



The Silver Lining News

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October 2023

From Your Director

 Laura Bennett

Not As Bad As We Think

When my children were young. I was playing hide and seek with them and two other children that we were caring for. We were in the house. I ran into the kitchen and slid into "base" and rammed my foot into the kitchen cabinet... felt like I broke my right foot. Not certain it was broken, and wanting not to upset the children, I tried not to show any distress. But when I tried to step on my right foot, I winced and whimpered a bit as I hobbled to the living room. While I was in the living room, the kitchen phone rang, and our 5-year-old daughter, Donna, picked up the phone and said "I cannot talk, my mother is dying, and I must call 911." Click... She hung up the phone. I managed to get the phone away from her before she completed the 911 call, and I reassured her that I would be OK, and that we did NOT need to call 911. The next day a good friend called in a panic, glad to know that I was still alive. She had called the day before just to say "Hi", and to see how we were doing, but reached Donna instead. After the swelling went down, the doctor was able to put a cast on my foot that went over my calf just below my knee. I had taken Donna with me because she wanted to pick out the color of my cast. I likely could be seen from the moon in my fashionable CANARY YELLOW cast. The doctor wanted to be the first to sign my cast, but the sharpie marker just made smudge marks on my new yellow fiberglass cast, so... he finally just signed my knee. Lovely! One week later, Donna fell off her bike and broke her nose. She very nonchalantly came in the house, announced very calmly that she fell off her bike and that she needed to go to the hospital. As I came around the corner to find out why she had made this announcement, much to my horror, her nose was flattened to one side, her face was swollen, and her

eyes had begun to have dark circles under them as if she had been punched in both eyes. I was trying my best not to panic, but Donna was still calm and nonchalant. I loaded Donna and the other 5 children up in the car and headed to the Emergency Room. X-rays were taken, two knitting needle looking things were shoved up Donna's nose as they straightened her "beak". Donna showed no sign of pain or distress of any kind the entire time. Right before Donna was discharged from the hospital, the doctor came in to check on her. He asked her if she was in pain, checked again for any signs of a concussion, and then told Donna that because she had broken her nose... (apparently this was the first time that Donna had realized that she had broken it.) Suddenly, she broke out in tears, inconsolable sobbing, wailing.... The entire 3 hours that we were at the ER, Donna had been talkative, calm, and showed no signs of pain... now, she was a blubbering mess. A nurse ran in the room, the doctor was holding my sobbing child. Now all the children were crying because Donna was crying. The nurse asked loudly over the calamity, Donna are you hurting? Are you in pain? (no answer, just more sobbing.) The doctor asked the nurse to get some kind of pain reliever. She left our room to get the medication. When the nurse returned, she took my distraught daughter in her arms, looked her in the eyes and asked, "Dear One, are you hurting?" **The Dear One:** "Nnnnnnn" (stuttering in between sobs) "nnnn no". **Nurse:** Then Sweetie, why are you crying so? **Dear One:** "B B B B Because I I I Don't want the doctor to sign my face!" We all laughed hysterically, but the doctor did NOT sign Donna's face. ☺

Whatever life throws at us... Before we get all worked up, assuming the worst! (...the doctor is going to sign my face! I just know it!) Wait.. just wait. Most things turn out better than we anticipate. Remember to look for the "Silver Lining"!

MOVIE NIGHT

The Incredibles

Animated Super Hero Fun!

Friday, October 27th 6:00pm

Free of Charge for Members

\$2 Non-Member

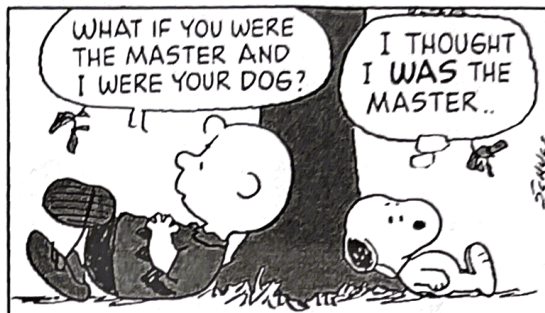
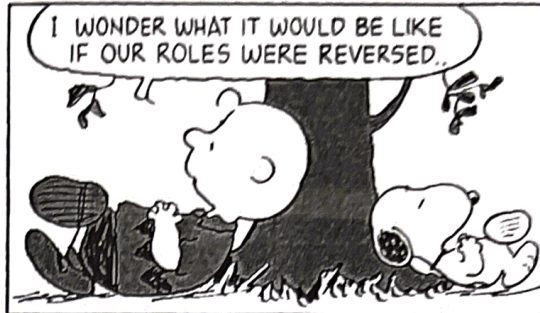


Serving Popcorn &
Root Beer Floats

It's tempting to just stay at home and watch a show all by ourselves, but having old and new friends to share laughter and popcorn with is much more FUN!!

