

Want to Stay Healthy as You Age? **Let Go of Anger!**



Though emotions are often fleeting, they can have a lasting impact on your health. Stress, for example, may heighten the risk of both chronic and acute health conditions, while happiness can improve wellbeing.

Now, a small new study published in the journal Psychology and Aging suggests that anger, far more than sadness, is linked to negative health effects in older people, potentially by contributing to inflammation and chronic disease. Anger may motivate people to push through tough circumstances, while sadness can kickstart the healing process after trauma, but when people get older and face age-related problems, like the deaths of loved ones and the onset of physical and cognitive decline, some negative emotions may take a toll on physical health.

Finding out when people ages 80 and older regularly felt anger, researchers saw a link to elevated levels of the inflammatory marker IL-6 — perhaps because anger can throw off stress hormone levels. Inflammation is a normal process that the body uses to fight injury and infection, but chronic inflammation is associated with a range of health issues. Adults with elevated inflammatory markers were also more likely than their peers who didn't feel as angry to have at least one chronic illness, such as cancer or cardiovascular problems. But researchers didn't see the same link between sadness and health issues, and anger wasn't as strongly linked to inflammation and chronic disease among younger adults in their 60s and 70s.

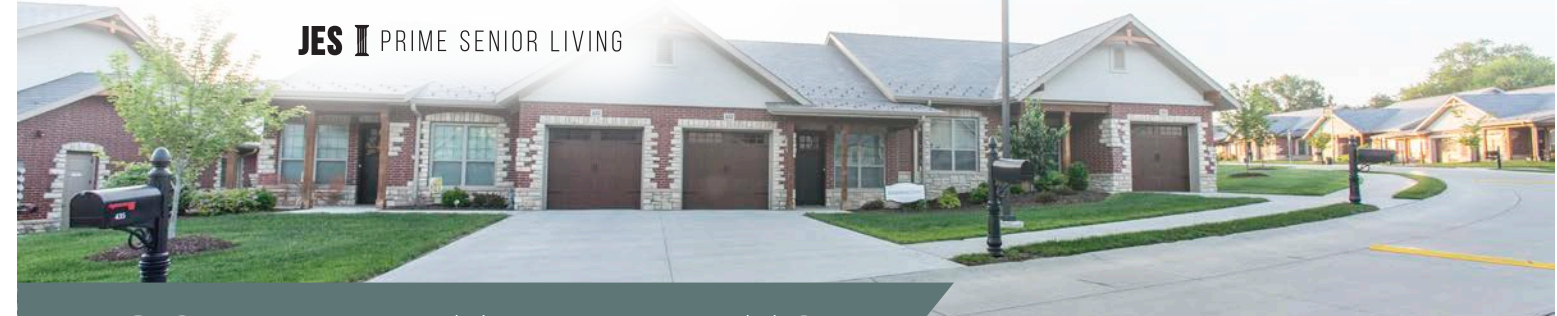
Getting angry won't fix the most serious problems that seniors face. Instead, anger may only bring more stress and its attendant issues. If people are angry and they try to resolve issues that they cannot resolve anymore, that prolongs problematic circumstances and may result in physiological dysregulation, and, potentially, elevated inflammation levels. It has been found that optimism, resilience, and self-compassion were associated with better health among seniors, while loneliness was associated with worse health.

While it may seem difficult to control emotional responses, research suggests that people can learn to regulate them. To reduce anger, the American Psychological Association suggests doing relaxation and stress-relief practices like breathing exercises and yoga; using more rational and measured speech; improving your communication skills; and keeping your environment as stress-free as possible. The Mayo Clinic also recommends getting plenty of exercise and relying on humor and forgiveness.

Source: *Time Magazine* | <https://time.com/5584263/anger-sadness-aging-adults/>

THE VILLAGE OF
BEDFORD WALK

JES I PRIME SENIOR LIVING



COMMUNITY EVENTS



JUNE 14 | Fiber Arts Cochet Tutorial

Looking for a new hobby, did you use to sew, knit, or crochet? Maybe you are in need of something to keep you busy of an evening? Crochet might be just the stitch for you! The fiber arts club will be hosting a crochet tutorial in the Magnolia Room on Tuesday the 14th at 3:00 pm. Beginners welcome!



JUNE 15 | City of Refuge Volunteer Trip

The Bedford BIG Hearts will be taking a trip to help the City of Refuge on Wednesday the 15th. The shuttle will leave from the main entrance at 9am and will return to Bedford prior to lunch at 11:15am. While there, we will be helping their team sort through donations to ensure all they serve get the items they need! Thank you for your continued support of our community and the people we share it with!



