

The Savvy Seniors Journal

Laugh Your Heart Out

By: Robin R. Rinke

To laugh your heart out means to *express or manifest emotion, especially with mirth or amusement, typically by expelling air from the lungs in short bursts to produce an inarticulate voiced noise, with the mouth open*. Sometimes laughing this hard may even cause you to snort and or pee your pants.

Did you know that children begin life with laughing 80% of their day? However, by the time we are 80-years-old that laughter per day goes down to 20%.

Then, get this, once you reach 100- years-old it goes back up to the 70% range per day! Maybe it's because centurions give up on taking their own views and opinions too seriously, or allowing the sovereignty of their own tight egos to run their lives? They have probably figured by now that humor breaks open our limited awareness by making us laugh at the absurdity of believing we ever have the final solution to anything. They become like children again?

Why do we give up laughing? Why do we allow life's responsibilities and stress to push out the one thing that is healthy, fun and uplifting to our souls? Even the Bible says, "Laughter is good medicine."

To get back into a higher percent of laughing per day I believe we need to tell ourselves to not take life so serious. That's what kids do. The longer I'm on this earth the more I see that all things work out and all things change. It's inevitable. So if we just go with the flow and smile and laugh through life we will be much more happy and peaceful. In early July I broke three ribs and I did not laugh for three weeks because of the pain it induced. It was the worst three weeks of my life. I missed laughing! I missed the feeling it gives off and I missed the unity it gave me with humanity; namely my grandchildren, husband and co-workers.

Laughing is contagious. Do it more because the world needs to laugh again. Don't wait until your 100. Enjoy this month's issue, because it is all about joy and laughter.



A Fulfilled Life

Guest Author, Hollie Kemp

The Secrets to Living Content

How would you define a fulfilled life? Is it a series of special moments? Is it a joyful personal rhythm? Perhaps for you, it is both.

One thing I have found to be beneficial when trying to live a full life is to treat it as a journey, not a destination. Fulfilled is “satisfied or happy because of fully developing one’s abilities or character.” I don’t know about you, but I surely don’t feel “fully developed.” Instead, I feel like a “work in progress”. With that in mind, I would like to suggest that a fulfilled life comes from daily work.

Stephen Cope says, “A life is built on a series of small course corrections, small choices that add up to something mammoth.”

Let’s make the mammoth life we build one of joy and fulfillment. Here are three tips for getting started.

Relish the simple things- Being able to focus on and appreciate the simplest pleasures in life may create feelings of gratefulness each day. So, stop and smell the roses, gaze at the stars, and savor that coffee. It just might be a secret to living your best life.

Embrace the trials- None of us are spared difficulties in this life, and how we handle them may impact our lives. Let yourself grieve, feel your emotions, endure, but don’t get stuck. Live while you are still alive.

Keep challenging yourself- Learn new things, find new passions, and pursue new interests. Don’t be idle. Use all your gifts while you can.

You can choose your perspective. We cannot change all our circumstances or what happens to us, but we can decide how we look at them.

Choose joy and live fulfilled.



Featured Article

Part 9 of My 12 Realizations of: AS I GET OLDER

By: Paul Scanlon

Laughter Is the Proof of Freedom

What a beautiful idea that is.

And I've learned so much more this year than any other year of my life, because I've had so many things in my life this year that would make me not want to laugh, lose my joy, lose my laughter.

So I want to say to you all...

Laughter as you age is a continual proof of freedom. Why is that true?

Because laughter is totally voluntary.

And because it's voluntary, when you laugh, you take back your power from things that are freedom stealers. Laughter steelers.

I have spent a lot of time over the years, as have many of you might have, in developing world countries for me, in Africa.

And when I've seen people in Africa in utter poverty laughing when they have no comfort, no safety, no food, no provision, no resources, just utter lack.

It reminded me that when people in poverty laugh and smile and choose humor as their energy in that day or in a moment in their day, they are reclaiming their freedom and saying no to the things that are trying to steal their life and joy from them.

Laughter is your proof that you are still in control of your life. That you are still in a degree of freedom.

Therefore, the freedom is in your laughter, not someone else's idea of what they think you should find funny. Be yourself and laugh when you want!

