



NEWSLETTER

October was a wonderful month! We celebrated with a spirit week for Halloween, which is always fun to have a shared experience. We enjoyed several activities, especially our new space for bowling. Halloween Bingo was a big hit, with plenty of treats—and a few tricks! It was great to see everyone getting involved and sharing these moments together.

As we move into November, we're excited for more opportunities to connect. Kearney High School students will be visiting us, and we can't wait to welcome them into our community. We are looking forward to trying new activities, as well.

As we look forward to celebrating Thanksgiving, let's also pause to explore the feeling of awe—a powerful sense of wonder and amazement we experience when we encounter something vast, beautiful, or extraordinary. Psychologist Dacher Keltner explains that awe helps us feel happier, kinder, and more connected to others, reminding us of our place in something larger than ourselves. Remarkably, awe doesn't always require grand moments; it often comes from the simple joys around us.

Think back to memories that stirred awe: perhaps it was the sight of stars on a clear night, hearing a favorite tune on the radio, or the vibrant colors of autumn leaves. These moments connected us to each other, to nature, and to a world much bigger than our daily routines. The same wonder can be found today in a friend's laughter, a bird in graceful flight, or a story that makes us reflect. In these moments, we gain fresh perspectives, remembering how life's small wonders often provide the greatest comfort and insight.

This month, let's seek out these moments of awe together. As we share stories and memories, we can celebrate the beauty in each day, drawing joy and peace from the connections around us. May we find awe not only in life's big events but also in the quiet, everyday wonders that keep us feeling alive and part of something truly special.

Enjoy some photos of things that brought me "Awe." in October.

-Hanna



QUOTE of the month

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

-Melody Beattie



Wii Bowling and Bowling Alley Snacks
11/12 @ 1:30PM
SODA AND NACHOS

UPCOMING ACTIVITIES

Sweet Bread Baking
11/27 @ 9:30 AM

PLEASE SIGN UP FOR THIS
ACTIVITY BY CALLING US
816-628-2222
HANNA EXT 3
AMBER EXT 2

November Walking Challenge

LET'S CHALLENGE OURSELVES TO GET IN EXTRA STEPS IN NOVEMBER.
PLEASE SIGN UP AND PICK UP A WALKING LOG FROM THE NURSE'S
STATION, HANNA OR AMBER.

IF YOU WOULD LIKE A WALKING PARTNER FOR COMPANY AND
ACCOUNTABILITY, LET US KNOW AND WE WILL ARRANGE THAT

OUR HALLWAYS ARE PERFECT FOR WALKING WHEN GOING
OUTSIDE IS NOT AN OPTION. YOU CAN EVEN CHALLENGE
YOURSELF TO GET MY STEPS IN YOUR ROOM.

TIPS:

- SET A GOAL FOR EACH WEEK
- SIGN UP WITH A PARTNER
- CHALLENGE YOURSELF TO GET UP TWICE A DAY TO GET EXTRA STEPS IN
- CHALLENGE YOURSELF TO INCREASE YOUR STEPS EACH WEEK.
- SHARE YOUR GOALS WITH US OR WITH A FRIEND

What Do You Meme game
11/8 @ 1:00 PM

A GAME THAT GUARANTEES FUN
& LAUGHTER

YOU DO NOT NEED ANY
KNOWLEDGE OF THE GAME TO
PARTICIPATE

Chemistry Class

11/14 @ 10:00AM

IN THIS ENGAGING ACTIVITY, PARTICIPANTS
WILL COMBINE LIQUID SOLUTIONS,
OBSERVING HOW THEY INTERACT TO FORM A
NEW, COHESIVE MATERIAL. PARTICIPANTS
WILL WITNESS A FASCINATING
TRANSFORMATION, SHOWCASING THE
PRINCIPLES OF CHEMICAL REACTIONS AND
MOLECULAR BONDING.
THIS HANDS-ON EXPERIENCE PROMOTES
EXPLORATION, STIMULATES MEMORIES, AND
RELAXATION.

