



# The Westbrook Chatterbox

Happy November!

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? Hmmmm... 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?

There is much to be grateful for this year. Just today, we are no longer required to sign in and out of the facility and masks are no longer required for anyone!! Woo Hoo!! It only lasted 955 days.

The weather this fall is so nice. Cooler temps and so much color – from leaves to flowers to decorations. We had a lot of fun at our Halloween Chocolate Happy Hour. Not to mention our scavenger hunt. Thank you to all who participated. Fun and games and more.

In November, we are focusing on gratitude. You will find enclosed a 30 Day Gratitude Journal, complete with prompts for each day. I strongly encourage you to take advantage of this resource. It always amazes me how much my outlook improves when I focus the good things around me.

We will be passing out puzzles and quizzes this month. There will be a new one each week that focuses on a variety of topics some of which may include: Thanksgiving, Veteran’s Day, gratitude, time change and elections. You just never know what I’ll come up with this time. You will need to turn in the completed paper to me each Friday. I will put every person’s name who participated in a hat and draw out a winner. There will be a prize for each week. So keep participating!

I hope you will embrace gratitude this Thanksgiving as well as throughout the holiday season. Stay tuned. We have more to come in December.

Until Next Month - Janelle

## Updated Covid-19 Booster shots are now available

- Please call your physician and/or pharmacist to discuss getting the updated Covid-19 booster
- Schedule an appointment with your doctor or pharmacy
- You will need to locate your vaccination records and take them with you to your appointment. You will also need your insurance cards and ID
- After you receive a Covid-19 booster, please bring your records to the office to be copied for our records

## The Turkey Popped Out of the Oven

The Turkey popped out of the oven and rocketed in to the air;  
It knocked every plate off the table and partly demolished a chair.

It ricocheted into a corner and burst with a deafening boom,  
Then splattered all over the kitchen, completely obscuring the room.

It stuck to the walls and the windows, it totally coated the floor,

There was turkey attached to the ceiling,  
where there had never been turkey before..

It blanketed every appliance, it smeared every saucer and bowl;  
There wasn't a way I could stop it; that turkey was out of control.

I scraped and I scraped with displeasure and thought with chagrin as I mopped,  
That I would never again stuff a turkey with popcorn that hadn't been popped.

written by Jack Prelutsky



## Be Prepared

Grandma was showing the children a painting of the Pilgrim Family on a Thanksgiving Day card that they had received and she commented, 'The Pilgrim children enjoyed going to church with their mothers and fathers and praying to God.' Her youngest grandson looked at her doubtfully and asked, 'Then why is their Dad carrying that rifle?'

## The Turkey, the Parrot and the In-laws

Martha had a parrot called Brutus, the only problem was that Brutus cussed something awful. Now Martha was having her in-laws over for Thanksgiving, and so she needed to train Brutus quickly not to swear.

Just before her Mother-in-law was due Brutus cussed terribly, so Martha put him in the freezer for 2 minutes to literally cool off. Then she opened the door and took out the parrot along with the turkey.

'And have you learned your lesson about cussing?' Martha asked the parrot.

Brutus the parrot took one look at the dead turkey and said: 'I sure have. But I have one I have a question, "What did the turkey do?"'



## A Thanksgiving in France

The first Thanksgiving after moving overseas, I decided to treat my family to a traditional turkey dinner.

I went to the closest store, which happened to be French-speaking, and approached the area where a variety of meats were laid out. Not being fluent in French, I looked and tried to determine on my own whether the large poultry breasts I saw were turkey or goose.

The butcher indicated that he was ready to help me. I asked in broken French if he spoke English; he replied, 'No.' I tried again, asking if he spoke German; again, he replied, 'No.'

I pointed at the poultry breasts, then tucked my thumbs in my armpits, flapped my arms, and said, 'Gobble, gobble?' The butcher broke into a smile as he replied, 'Oui.'

Embarrassing, sure, but I ended up with a turkey and the butcher got a laugh!





# November

The only people with whom you should try to get even are those who have helped you." *John E. Southard*

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow." *Melody Beattie*

*"Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy."*  
*Fred De Witt Van Amburgh*

## Give Thanks

### Thanksgiving Prayer by Ralph Waldo Emerson

For each new morning with its light,  
For rest and shelter of the night,  
For health and food,  
For love and friends,  
For everything Thy goodness sends.

