October 2024

WESTBROOK NEWSLETTER

Hello everyone! I'm Amber Lafferty, I wanted to officially introduce myself as your new Activities Director! Many of you may already know me, but I wanted to take a moment to share a bit about myself. I grew up in Smithville, Missouri, on a mule farm, where I spent my childhood barrel racing, trail riding, and participating in mule shows. I'm a proud mom of three wonderful daughters—Leah (14), Kenli (10), and Remington (5). We reside in Lawson, Missouri now. Our family is always on the go with competitive softball and various school activities! In my downtime, I love to garden, go fishing, and cheer on the Chiefs with my family. I'm genuinely excited to be here and can not wait to create lasting memories with all of you. Here's to a fun-filled journey ahead!

Warm regards,

Amber Lafferty **Activities Director**







QUOTE OF THE MONTH

NO MATTER WHAT HAPPENS IN LIFE, BE GOOD TO PEOPLE. BEING GOOD TO PEOPLE IS A WONDERFUL LEGACY TO LEAVE BEHIND.

TAYLOR SWIFT

Upcoming Activities

10/3 Flu Clinic

Thank you to everyone who has turned in their Flu form.

The Clinic should begin around 9:00 am. We will send a reminder with instructions that morning.

10/8 Firepit and S'mores

Come join the Kearney Highschool Bridge the Gap Teens for a cozy fire, roasting marshmallows and S'more making in the parking lot outside of the social room

10/10 Mary Kay Day

Skin Care
Test Samples
Contact Info for Mary Kay

10/17 Life Skills Students Meet and Greet

Eight students have been working to come up with five questions to ask.

We will set up eight tables and have students rotate through each to chat with as many residents as possible.

Please join us for this activity and give these students an opportunity to get to know you.

Please come with a question you might like to ask the students.

10/15 Hearing Talk

Hearing Talk
Who says I can't hear?
What health conditions and diseases contribute to hearing loss?
Hearing aids are indeed expensive! But...
there is GOOD NEWS coming...

Wii Bowling



New location: Social Room

Wii bowling is a fun and competitive video game. Come join us and make sure you bring your best talent & game face. Come show us what you got!

When: October 11 @ 1:00pm &

October 25 @ 1:30pm

HALLOWEEN SPIRIT WEEK

Monday - Orange, Purple or Black day (dress in Halloween colors)

Tuesday - PJ day (wear your pajamas or comfy clothes)

Wednesday - Whacky Tacky Wednesday

(wear mix matched, bright colors or out of the ordinary attire)

Thursday - Costume contest (wear your Halloween costume) winner announced at BINGO

Friday - Red Friday or dress as your favorite Chiefs player



10/28 Halloween Happy Hour

Come Enjoy a Spooky Cocktail and Spookier snacks



Blessed are they who understand
My faltering step and shaky hand.
Blessed are they who know that today
my ears must strain to catch the things
they say.

Blessed are they who seem to know that my eyes are dim and my wits are slow.

Blessed are they who looked away when my coffee spilled at the table today.

Blessed are they with a cheery smile who stopped to chat for a little while.

Blessed are they who never say
"you've told that story twice today."
Blessed are they who know the ways
to bring back memories of yesterday.
Blessed are they who make it known
that I am loved, respected and not
alone.

Blessed are they who ease the days on my journey home in loving ways.

Esther Walker

Maya Angelou

When great trees fall, rocks on distant hills shudder.

Lions hunker down in tall grasses,

And even elephants lumber after safety

When great trees fall in forests,

Small things recoil into silence,

Their senses eroded beyond fear

When great souls die, the air around us becomes

Light, rare, sterile,

We breathe, briefly
Our eyes briefly see with a hurtful clarity,
Our memory, suddenly sharpened,

Examines,

Gnaws on kind words unsaid,
Promised walks never taken
Great souls die and our reality, bound to them
takes leave of us

Our souls, dependent upon their nurture,

Now shrink, wizened

Our minds, formed and informed by their radiance fall away

We are not so much maddened

As reduced to the unutterable ignorance of dark,

cold caves

And when great souls die,
After a period peace blooms,
Slowly and always irregularly
Spaces fill with a kind of soothing electric
vibration

Our senses, restored, never to be the same, whisper to us

They existed. They existed.

We can be. Be and be

Better for they existed.

PHOTOS FALL DOOR SIGN CRAFT