One of my favorite songs is by Charlie Chaplin:
Smile Though Your Heart is Aching.
Smile even though it's breaking...
When there are clouds in the sky you get by...



‘A day without laughter is a day wasted.’

Charlie Chaplin

“Laughter is an instant vacation.”

Milton Berle

“The person who can bring the spirit of laughter into a room is indeed blessed.”

Bennett Cerf



Why Is Laughing Good for You?

Laughing is one of the most natural responses you can experience, and it's also perfect for your health. That euphoric and relaxed feeling you get after having a good laugh isn't just a trick of your brain. When you laugh, you trigger both a physiological action in your body and a hormone response in your brain.

The physical action of laughing is excellent for your body because it increases blood flow and releases muscle tension. The perks for your mental health and overall sense of wellbeing are even better. Laughing releases happy hormones and can even fight off feelings of loneliness so that you end up with a more positive outlook on life. Laughter can improve your health in very specific and crucial ways, both in the short and long term. These 10 health benefits of laughter are no joke.

- 1. Laughter Improves Heart Health**
- 2. Laughter Reduces Blood Pressure**
- 3. Laughter Releases Endorphins**
- 4. Laughter Boosts Your Immune System**
- 5. Laughter Can Soothe Tension**
- 6. Laughter Helps Fight Depression**
- 7. Laughter Improves the Memory**
- 8. Laughter Promotes Fitness**
- 9. Laughter Combats Anxiety**
- 10. Laughter Inspires Connection**

Now that you know laughter has lasting physical and mental benefits, you might be looking for some new ways to have a good chuckle and start reaping those benefits.



Forever Young

Laughter may even help you to live longer!

Aging is no laughing matter, let's be honest.

We humans are in an inevitable race against time, we can't slow it down and we can't make it stop, but we can feel and stay younger, just by taking life less seriously. Laughter has so many benefits that we don't even realize. It works to promote happiness, a sense of pleasure, which ultimately reduces stress.

Laughing is not only good for your mental health but also for your physical health!

- **A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much.**
- **As an intervention, laughter has, at least theoretically, the potential to slow the process of aging, and to ameliorate its lived experience.**
- **A greater variety of laughter occasions in individual and social settings was associated with a reduced risk of dementia.**

- **From ancient times, laughter has been used to influence cognitive behavior to improve and establish healthy physical, psychological, and social relationships.**

Additionally, laughter may have a positive impact on nearly your entire body — it may benefit your immune system and respiratory function, aid muscle relaxation, assist with pain relief, and stimulate circulation. Laughter also may have a role in the process of healthy aging.



Interesting Facts About September

- September's name is really quite inaccurate these days. It was originally the seventh month of the ancient Roman calendar, and as such is was named Septem, which translates into "the seventh month". It wasn't until 451 BC that the months of January and February were added to the calendar, making September the ninth month.
- September 1, 1939, was a dark day for the world. It was on this day that Hitler invaded Poland, consequentially beginning World War II. One of the first things Hitler did was do away with any events or programs that were known for laughter.
- September 11, 2001, changed the shape of the world forever. It was on this fateful day that the worst terrorist attack on US soil happened when four commercial airliners were hijacked. Two of the planes were flown straight into the Twin Towers of the World Trade Center, and another was crashed into the Pentagon. The fourth plane crash-landed into a field in Pennsylvania after the passengers of the flight attempted to regain control of the plane from the terrorists.
- September 17th is an incredibly important day for the US, as it was on this day in 1787 that the US Constitution was adopted. If it weren't for the Constitution the US could be an incredibly different country today, with far fewer civil liberties!
- September is graced with having two different birth flowers. The two flowers are the vibrant aster and the beautiful yet resilient morning glory. The significance of both flowers is actually very similar, with the aster being said to represent love, while the morning glory represents affection.
- September only has one birthstone though, but with a stone like this, who needs another? The stone I'm talking about is the majestically vivid sapphire. With its deep blue tones, this precious stone is said to represent the wisdom of the gods, purity, and trust. Sapphires were once worn to protect the wearer from both poisoning and other evils.
- Those born in September are brought into this world under one of two star signs. If you were born before September 23rd, you're considered to be a Virgo. If you're born on the 23rd or later, you're a Libra. Virgos are said to be analytical and hardworking people, while still being kind and loyal. Libras, on the other hand, value harmony and diplomacy, and are said to be both intelligent and kind.