For flowers that bloom about our feet;  
For tender grass, so fresh, so sweet;  
For song of bird, and hum of bee;  
For all things fair we hear or see;  
Father in Heaven, we thank Thee!

**Count your blessings instead of your crosses;  
Count your gains instead of your losses.  
Count your joys instead of your woes;  
Count your friends instead of your foes.  
Count your smiles instead of your tears;  
Count your courage instead of your fears.  
Count your full years instead of your lean;  
Count your kind deeds instead of your mean.  
Count your health instead of your wealth;  
Count on God instead of yourself.**

It is not happy people who are Thankful, It is THANKFUL people who are HAPPY!!!

**IF WE DO NOT FEEL GRATEFUL FOR WHAT WE ALREADY HAVE, WHAT MAKES US THINK WE 'D BE HAPPY WITH MORE?**

**WHAT IF... YOU WOKE UP TODAY WITH ONLY THE THINGS YOU THANKED GOD FOR YESTERDAY?**



THERE ARE NOT WORDS BIG ENOUGH  
THERE IS NOT A HUG STRONG ENOUGH  
THERE IS NOT A SMILE WIDE ENOUGH  
ALL I CAN OFFER IS A THANK YOU  
YOU ARE MY HERO  
YOU ARE IN MY THOUGHTS  
YOU ARE IN MY PRAYERS  
FOR ALL YOU'VE DONE, THANK YOU.  
HAPPY VETERAN'S DAY!!



### Veteran's Day

On Veteran's Day we honor all,  
Who answered to a service call.  
Soldiers young, and soldiers old  
Fought for freedom, brave and bold.  
Some have lived, while others died,  
And all of them deserve our pride.  
We're proud of all the soldiers who,  
Kept thinking of red, white and blue.  
They fought for us and all our rights.  
They fought through many days and  
nights.

And though we may not know each name,

### In Flanders Fields

John McCrae, 1915.

In Flanders fields the poppies blow  
Between the crosses, row on row  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



*It is the VETERAN, not the preacher,  
Who has given us freedom of religion.  
It is the VETERAN, not the reporter,  
Who has given us freedom of the press.  
It is the VETERAN, not the poet,  
Who has given us freedom of speech.  
It is the VETERAN, not the campus organizer,  
Who has given us the freedom to assemble.  
It is the VETERAN, not the lawyer,  
Who has given us the right to a fair trial.  
It is the VETERAN, not the politician,  
Who has given us the right to vote.*

Day is done, gone the sun,  
From the lake, from the  
hills, from the sky;  
All is well, safely rest,  
God is nigh.

### What is a Veteran?

A "Veteran" - whether active duty, discharged, re-tired, or reserve - is someone who, at one point in their life, wrote a blank check made payable to "The United States of America," for an amount of "up to, and including his life."

## Featured Resident – Sandi Jeffries

Sandi was born in Kirksville, MO, to Kenneth and Margaret Pickett. She grew up in town with her sister, Karen, who was two and a half years older than her. Sandi was a tomboy. She would go hunting and fishing with her father, while Karen stayed inside with her mom. Sandi grew up playing in the sand box as well as jump rope, jacks, cars, and cowboys and Indians.

Sandi enjoyed school. Her favorite subjects were Math, Science and PE. She was not a fan of Latin especially since it was taught by a German teacher with a very heavy accent. She graduated from Kirksville High School and attended college at Northeast Missouri State. She graduated in just three years with a degree in education.

She started teaching Home Economics in Wyaconda, MO. She met John Jeffries, the coach in Wyaconda. He was ten years older than her, recently divorced with two little girls, Jana and Jerri. They started going out for coffee – and Sandi didn't really like coffee. Soon they started dating. At the end of the school year, Sandi moved to Kansas City, Kansas, where she taught Home Ec at Highland Junior High. Being separated brought to light what she really wanted. In June 1967, John and Sandi were married and moved to Raytown, MO.

They both got jobs teaching in Raytown. Sandi had grown up Methodist but John and the girls were Baptist. They all started attending First Baptist of Raytown. In March 1968, Sandi realized that even though she believed in God, she didn't have a personal relationship with Christ. She'd lived her life feeling insecure and afraid of death. Once she accepted Jesus as her Savior, she realized He was all she needed. She has remained active in church ever since.

