

Why Giving Is Good for Your Health

Studies show how giving affects your body

We all know giving helps others, whether we volunteer for organizations, offer emotional support to those around us or donate to charities. But did you know that the warm and fuzzy feeling you get from helping others is actually good for you? Studies show that giving can actually boost your physical and mental health.

“I can recall giving my daughter a dollar to buy a gift for us during the holidays in elementary school,” recalls psychologist Scott Bea, PsyD. “When she returned home, she couldn’t wait to give us the gift she picked out. In fact, she insisted we open it immediately.”

There’s just something about the delight of gift-giving that makes us feel good, but there’s actually science backing it up. Research says that people who give social support to others have lower blood pressure than people who don’t. Supportive interaction with others also helps people recover from coronary-related events.

Researchers also say that people who give their time to help others through community and organizational involvement have greater self-esteem, less depression and lower stress levels than those who don’t.

Giving can help you live longer

According to one study, people who were 55 and older who volunteered for two or more organizations were 44% less likely to die over a five-year period than those who didn’t volunteer — even accounting for many other factors including age, exercise, general health and negative habits like smoking.

Another study found similar numbers of elderly people who gave help to friends, relatives and neighbors, or who gave emotional support to their spouses versus those who didn’t.

Feeling happier

Biologically, giving can create a “warm glow,” activating regions in the brain associated with pleasure, connection with other people and trust. This is the reason why you feel excitement when you’re about to give a gift to someone else (and why you feel close to them during), or why you feel happy driving back from a volunteer experience.

There is evidence that, during gift-giving behaviors, humans secrete “feel good” chemicals in our brains, such as serotonin (a mood-mediating chemical), dopamine (a feel-good chemical) and oxytocin (a compassion and bonding chemical).

When you look at the functional MRIs of subjects who gave to various charities, scientists have found that giving stimulates the mesolimbic pathway, which is the reward center in the brain — releasing endorphins and creating what is known as the “helper’s high.”

And like other highs, this one is addictive, too. So go ahead and reach out to someone in need, decide what charities you’d like to give to and identify opportunities to give back in your community. Your mental and physical health will thank you – and so will the people you help.



THE VILLAGE OF BEDFORD WALK

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OCTOBER 2022



COMMUNITY EVENTS

OCTOBER 19 | Monster Bash & Costume Contest

Join us at our normal social hour for a spectacular and spooky event. There will be Halloween themed treats, beverages, games, and a costume contest. Best costume of the night will earn bragging rights and a prize. This will also be our October Birthday celebration, accompanied by one of Joy’s famous birthday cakes! See you their ghosts & Ghouls!



OCTOBER 20 | Kindway Club

All residents are welcome if they are seeking information about medical cannabis and if it can help you, or if you are interested in obtaining your medical cannabis card. Kindway Club will meet monthly, and each month we will be discussing a different topic or use for medical cannabis. If you are a medical cannabis card holder, there are some additional activities you can partake in such as, THC & CBD topical massages, infused smoothies, and many more fun ways to feel better each day. A personal invite will go out to each card holder each month with details about that month’s activity. Please reach out to Kelly if you would like to attend any of our activities or would like more information.

FEATURED: The Bedford Big Hearts

WOW wow woowwza! We are just blown away by the outpour of family, friends, residents, staff, and community that showed up for our first ever annual End of Summer Block Party and Fundraiser. With nearly 200 in attendance, we were able to blow our original goal of \$2,500 out of the water. The final number for the fundraiser donation was \$3,035! And if that wasn't exciting enough, Bedford has generously offered to donate an additional \$3,000, making our final donation to the Over the Edge event \$6,035!! Love Columbia, the hosting charity for the over the edge event, has expressed how overwhelmed and grateful they are for all the BIG hearts over here at Bedford. Since we have surpassed our goal, Kelly Champ, our Activities Director will now be going “Over the Edge” of the Tiger Hotel on October 29th. All residents are welcome to come and watch. The time is still being determined for her schedule to repel, but updates will be posted in the Gazette. Unfortunately, since this event falls on a Saturday we will be unable to provide transportation. Thank you all again for directly impacting our community month after month












This month is special for the Bedford BIG Hearts. This month is our 1 year anniversary, and we would like to celebrate it simply by doing what we do best, by helping those in need. No need is too small for the BIG hearts, and in this case they are actually small, young boys and girls to be exact. This month we will be collecting trick or treat candy for the Columbia Boys & Girls Club. The youths in this free after school program often do not get the small joy of trick or treating on Halloween, so we will bringing the treats to them. The Club will be hosting a Halloween Party and we will provide the goodies. You can begin placing donations in our collection area located at the bottom of the stairs on the lower level. The last day to donate is the 24th and any interested volunteers can join us in the Magnolia Room on the 26th to stuff 250 bags with Halloween Candy.

