

WELLNESS CORNER

Why Being Kind Makes You Healthier BY CHRYSTLE FIEDLER

When you are kind to another person, even in a small way, it has a positive effect by helping that person feel valued and supported. If you make such acts of kindness a regular habit, it's actually good for your health and even slows your body's aging process, according to research.

"Two culprits that speed the process of aging are free radicals and inflammation. But remarkable research shows that the oxytocin [hormone] that we produce because of emotional warmth reduces the levels of both culprits in the cardiovascular system and so slows aging at the source," says David Hamilton, author of *The Five Side Effects of Kindness: This Book Will Make You Feel Better, Be Happier & Live Longer*. In addition, oxytocin — known as the love or bonding hormone — triggers the release of a molecule known as nitric oxide, which dilates blood vessels and reduces blood pressure, protecting the heart.

The benefits don't stop there, Hamilton says. "There's also a strong link between compassion and the activity of the vagus nerve, which regulates heart rate and controls inflammation levels in the body," he notes.

A Boost to the Immune System

Even small acts of kindness, such as sharing a smile or holding the door for someone, give your immune system a boost, making you more resilient and less anxious or depressed.

Experts think this is probably because of our brain's primitive "negativity bias." To survive and evolve as a species initially, we had to be constantly on alert for danger. Today, we still focus on fear-based thoughts — think of it as an air traffic controller who is always on duty — to protect ourselves from harm. Making kindness a habit can act as an antidote and result in our being more positive, happier and healthier.

The Ripple Effect

"When we're kind, we inspire others to be kind. And studies show that it creates a ripple effect that spreads outwards, just as a pebble creates waves when it's dropped into a pond," Hamilton says. "Acts of kindness ripple outwards touching others' lives and inspiring kindness everywhere the wave goes."

4 Ways to Start a Kindness Habit

Need ideas on how to start a kindness habit? Here are some suggestions from Hamilton, including a challenge:

- **Make a list of people in your life who you feel need help or assistance in any way.** You might not always be able to help, depending on their needs, but you might find that some people just need someone to talk to, so they know someone cares.
- **As you go through your day, be alert to opportunities to be kind.** These occur all the time but we often miss them because we have too much on our minds. When we make a decision to be alert to them, we notice many more.
- **Think of five people in your life and make a list of all the reasons why you are grateful for their presence in your life.** This will help you build a habit of thinking kindly.
- **Try the seven-day kindness challenge:** That means do at least one act of kindness every day for seven days. Ground rules: Do something different each day; push yourself out of your comfort zone at least once and be sure one of your acts of kindness is anonymous — no one should ever find out who did it.

Peachtree will be providing a barbecue-themed lunch for Labor Day. Please let Concierge Services know in advance if you will be bringing any lunch guests.

Guest meal pricing applies: \$12.00 for ages 12+, \$10.00 for ages 6- 11 and free for children 5 years of age and under.



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| Salad Bar | Creamy Cabbage Slaw | Grilled Asparagus |
| BBQ Smoked & Grilled Pork Ribs | Grilled Potato Salad | Angel Food Cake |
| BBQ Smoked & Grilled Chicken Thighs | Grilled Corn on the Cobb | + Fresh Berries & Ice Cream |



THE VILLAGE OF BEDFORD WALK

JES I PRIME SENIOR LIVING



COMMUNITY EVENTS



Enjoy a trip to the new MU Health Care Pavilion at Columbia's Agriculture Park to explore the local farmers market. The mission of the Columbia Farmers Market is to provide both the local farmer and consumer a reliable, regulated marketplace for the direct exchange of high quality and safe food. By facilitating such commerce the market strives to meet the needs of the local consumer while encouraging sustainable agriculture in mid-Missouri. Available products range from fruits, vegetables, baked goods, meats, dairy, eggs and much more.

Grab your black and gold, and gear up for Mizzou football season! Friday Night Lights Social Hours are back! Please join us every Friday evening before home games from 4:30 p.m. – 5:30 p.m. in the Piano Lounge. Enjoy food and beverage provided by Peachtree Catering. Family and friends are welcome to attend and help cheer on the Mizzou Tigers! Please let Concierge Services know if guests will be joining you.



Become a Golden Tiger and cheer the MU Women's Volleyball team to victory! Benefits of being a Golden Tiger include: reserved seating in the middle of the action, opportunities to meet the team, social events during the season and meet and greets with Mizzou Athletics alumni, staff and coaches. Transportation will be provided to most of the games - please check your Activity Calendar to see which dates we will be able to accommodate. A \$2.00 fee applies to these games. For the games we will not be providing transportation to, a limited number of free tickets will be available on a first come, first served basis with Concierge Services.

Happy Birthday!

Carol S.	Sept 8
Dick C.	Sept 18
Paul M.	Sept 18
Lou H.	Sept 20
Sam A.	Sept 24
Ellen W.	Sept 24



EARN \$1,000 WHEN YOU REFER A NEW RESIDENT!

