits aspects of your health. Still, many theories exist as to why it can be good for you, including that nature:

- Encourages physical activity
- Provides better air quality
- Allows for social interaction
- Exposes you to sunlight, which generates vitamin D and may help treat seasonal affective disorder

There's also the biophilia hypothesis, which suggests that humans are hardwired to connect with nature.

Time outside

There are no official recommendations as to how much time you should spend outside. But a recent survey found that people who spent at least two hours a week in nature — whether in one longer outing or in multiple smaller chunks of time — were more likely to positively describe their health and well-being than were people who spent no time in nature.

Here are some easy ways to incorporate more outdoor time into your life — and maybe get some exercise while you're at it:

- Look to connect with groups who do activities outside, such as bird counting, park cleanup or trail work.
- Try sketching or painting a nature scene. Even if you don't consider yourself an artist, this can help you slow down and take in your surroundings. Plus, some studies have shown that creating art may improve your mood.
- Try a new outdoor hobby such as organic gardening, nature photography, beekeeping, bird-watching or stargazing. Check for community education courses to help you get started.

And while outdoor activity is great, there also may be benefits to simply sitting outside. In fact, even just looking at nature may help. One study found that after gallbladder surgery, people who had a view of trees from their hospital room had shorter hospital stays and needed less pain medication compared with those with a view of a brick wall. To bring some of the benefits of nature inside, try using real — rather than artificial — plants, playing recordings of nature sounds such as wind or water, and maintaining views of the outdoors through windows. The bottom line: Interact with nature as you can — though getting outside is preferred.