WELCOME YOUR NEW NEIGHBOR!

Doris Lackey
Barbra & Gale Carman

OCTOBER BIRTHDAYS!

Katie Lampitt	2nd
Mandy Manderino	3rd
Diane Larkin	6th
George Hoey	22nd
Paul Sundet	23rd
Jo Higgins	26th
Terrace Patrick	27th
Opal Orrinderf	28th
Bob Young	28th
Alan Woody	28th
Jane Thompson	31st

SUN	MON	TUES	WED	THUR	FRI	SAT
<p>2</p> <p>HAPPY BIRTHDAY Katie Lampitt!</p> <p>1:00 p.m. Hymn Sing in Piano Lounge RL</p> <p>3:00 p.m. Afternoon Show: <i>The Lake House</i></p> <p> Candy collecting!</p>	<p>3</p> <p>HAPPY BIRTHDAY Mandy Manderino!</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand & Foot RL</p> <p>3:00 p.m. BINGO</p>	<p>4</p> <p>12:30 p.m. Euchre RL</p> <p>1:00 p.m. Bible Study with Jackie RL</p> <p>3:00 p.m. Fiber Arts</p> <p>NO Tech Tuesday or Crafts with Kelly</p>	<p>5</p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>10:30 a.m. Resident Council Meeting</p> <p>12:30 p.m. Bridge RL</p> <p>1:00 p.m. Weekly Shopping Trip: HyVee</p> <p>4:00 p.m. Social Hour: Subs & Singing</p> <p></p>	<p>6</p> <p>HAPPY BIRTHDAY Diane Larkin!</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Euchre & Dominoes RL</p> <p>12:30 p.m. Brain Games</p> <p></p>	<p>7</p> <p>9:00 a.m. Coffee & Conversation</p> <p>9:15 a.m. Water Aerobics</p> <p>9:30 a.m. Hickory Ridge Orchard & Ozarkland Day Trip</p> <p>12:30 p.m. Hand & Foot RL</p> <p>6:30 p.m. Game Night RL</p> <p></p>	<p>8</p>
<p>9</p> <p>1:00 p.m. Hymn Sing in Piano Lounge RL</p> <p>3:00 p.m. Afternoon Show: <i>Something's Gotta Give</i></p>	<p>10</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand & Foot RL</p> <p>3:00 p.m. BINGO</p>	<p>11</p> <p>10:00 a.m. Crafts with Kelly: Fabric Pumpkins</p> <p>12:30 p.m. Euchre RL</p> <p>1:00 p.m. Bible Study with Jackie RL</p> <p>2:00 p.m. Tech Tuesday: Notes Applications</p> <p>3:00 p.m. Fiber Arts</p> <p>3:00 p.m. BUNCO Night</p>	<p>12</p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>10:30 a.m. Activity Club</p> <p>12:30 p.m. D&H COVID Booster Shots</p> <p>12:30 p.m. Bridge RL</p> <p>1:00 p.m. Weekly Shopping Trip: SHOE CARNIVAL</p> <p>4:00 p.m. Social Hour RL</p> <p></p>	<p>13</p> <p>12:30 p.m. Brain Games</p> <p>12:30 p.m. Euchre & Dominoes RL</p> <p>5:00 p.m. Dinner Club: Ozark Mountain Biscuit & Bar</p> <p></p> <p></p>	<p>14</p> <p>9:00 a.m. Coffee & Conversation</p> <p>9:15 a.m. Water Aerobics</p> <p>12:30 p.m. Hand & Foot RL</p> <p>6:30 p.m. Game Night RL</p>	<p>15</p> <p>3:00 p.m. Non-Denominational Worship Service & Communion</p>
<p>16</p> <p>HAPPY BIRTHDAY Marian Hildgedick!</p> <p>1:00 p.m. Hymn Sing in Piano Lounge RL</p> <p>3:00 p.m. Afternoon Show: <i>Falling In Love</i></p>	<p>17</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand & Foot RL</p> <p>3:00 p.m. BINGO</p>	<p>18</p> <p>10:00 a.m. Crafts with Kelly: Ink Drip Vases</p> <p>12:30 p.m. Euchre RL</p> <p>1:00 p.m. Bible Study with Jackie RL</p> <p>2:00 p.m. Tech Tuesday: Finding Phone</p> <p>3:00 p.m. Fiber Arts</p>	<p>19</p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>12:30 p.m. Bridge RL</p> <p>1:00 p.m. Weekly Shopping Trip: Senior Center Holiday Decor Fair</p> <p>4:00 p.m. HALLOWEEN MONSTER BASH & COSTUME CONTEST</p> <p></p> <p></p> <p>October Birthday Celebration!</p>	<p>20</p> <p><i>Columbia Foot Care in Salon</i></p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Brain Games</p> <p>12:30 p.m. Euchre & Dominoes RL</p> <p>4:00 p.m. Kindway Club</p> <p></p>	<p>21</p> <p>9:00 a.m. Coffee & Conversation</p> <p>9:00 a.m. Herman Octoberfest Day Trip</p> <p>9:15 a.m. Water Aerobics</p> <p>12:30 p.m. Hand & Foot RL</p> <p>6:30 p.m. Game Night RL</p> <p></p>	<p>22</p> <p>HAPPY BIRTHDAY George Hoey!</p>