* See Concierge Services to learn more

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 3:30 p.m. Afternoon Movie in Theater Room	2 Happy LABOR DAY Concierge Hours 10:00 a.m. – 4:00 p.m. <i>Special Labor Day Lunch from Peachtree</i> 12:00 p.m. Flip Flop Wreath with Ann in Magnolia Room***\$	3 8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool*** 4:00 p.m. Walking Group** 4:30 p.m. Movie in Theater Room	4 10:20 a.m. FitCo** 10:50 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge *September Birthday Celebration* 	5 8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool*** 12:30 p.m. Arabia Steamboat Museum Trip – <i>See Concierge for Availability</i> 5:30 p.m. Movie in Theater Room	6 9:00 a.m. Coffee Catch Up in Bistro 9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room*** 10:30 a.m. Meditation in Fitness Room*** 2:30 p.m. Tai Chi In Fitness Room*** 4:30 p.m. Friday Night Lights in Piano Lounge 	7	
8 3:30 p.m. Afternoon Movie in Theater Room	9 9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room*** 2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room*** 4:30 p.m. Dinner Club – G&D Pizzeria**	10 8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool*** 4:00 p.m. Walking Group** 4:30 p.m. Movie in Theater Room	11 10:20 a.m. FitCo** 10:50 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge	12 8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool*** 3:00 p.m. Columbia Farmers Market** 5:30 p.m. Movie in Theater Room	13 9:00 a.m. Coffee Catch Up in Bistro 9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room*** 10:15 a.m. MU Volleyball for Golden Tigers**\$ 10:30 a.m. Meditation in Fitness Room*** 2:30 p.m. Tai Chi In Fitness Room*** 4:30 p.m. Friday Night Lights in Piano Lounge 	14 11:00 a.m. Make-Up Date for The Station House	
15 11:15 a.m. MU Volleyball for Golden Tigers**\$ 3:30 p.m. Afternoon Movie in Theater Room	16 9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room*** 2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room*** Forum 8 Movie – Movie and Time TBA in September 12 Mailer	17 8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool*** 12:30 p.m. - 2:30 p.m. Ask a Nurse Program in Magnolia Room 4:00 p.m. Walking Group** 4:30p.m. Movie in Theater Room	18 10:20 a.m. FitCo** 10:50 a.m. FitCo** 2:00 p.m. Walmart** 3:30 p.m. MU Health Seminar in Theater *** 4:30 p.m. Social Hour in Piano Lounge	19 8:00 a.m. Men’s Breakfast in Magnolia Room*** 8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool*** 3:30 p.m. Community Conversation in Lower Level 5:30 p.m. Dinner Club – COMO Smoke and Fire** 5:30 p.m. Movie in Theater Room	20 9:00 a.m. Coffee Catch Up in Bistro 9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room*** 10:00 a.m. - 12:00 p.m. Radio Remote – The Eagle 93.9 10:30 a.m. Meditation in Fitness Room*** 2:30 p.m. Tai Chi In Fitness Room*** 4:30 p.m. Friday Night Lights in Piano Lounge 	21	
22 3:30 p.m. Afternoon movie in Theater Room	23 9:25 a.m. and 10:30 a.m. Chair Yoga in Fitness Room*** 2:00 p.m. and 2:45 p.m. Fitness with Kelly in Fitness Room***	24 8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool*** 10:00 a.m. Columbia Farmer’s Market ** 4:00 p.m. Walking Group** 4:30 p.m. Movie in Theater Room	25 10:20 a.m. FitCo** 10:50 a.m. FitCo** 2:00 p.m. Walmart** 4:30 p.m. Social Hour in Piano Lounge	26 8:30 a.m., 9:15 a.m., 10:00 a.m. Water Aerobics in Pool*** 5:30 p.m. Movie in Theater Room	27 9:00 a.m. Coffee Catch Up in Bistro 9:25 a.m. Gentle Vinyasa Flow Yoga in Fitness Room*** 10:30 a.m. Meditation in Fitness Room*** 11:30 a.m. Grant’s Farm Trip – See Concierge for Availability 2:30 p.m. Tai Chi In Fitness Room***	28	
29 3:30 p.m. Afternoon movie in Theater Room	30 9:25a.m. and 10:30a.m. Chair Yoga in Fitness Room*** 2:00p.m. and 2:45p.m. Fitness with Kelly in Fitness Room***	September 2019 Calendar					

Flip Flop Wreath
Keep summer going by making a Flip Flop Wreath! \$5.00 includes all the supplies

Fitness Company Update
Same great class, more personalized attention! The staff at FitCo is committed to providing excellent service and the most efficient workouts that will best benefit our residents. In order to better serve Bedford residents, FitCo will now be doing two 30-minute sessions with a maximum of five people per session. The new sign-up times for Wednesdays will be 10:30-11:00 a.m. (shuttle service at 10:20 a.m.) and 11:00-11:30 a.m. (shuttle service at 10:50 a.m.). Please tell the Concierge your desired time during activity sign-ups on Tuesday, August 27 at 9:00 a.m

Sign-up forms for the Arabia Steamboat Museum and Grant’s Farm were due in August but you may see Concierge Services if you are interested in extra tickets or being added to a wait list.

The Station House
This trip was originally scheduled for June 22 but was postponed due to flooding. The make-up date will be September 14, weather permitting. See Concierge Services for availability/wait list.

Live Radio Remote
The Eagle 93.9 will be broadcasted live from our lobby on September 20 from 10:00a.m.–12:00 p.m.

**** Shuttle Service**
Shuttle Service is provided for this activity. Please see the Concierge Desk to reserve your spot on the shuttle.

***** Limited Availability**
Sign up at the Concierge Desk prior to the event if you plan to attend.

Please note that only the cost of transportation is provided for Dinner and Breakfast Clubs. Residents are responsible for their purchases.

All activities involving transportation are subject to cancellation due to weather.