Four years later, she quit her job to have their daughter, Juli. Two years later, they welcomed their son, Johnnie, into the family. Sandi stayed at home with the kids until they were all older and in school. The girls were involved in dance lessons, church and piano lessons. Johnnie played football and basketball. This kept them very busy. During the summers and holidays, they would go visit family.

John retired prior to Sandi. He continued coaching basketball until his health declined. He was diabetic and had congestive heart failure. Sandi retired to stay home and take care of him. They sold their house and bought a townhouse on a golf course.

They suffered the loss of their daughter, Juli, in 2009. Sandi leaned on the knowledge that God is in control and remembered He is all she needed. John passed away in 2015. The knowledge that her loved ones had accepted Jesus as their Lord and Savior brings her great comfort. She knows she will see them again when she passes away and enters eternal life.

Sandi remained in the townhouse after John died. She kept busy with her friends, her church family and gardening. She had flowers out front and vegetables along the sides and around back.

Sandi has a heart for missions. She has taken three trips to Israel – two as part of a mission team doing construction and once for pleasure and Bible study with her daughter-in-law, Candace. She went on mission trips to Venezuela twice and Panama once. Besides these trips, she and John went on a bus tour of Germany, Austria, Sweden and Denmark. She and her sister-in-law went to Hawaii. They also traveled up the coast of California. She has visited her sister in Maine and they went over the border into Canada. They have even gone through the “longest covered bridge in the world” located in Hartland, New Brunswick, Canada.

Sandi moved to Westbrook from her home in Raytown at the end of September. She chose to leave her home before she had to because she wanted to be closer to family. After looking around, she decided to come here. She loves older people, talking about old times, and helping others out. It brings her great joy. Besides her children, she also has one son-in-law, Dave, a daughter-in-law, Candace, six grandchildren, Derrick, Candice, Blake, Garrett, Grace and Grant, and three great grandchildren.

Sandi took a class once about goal setting. She set her goal to be writing poems that God had given her. She has definitely succeeded in her endeavor. To date, she has around 450 poems.

## Health Benefits of Gratitude

Numerous studies have found that practicing gratitude not only improves your mood, it actually has a positive effect on both your physical and mental health. Whether you keep a gratitude journal — where you jot down a few things you appreciate each day — or you make an effort to reach out to someone in your life to thank them for their love and support, or simply add thoughts of gratitude to your daily meditation, here's what gratitude can do for you:

- Gratitude floods the brain with positive chemicals. The release of dopamine, a reward chemical, can improve your sleep, sexual pleasure, mood regulation and metabolism.
- Gratitude decreases symptoms of stress, anxiety and depression. Replacing negative thoughts with positive ones boosts your mood, calms anxieties and leads to greater overall optimism.
- Gratitude calms the heart. Reducing the physiological symptoms of anxiety and panic helps your body function better, improving cognition and emotional stability.
- Gratitude helps patients with heart conditions. Post-cardiac event patients who practice gratitude experience improved moods, sleep, energy levels and cardiac performance.
- Gratitude strengthens the body's ability to heal. Your immune response increases, blood pressure and inflammation decrease, and you become less bothered by aches, pains and symptoms of illness.
- Gratitude increases your ability to connect and share compassion with others. When you feel good about yourself and focus more on the positive things in your life, rather than the negative, you can more openly share feelings of positivity and strength with others.
- Gratitude makes you an overall better person. People who practice gratitude tend to be less materialistic, arrogant, entitled and resentful, and more caring, charitable, empathetic, hopeful and positive.

As an additional benefit, Kramer says that the more we do something, such as practicing gratitude, the more we are conditioning our brain to expect and respond to those behaviors. Practicing daily gratitude teaches us to hone in on what's helpful to us while tuning out what's toxic.

“The more you do this, the better you'll feel, and you'll eventually start looking for the good in things without even having to try,” Kramer says. “This is a practice that teaches us resilience and will certainly help us to get through whatever crises — big or small — that may come our way.”

### 10 Tips to Fit Gratitude In Your Life.

1. Every day, say aloud three good things that happened.
2. Keep a gratitude journal. .
3. Say thanks to your partner or friend.
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.
5. Thank yourself.
6. Use technology to send three gratitude messages a week.
7. Savor the good moments.
8. Check for silver linings.
9. Look outward, not inward. Robert Emmons says people are more likely to feel grateful when they put their focus on others.
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 experi-