JUNE 19 | Father's Day Lunch

This year for Father's Day we would like to invite your families for Lunch. The lunch will be on Sunday June 19th at 11:30am and will include an elevated assortment of dishes. There is no fee for residents and a \$20 per person fee for visitor (Children 12 and under are \$10). Please sign-up for this event if you plan to attend with or without a guest(s). If you plan on having guests, please sign-up on the sheet located in the Resident Mail Room.

**MEET YOUR
NEW NEIGHBOR!**

- Betty Shoe
- Melvin Muskopf
- Mandy Manderino
- Virginia Bzdek
- Angie Otto

**HAPPY
BIRTHDAY!**



- Christa Faeser
June 2nd
- Sondra Jennings
June 3rd
- Melvin Muskopf
June 11th
- Donna Pratt
June 12th
- Jackie Asher
June 14th

FEATURED: The Bedford Big Hearts

This month's Bedford BIG Hearts will be supporting "LOVE Columbia." We will be collecting kitchen items and organizing them into kits for newly placed families of Columbia. These kitchen items and cleaning supplies can give these parents the opportunity to create a clean and safe environment for their families and a much-needed fresh start. The items they need are brooms, mops, dish soap, all-purpose cleaners (non-bleach), wipes, toilet bowl cleaner, toilet brushes, disposable gloves, dish sponges, bathroom cleaner spray, scrub brushes, antibacterial cleaner, microfiber towels, Lysol spray, dusting spray, and 10-quart mop buckets. If you prefer to make a financial contribution, please see Kelly, and THANK YOU for continuing to show your BIG hearts!



The LOVE Columbia Open House was a huge success! The Bedford BIG Hearts served Central Dairy Ice Cream and cookies to over 300 guests! The new building is spectacular, and the wonderful staff was kind enough to give us the grand tour. Love Columbia does everything from help families find homes, jobs, transportation, earn their degrees, provide mental health counselling, and generally navigate the hardships that life throws at us. Columbia is no exception to the housing shortage the entire nation is experiencing, and this Locally established organization continues to "LOVE people forward" every day! We are so proud to continue partnering with them on their journey to impact this community we call home. Want to know more about how you can help? Call Kelly at 573-530-0916!