<p>23</p> <p>HAPPY BIRTHDAY Paul Sundet!</p> <p>1:00 p.m. Hymn Sing in Piano Lounge RL</p> <p>3:00 p.m. Afternoon Show: <i>Legends of the Fall</i></p>	<p>24</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand & Foot RL</p> <p>3:00 p.m. BINGO</p> <p>Last day to collect candy for The Boys & Girls Club</p> <p> Candy collecting ends!</p>	<p>25</p> <p>10:00 a.m. Crafts with Kelly: Autumn Sip 'n' Paint</p> <p>12:30 p.m. Euchre RL</p> <p>1:00 p.m. Bible Study with Jackie RL</p> <p>2:00 p.m. Tech Tuesday: Text Pinning, Forwarding, Copy & Pasting</p> <p>3:00 p.m. Fiber Arts</p>	<p>26</p> <p>HAPPY BIRTHDAY Jo Higgins!</p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>10:30 a.m. Volunteers to stuff Trick or Treat Bags for Boys & Girls Club</p> <p>12:30 p.m. Bridge RL</p> <p>1:00 p.m. Weekly Shopping Trip: Walmart</p> <p>3:00 p.m. All Residents Meeting</p> <p>4:00 p.m. Social Hour RL</p> <p></p>	<p>27</p> <p>HAPPY BIRTHDAY Terrace Patrick!</p> <p><i>Massage Therapist Available by Appt</i></p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Brain Games</p> <p>12:30 p.m. Euchre & Dominoes RL</p> <p>5:00 p.m. Dinner Club: Sophia's</p> <p></p>	<p>28</p> <p>HAPPY BIRTHDAY Opal Orringerderf, Bob Young & Alan Woody!</p> <p>9:00 a.m. Coffee & Conversation</p> <p>9:15 a.m. Water Aerobics</p> <p>12:30 p.m. Hand & Foot RL</p> <p>3:00 p.m. Pet Costume Parade & Pictures in Lobby</p> <p>6:30 p.m. Game Night RL</p> <p></p>	<p>29</p> <p>9:00 a.m. Over The Edge event</p> <p>3:00 p.m. Non-Denominational Worship Service & Communion</p>
<p>30</p> <p>1:00 p.m. Hymn Sing in Piano Lounge</p> <p>3:00 p.m. Afternoon Show: <i>Hubie Halloween</i></p>	<p>31</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand & Foot RL</p> <p>3:00 p.m. BINGO</p> <p>3:30 p.m. Audio Interview with the Author</p> <p>4:00 p.m. BOOK CLUB</p>	<p>OCTOBER 2022</p>				

DETAILS

Hickory Ridge Orchard & Ozarkland Trip

On Friday the 7th we will be departing from the main entrance and heading to our first stop, Ozarkland in Kingdom City. Ozarkland is your one stop shop for all your favorite homemade goodies such as fudge and taffy. Following Ozarkland we will be stopping for lunch at the local's favorite diner, Stacy's Place. After a nice diner style lunch, we will head to our destination, Hickory Ridge Orchard, located in Mexico MO. This is one of the very few orchards in central Missouri that have all your fall favorites. They have everything from mums to pumpkins & gourds. They even have delicious ciders, jams, and donuts.

Herman Octoberfest

On Friday the 21st the Bedford shuttle will be heading to the scenic and historic town of Herman for their annual Octoberfest. This festival is held every weekend in October and is attended by thousands of tourists. Although the city may be bustling, we have a fun packed day planned and chosen to easily navigate the herds of people. We will first checkout the Herman Historical Museum to learn about the very interesting history, followed by lunch, and finally a wine tasting at one of the famous local vineyards.

NOTES:

 = Candy collecting benefiting the Boys & Girls Club begins/ends

RL = Resident Led Event

 = Trash Day

 = Recycle Day