If you would like a ride to and from movie night, please let us know! We would be happy to make arrangements for you.

Looking forward to Laughing with you!



SUDOKU

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PROGRESSIVE JACKPOT: \$770

Bingo Night Fundraiser!

Tuesday, November 7th 7:00 pm

Branding Iron Steak House & Social Club

19079 US Hwy 85 Belle Fourche

Come early to enjoy great specials from

Branding Iron for all Bingo Players

Thank you, Bingo Players, for supporting Belle Silver Lining's Fundraiser at Branding Iron

Benefits of Laughter for Seniors

We laugh because it feels good but we also experience a number of health benefits from humor. Researchers have conducted hundreds of studies on the effects of laughing on our emotional, cognitive, and physical health.

Here are some of the Best Benefits of Laughter for Older Adults

Alleviates Depression and Anxiety

Laughter for seniors can alleviate some of the symptoms of depression and/or anxiety. Laughing releases endorphins, the neurochemicals in your brain that boost your mood. A good laugh can make you feel happier and improve your outlook on life, and regularly adding humor to your day can lead to long-term improvement in your mental health.

Connection with Others

Older Adults are at severe risk of isolation and loneliness. Multiple losses, disability, health problems and a number of other factors can make it much harder to see friends and family and participate in social events.

Laughter is one of the simplest but most powerful ways to connect with others, so it's a valuable experience for those experiencing isolation. When you know that the person next to you is laughing at the same joke, you feel a sense of camaraderie without even needing to speak. The social benefits of laughter for older adults are profoundly important as many seniors crave the connection that laughter creates.

Stress Reduction

Stress is a normal part of life, but extreme or long-term stress can lead to mental and physical health problems. Seniors are often at an increased risk of chronic stress because they are going through so many life transitions and people often lose much of their support network as they age.

Laughter is one of the best ways to relieve both short-term and chronic stress. It's a great distraction from stressful life events and using humor more frequently can help you handle difficult situations without letting them affect your well-being.

Research shows that laughter can reduce your levels of cortisol, the hormone associated with stress. It also reduces adrenaline, another stress-related hormone. One study found that stress hormones decreased before the participants even watched anything funny. Simply anticipating something funny and getting ready to laugh can be enough to reduce stress.

Memory

Memory issues are one of the most common concerns among seniors. Laughter is surprisingly an excellent way to maintain cognitive health. Cortisol and other stress hormones can contribute to memory problems but laughter combats stress and keeps your mind grounded and in the present.

One Study found that older adults who watched humorous videos showed better learning ability and better recall than those who didn't watch the videos. This shows that laughter for seniors can improve short-term memory which makes a massive difference in your independence and overall quality of life.

Cardiovascular

The benefits of laughter aren't only emotional or physical. It also has a measurable effect on physical health. One Study examined the effects of a weekly stand-up comedy show on older adults and found that laughter therapy caused a decrease in blood pressure and in heart rate. Cardiovascular health problems are particularly common in older adults, so any activities that improve blood flow and heart health are valuable.

Muscle Strength

Intense laughter can almost feel like a workout. It engages your muscles and nerves so it's a great way to promote physical fitness for seniors. Laughter is especially great for your abdominal muscles as they expand and contract repeatedly, which is much like a core workout.

Stronger Immune System

Your immune system relies on a number of other health factors to thrive. Many of the benefit of laughter contribute to a stronger immune system, which is incredibly valuable to seniors who are battling common medical conditions. When you incorporate laughter therapy into your routine, the reduced blood pressure, stronger muscles, and decrease in stress all help your immune system work as effectively as possible.

How to Add More Laughter to Your Life

Finding opportunities for laughter can be challenging for some seniors, especially those feeling lonely, anxious, or depressed. You may have to go out of your way to get more humor in your life, but the benefits of laughter are worth the effort.

TV, movies, and stand-up comedy are great sources of humor that are easily accessible. All comedians have different styles, but once you find an actor or performer that makes you laugh, seek out their other work.

Continued on page 8



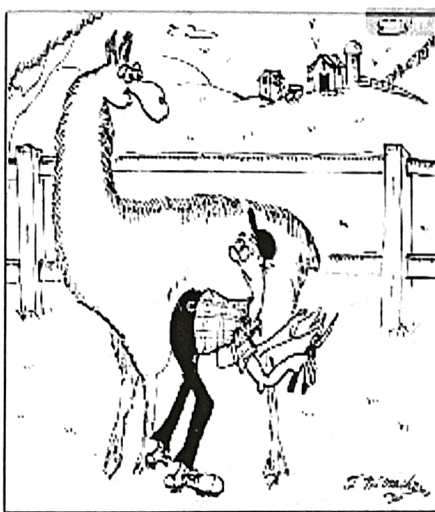
Caramel Rolls & Coffee
Every Friday
7:30am – 10:00am

Please Call Ahead to Order by the Dozen

We are happy to accommodate large orders of rolls to our community!
 With requests of a dozen or more, we need to be notified by 10am Wednesday and they will be ready by 6am Friday morning. This will ensure we have plenty of scrumptiousness for everyone. If you are unable to call by Wednesday, you are welcome to check on availability after 10am Friday.
 Thank you for helping us serve you better!