Chiefs Watch Party w/
BTG teens
11/17 @ 3:25PM
Dining Room #3

KHS Academic Students Community Connection

11/5 12:45 PM

19 KEARNEY HIGH SCHOOL STUDENTS CHOSE
TO COME TO WESTBROOK TO PARTICIPATE
IN COMMUNITY OUTREACH.

ACTIVITY OPTIONS:

BOWLING

GAMES

WALKING

*We will also have
soda and snacks*

Balloon Tennis

11/15 @ 1:00PM

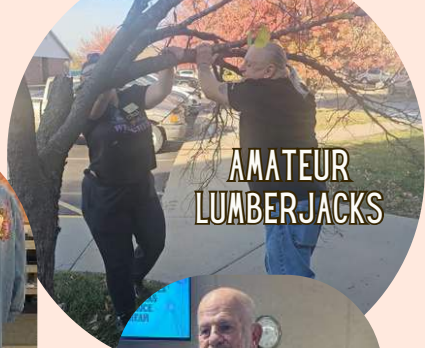
OCTOBER PHOTOS



MARY KAY DAY



WINNIE THE POOHS



AMATEUR LUMBERJACKS



HALLOWEEN BINGO



PJ DAY



HALLOWEEN HAPPY HOUR



WHO IS THIS?



SPOOKY



BOWLING CHAMP

Make
"GOOD"
Memories



TROUBLE



WACKY WEDS



PJ DAY



PEPPIERS



HALLOWEEN LOVE

OCTOBER MOMENTS THAT BROUGHT ME AWE



MORNING DEW ON A LEAF

MORNING DEW AND MORNING FROST WILL FOREVER CATCH MY EYE WHEN THE SUN HITS IT JUST RIGHT.



LIGHTNING 10/24/2024

I AM FOREVER AMAZED WHEN CLOUDS ARE SO BIG AND FLUFFY, EVEN MORE SO WHEN THERE IS LIGHTNING



NORTHERN LIGHTS LAWSON, MO 10/10/2024

SEEING THE NORTHERN LIGHTS IN PERSON IS OBVIOUSLY A MOMENT OF AWE, BUT ESPECIALLY FOR PEOPLE IN THE MIDWEST.

WHAT MADE THIS MOMENT EVEN BETTER WAS SHARING IT WITH FAMILY



COMET 10/19/2024

I TOOK THIS PHOTO OF THE HALLOWEEN COMET, OFFICIALLY NAMED COMET I2P/PONS-BROOKS, MADE A BRIEF BUT SPECTACULAR APPEARANCE IN OCTOBER 2024.

THIS ICY VISITOR FROM THE KUIPER BELT, DISCOVERED OVER 200 YEARS AGO, PASSED CLOSE TO EARTH AROUND HALLOWEEN, EARNING IT THE SEASONAL NICKNAME. KNOWN FOR ITS RARE ORBITAL VISITS APPROXIMATELY EVERY 71 YEARS, I2P/PONS-BROOKS WAS VISIBLE TO THE NAKED EYE FOR A SHORT PERIOD IN OCTOBER AS IT RELEASED BRIGHT JETS OF GAS AND DUST, CREATING A GLOWING, EERIE ATMOSPHERE IN THE NIGHT SKY. THIS COMET'S UNIQUE "HORNED" SHAPE, DUE TO ITS OUTGASSING PATTERNS, ADDED TO ITS MYSTIQUE AND APPEAL DURING THIS SPOOKY SEASON.



SPOTTED LEAF

THIS LEAF CAUGHT MY EYE AS I WAS HIKING. SOMETIMES IT IS NICE TO STOP AND TAKE IN WHATEVER CATCHES MY ATTENTION.