Healthy Heart, Mind, & Soul

Laughter's Cognitive Power

By: Janet M. Gibson, Grinnell College

A good sense of humor and the laughter that follows depend on an ample measure of social intelligence and working memory resources.

Laughter, like humor, typically sparks from recognizing the incongruities or absurdities of a situation. You need to mentally resolve the surprising behavior or event — otherwise you won't laugh; you might just be confused instead. Inferring the intentions of others and taking their perspective can enhance the intensity of the laughter and amusement you feel.

To “get” a joke or humorous situation, you need to be able to see the lighter side of things. You must believe that other possibilities besides the literal exist — think about being amused by comic strips with talking animals, such as those found in “The Far Side.”

Laughing is great for your mind and helps keep it strong. Laugh more!

Do you have friends and family you laugh with? If not, find a group and let the good times roll.



A Support Group for family and friends of individuals experiencing memory loss and/or needing assistance:

FREE SUPPORT GATHERING



We Are Here For You!

For Family and Friends of individuals experiencing memory loss and/or needing assistance.

PRESENTING **Hollie Kemp**

CDP CADDCT

Meet at the community or watch at home – via ZOOM

Second Tuesday of each month

11:30am – Pacific

12:30pm – Mountain

1:30pm – Central

2:30pm – Eastern

REGISTER AT:

<https://zoom.us/meeting/register/tJlrceirpj4oGNKcNb1svq7yq2-DGbNFTs9S>

After registering, you will receive a confirmation email containing information about joining the meeting.

Must RSVP and sign up for gathering – Attendees can watch on Zoom at home or gather at the community.



MEMORY MATTERS
Surround yourself with supportive people.

At our community, we understand how difficult it can be to care for your parent or loved on with dementia. Come join us as we Educate, Congregate and Conversate together at this support gathering.

Find out about monthly topics that Matter.

- Understanding the diagnosis.
- I'm struggling.
- How do I communicate?
- Can I do this alone?
- What can I do for me?
- What is next?



Hollie Kemp, CDP CADDCT, Innovator and leader in Memory Care and Senior Housing, program developer and proud recipient of an "Argentum's Best of the Best" award. Hollie was also awarded the "40 under 40" award by Argentum for her leadership in Senior Care. Hollie holds a Bachelor of Science Degree in Human Biology, studied Social Work in Graduate School, is currently finishing an Advanced Clinical Practice Certification in Dementia Care through the School of Social Work, and has numerous other Certifications in Alzheimer's and Dementia Care including being a Certified Dementia Practitioner, Certified Alzheimer's and Dementia Care Trainer, Certified Caregiver Stress Powerful Tools For Caregivers trainer, Montessori Based Alzheimer Care Certified, and more. Hollie is also a Global Chair for the Alzheimer's Associations Longest Day, National Team Walk Captain, and has served on the Early Detection Committee for the National Alzheimer's Association.



REGISTER AT:

[HTTPS://ZOOM.US/MEETING/REGISTER/TJIRCEIRPJ4OGNKCNB1SVQ7YQ2-DGBNFTS9S](https://zoom.us/meeting/register/tJlrceirpj4oGNKcNb1svq7yq2-DGbNFTs9S)





Lottery or prize scams

- Scammers may contact you to say you've won a lottery or sweepstakes, but then ask for an upfront payment for taxes or fees. They may claim to be from a federal agency, like the CFPB. You should avoid giving out personal or financial information to anyone you don't know, and never pay for a promised prize, especially if they demand immediate payment.

Phishing

- This online scam involves receiving an email that seems to be from a well-known source, like a bank, internet service provider, or mortgage company. The email will ask you to provide personal information. To avoid phishing, you can check if the link is authentic, and you can contact the business directly using a known phone number or website instead of responding to the unsolicited contact. Most legitimate companies won't contact you this way and ask for personal information.

Scammers saying there's a problem or prize

- Scammers may claim that you're in trouble with the government, owe money, or that there's a virus on your computer. They may also say that you have a problem with an account and need to verify information.

We hope you have enjoyed this issue of
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