

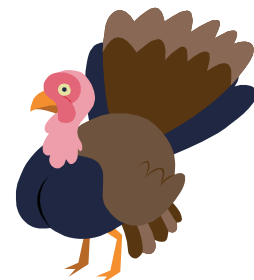
Happy month of Thanksgiving! This year probably more than ever, some of us may realize how blest we are as we continue to experience and witness firsthand the difficulties many families are struggling with. And many of us have been doubly blest by being able to provide some comfort to those less fortunate, whether it be through monetary donations, the gift of our time, or even a few kind words. Personally I know many people looking for employment and I get calls continually at the office from people sounding more frantic in their job search. I wish I could put every one of them to work! I pray every day for all of you, the continued success of Christian Community Homecare, and for all those seeking employment.

I am most thankful for my family, for my last child to be in college, for my faithful Golden Retriever (Bear), for my job, and for all of you being a part of my life.

I pray that you stay healthy and safe as winter approaches and that we count our blessings often.

Happy Thanksgiving and enjoy each other!

In His Service, Chris



Brain Teasers, Games and Exercise

Engage your brain.

Mentally stimulating activities strengthen brain cells and the connection between them. You can keep those cells in shape by giving them a workout. Instead of passively watching TV, try something that engages your brain: reading, writing, taking a class, doing a crossword puzzle or even learning a new game to play with friends or family members.

Brain Teaser to Stimulate your Concentration Skills

By Dr. Pascale Michelon

Learning can be incidental. We all memorize facts without paying much attention to these facts or without being willing to memorize them. However, when one really wants to memorize a fact, it is crucial to pay attention. Many studies have shown that compared to



full attention conditions, dividing attention during study time leads to poor memory performance.

This exercise will help you practice focusing your attention.

It may seem easy but make sure you count twice!

Count the number of “Y” in this text:

Yesterday, Lucy went all the way to Boston. She wanted to buy new shoes. She had to go in many shops before she found the shoes she wanted. She was happy to stop at a restaurant to have some tea and cookies before she took the train back home.

Count the number of “F” in this text:

Finished files are the result of years of scientific study combined with the experience of years.

Count the number of “E” in this text:

Last summer, Jean and Harriet spent their vacation in Michigan. They rented a cabin on the lake. The cabin had two bedrooms and a nice deck. They used to spend a lot of time on the deck, just looking at how the light would change on the water. Several times, they borrowed bikes from their neighbors and spent a few hours exploring the villages not far from their cabin.

ANSWERS ON BACK PAGE

BIRTHDAY WISHES



ROSEMARIE GARCIA-NOVEMBER 3

PATRICIA HIGLEY-NOVEMBER 7

LORETTA COUSE-NOVEMBER 24



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Christian Community Homecare

PSYCHOLOGY COURSE

During a phone conversation, my nephew mentioned that he was taking a psychology course at the university.

"Oh, great," I said. "Now you'll be analyzing everyone in the family."

"No, no," he replied. "I don't take abnormal psychology until next semester."

Thanks to Pastor Tim for this joke!

cybersalt.org/cleanlaugh



Answers to the Brain Teaser:

Count the number of "Y" in this text: The Answer is 7.

Count the number of "F" in this text: The Answer is 6.

Count the number of "E" in this text: The Answer is 38.