FALLEN LEAF

YOU MAY WONDER WHY A SINGLE FALLEN LEAF GAVE ME A MOMENT OF AWE, BUT I SAW THIS LEAF FALL AS I WAS WALKING IN THE WOODS. IT FELL FROM HIGH IN THE TREE AND RESTED PERFECTLY ON A TWISTED VINE. IT WAS A HEAVY ENOUGH THAT I HEARD IT LAND. I THOUGHT 'HOW INCREDIBLE THAT THIS LEAF WAS UNTOUCHABLE JUST MOMENTS BEFORE.'

BE THANKFUL.
BE
Grateful
&
BE BLESSED.

VIRGINIA ECKHART- "IM
THANKFUL FOR MY
WONDERFUL DAUGHTER
THAT LIVES NEAR AND
COMES TO VISIT ME
DAILY."

PATTY SHEMWELL-
"THE LOVE EVERYONE
GAVE ME"

FLORENCE- "JESUS FIRST, MY SON
SECOND"

PAT CAMPBELL- "THAT I
AM ALIVE"

WANDA OVERMEYER-
"ETERNAL LIFE"

DONNA LARKIN- "TODAY"

NORMA KEENEY- "MY FAMILY"

JANE SMITH- MY FAMILY

PAT FULLER- "MY FAMILY"

DIANE PREWITT- "MY FRIENDS"

GLENETTA- "JESUS"

JANET ARNOLD- "SLEEP"

DOROTHY KELLY-
"MY HEALTH"

DORIS GREEN- "MY FAMILY"

JEAN KANTOLA- "THE BEAUTIFUL
WORLD GOD MADE AND GAVE US"

PAT FAULKNER- "TO BE ALIVE AND DOING GOOD"

WILMA FORD- "TO BE ALIVE"

CHARLES BUCK- "BEING ALIVE"

GEORGIA HAMPTON- "FAMILY & GOD"

LARRY OVERMEYER- "WANDA"

NORMA HORNER- "GOD'S LOVE & MY FRIENDS HERE"

EARL DENGER- "BEING ALIVE AT AN OLD AGE"

JOYCE DAVIDSON- "THE WAY I WAS RAISED"

SUE SMITH- "MY LIFE, OLD AGE & HEALTH"

SHARON PARRA- "MY KIDS"

SANDY SMITH- "MY FAMILY"

BOB HENDRICKS- "THE LORD, JESUS CHRIST"

CAROL LANE- "MY CHILDREN"

ANN WILSON- "BEING ALIVE "

GERENE KELLY- "A SAFE PLACE TO LIVE"

DORRIE YODER- "MY GRANDDAUGHTER & DAUGHTER"

SANDY SNOOK- "MY FAMILY"

JUDY GRAHAM- "MY MARRIAGE OF 63 YEARS "

ROBERT MATHIS- "TO BE ALIVE"

COLLEEN MONTGOMERY- "TO BE ALIVE AT 90 YEARS OLD"

JIM BACHMAN- "BEING ALIVE"

DELMAR FORD- "JESUS CHRIST"

GINGER PRITZEL- "MY FAMILY"

BETTY BRANSCUM- "MY CHILDREN & GOOD HEALTH"

MIKE & DELAYNE COSBY- "BEING
HERE & FEELING BETTER"

NANCY CROSSLEY- "MY FRIENDS AT WESTBROOK"

BESSIE WILSON- "MY
HUSBAND"

VIRGINIA TRUE- "MY FOUR WONDERFUL CHILDREN"

NORMA ROBERTS- "THAT I HAVE A GREAT
PLACE TO FINISH OUT MY LIFE"

BRYON BAGGERLY- "MY HEALTH"

"DD" BABCOCK- "JESUS CHRIST AND
MY ONLY SON I HAVE LEFT"

JACK HANLINE-
"EMPLOYMENT"

JACK COVINGTON- "JENNY"

JIM STOCKWELL-
"EVERYTHING"

LEONARD ORCUTT- "MY KIDS
& GRANDKIDS"

ANNIE WHITAKER- "MY
WONDERFUL FAMILY"

BETTIE DODSON- "MY HEALTH"

JO ANN SPERO- "MY HUSBAND,
CHILDREN & GRANDKIDS"