SUN	MON	TUES	WED	THUR	FRI	SAT
<h1>JUNE 2022</h1>			1 <i>Start collecting kitchen supplies for LOVE Columbia</i> 10:00 a.m. Fitness Class 10:30 a.m. Resident Coucil Meeting 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Walmart 🌟 4:00 p.m. Social Hour: Pizza + Karaoke! 🗑️	2 HAPPY BIRTHDAY Christa Faeser! <i>NO Chair Yoga</i> 12:30 p.m. Dominoes RL 12:30 p.m. Brain Games ♻️	3 9:00 a.m. Coffee & Conversation 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 5:30 p.m. Game Night RL	4
5 1:00 p.m. Hymn Sing in Piano Lounge 3:00 p.m. Afternoon Show	6 <i>Hair Stylist Available by Appointment</i> NO Water Aerobics 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO	7 10:00 a.m. Crafts with Kelly: Welcome Sign 1:00 p.m. Bible Study 2:00 p.m. Tech Tuesday: Speak Selected Text Aloud 3:00 p.m. Fiber Arts	8 10:00 a.m. Fitness Class 10:30 a.m. Activity Club 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Dillard's 4:00 p.m. Social Hour (BYOB) RL 🗑️	9 10:00 a.m. Chair Yoga 12:30 p.m. Dominoes RL 12:30 p.m. Brain Games 5:00 p.m. Dinner Club: The Bistro at Les Bourgeois Vineyards ♻️	10 9:00 a.m. Coffee & Conversation 9:30 a.m. Trip to Battlefield Lavender Farms with Sack Lunch 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 🌸 5:30 p.m. Game Night RL <i>Transportation Closed</i>	11 HAPPY BIRTHDAY Melvin Muskopf!
12 HAPPY BIRTHDAY Donna Pratt! 1:00 p.m. Hymn Sing in Piano Lounge 3:00 p.m. Afternoon Show	13 <i>Hair Stylist Available by Appointment</i> 8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO	14 HAPPY BIRTHDAY Jackie Asher! 10:00 a.m. Crafts with Kelly: Firework Center Piece 1:00 p.m. Bible Study 2:00 p.m. Tech Tuesday: Increase Text Size 3:00 p.m. Fiber Arts: Crochet Tutorial 🧶	15 9:00 a.m. Volunteer Trip to City of Refuge 🏠 10:00 a.m. Fitness Class 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: HuVee 5:00 pm: Social Hour: Golf & Grub ⚽ 🗑️	16 <i>Columbia Foot Care Available by Appointment</i> 10:00 a.m. Chair Yoga 12:30 p.m. Brain Games 12:30 p.m. Dominoes RL 3:00 p.m. Medical Cannabis Education Seminar ♻️	17 9:00 a.m. Coffee & Conversation 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 5:30 p.m. Game Night RL	18
19 11:30 a.m. <i>Father's Day</i> EXTENDED MENU 1:00 p.m. Hymn Sing in Piano Lounge 3:00 p.m. Afternoon Show	20 <i>Hair Stylist Available by Appointment</i> 8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO	21 10:00 a.m. Crafts with Kelly: Ice Cream Sunday 1:00 p.m. Bible Study 2:00 p.m. Tech Tuesday: Flash Ring 3:00 p.m. Fiber Arts 3:00 p.m. BUNCO Night	22 10:00 a.m. Fitness Class 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: DOLLAR TREE 4:00 p.m. Social Hour RL 🗑️	23 10:00 a.m. Chair Yoga 12:30 p.m. Brain Games 12:30 p.m. Dominoes RL 1:15 p.m. Cardinals vs. Brewers in Theatre with Beer and Popcorn 🦉 5:00 p.m. Dinner Club: Hungry Crab ♻️	24 HAPPY BIRTHDAY Angie Otto! 9:00 a.m. Coffee & Conversations 10:00 a.m. Lunch at Pear Tree followed by Disney Museum in Marceline 10:00 a.m. Tai Chi 12:30 p.m. Hand & Foot RL 🌳 5:30 p.m. Game Night RL <i>Transportation Closed</i>	25
26 1:00 p.m. Hymn Sing in Piano Lounge 3:00 p.m. Afternoon Show	27 <i>Hair Stylist Available by Appointment</i> 8:15 a.m. Water Aerobics 1 8:45 a.m. Water Aerobics 2 10:00 a.m. Chair Yoga 12:30 p.m. Hand & Foot RL 3:00 p.m. BINGO 4:00 p.m. Book Club	28 10:00 a.m. Crafts with Kelly: String Art 1:00 p.m. Bible Study 2:00 p.m. Tech Tuesday: Favorite Contacts 3:00 p.m. All Residents Meeting 3:00 p.m. Fiber Arts	29 10:00 a.m. Fitness Class 12:30 p.m. Bridge RL 1:00 p.m. Weekly Shopping Trip: Target 4:00 pm: Social Hour: Summer Soiree 🗑️	30 <i>Massage Therapist Available by Appointment</i> 10:00 a.m. Chair Yoga 12:30 p.m. Brain Games 12:30 p.m. Dominoes RL 3:00 p.m. Charades ♻️	RL = Resident Led Event  = Trash Day  = Recycle Day	

DETAILS

Resident Led Game Night
Do you enjoy board games, cards games, or just getting out of the house? Our new resident led game night might be just the thing for you. Every Friday at 5:30pm there will be tables in the dining room cleared and ready for any assortment of games. Should you be interested, please sign-up in the Resident Mail Room. If you have any board games in your closet or know of a simple card game for all to play, bring it to game night! Bringing your own snacks and drinks is encouraged.

Battlefield Lavender Trip
Join us on a trip not too far from home. Battlefield Lavender is a Lavender farm located in Centralia and consists of over 2,400 lavender plants in as many as 14 different varieties. They have a 'pick by hand' option as well as an on-site shop with many of their handmade products such as soaps, oils, local honey, and much more! This adorable acreage is an unexpected beauty and one of a kind here in Missouri. Don't miss it! (\$6 entry fee) The shuttle will bus residents to a nearby park to enjoy a picnic afterwards (Sack lunch provided).

Disney Museum Trip
The Bedford shuttle bus will be stopping at 2 destinations on Friday the 24th. Our first destination will be the fan favorite cuisine at Pear Tree in Macon, followed by a short drive over to Walt Disney's hometown, Marceline MO, where we will enjoy a guided tour through Walt Disney's home and surrounding property. See original sketches, artifacts, and a number of Disney's personal belongings. This museum has really encapsulated where the magic began!