What's the ratio of an orange gourd's circumference to its diameter?

Pumpkin Pi



"Go ahead. I just love to have my nails cut."

Toenail Clipping Clinic
October 10
1pm -3pm

Call or stop by to make an appointment
892-6285



Save your Lynn's Dakotamart Receipts!!

For Every \$10,000 worth of receipts that we submit, *Lynn's Dakotamart* graciously rewards us with \$100.

Please drop your Lynn's receipts in the clear Donation Box at the front desk.

Make Every Penny Count



Advocating. Informing.
Educating. Assisting.



What is SHIINE?

Senior Health Information and Insurance Education (SHIINE) is a federally funded program through the Administration for Community Living (ACL) and administered by the South Dakota Department of Human Services Division of Long Term Services and Support (LTSS).

SHIINE is not affiliated with any company that sells or distributes a product or service. We are committed to providing free, confidential and unbiased information to Medicare beneficiaries.

SHIINE representative at Belle Silver Lining
Every Tuesday
October 17-December 7

Please give Ida Marie Snortland a call at 605-642-5123 to set a personal appointment concerning Medicare and Medicaid



Medicare.gov
 The Official U.S. Government Site for Medicare

Great Information for those:

Soon turning 65

Medicare Open Enrollment 2023
October 15 through December 7

PHOTO DAY AT THE BELLE SILVER LINING!

*A portion of the
proceeds donated to
the Center!*

Legacy Portraits

- October 14th, 10am-4pm
- Single person Portrait
 - \$14.50 inclusive for one (1) 4x5 portrait.
- App'ts available on the half hour, walk-ins welcome.
 - Opportunity to purchase additional copies/select sizes at reduced studio pricing.
 - Couples photos also available (for additional cost).
- Available for pickup at the Center within ten business days.

*Ensure your family has
an updated portrait for
generations to come.*

THIS IS ALSO A FAMILY
PORTRAIT OPPORTUNITY.

Presented by:
C. Snow Imagery
Freezing Moments In Time

Has it been too long since you've
updated your portrait?

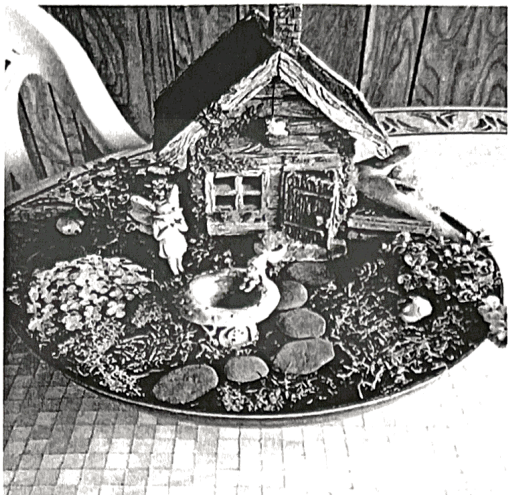
Leaving an updated portrait with your
important papers is a gift to your
loved ones!



FAMILIES, *please* SCHEDULE
APPOINTMENT WITH CONNIE.

talk/text: 307.231.1097
email: info@csnowimagery.com
www.csnowimagery.com

Mini Fairy Garden
Workshop with Kathy Doan



Tuesday, October 17th 1:30pm

Workshop is no charge for Members
\$5 for non-members

We will have supplies here at Belle Silver Lining. You are also welcome to bring your own little figurines, plants, rocks, containers... let your imagination go wild!

Penny BINGO

◆
You won't get rich
but you sure will
have a good time!

◆
Purchase as many
cards as you would
like at a nickel apiece.
Then each game is a
penny per card. We
play 15 games.



Mondays and Thursdays
1:00pm



We have been blessed over
and over with special
donations of all kinds. Thank
you Belle Fourche
Community for you love,
support and Encouragement!

Ray & Karen Allen
Catherine Mielke
Arlene Bowman Family
Belle Fourche City Council
Ray Kidd Family
Mike Frick
Emmanuel Baptist Church
Pioneer Bank & Trust
Print It Market
Breakfast Bag Lady
Newsletter Folders and Mail
Prep
BSL Volunteers
Ida Marie Snorteland
Jennifer Haase
Thrift Shoppe Donators



We are in need of:

- Paper Towels
- Toilet Paper
- Scotch Tape
- Dawn Dish Soap

WELCOME
new members
.....

We are having a bit of trouble
extracting the new members
from our system so we will
have a complete list of new
members in the November
Newsletter. Thank You for
patience!

Looking Ahead



7th Progressive Bingo
23rd Thanksgiving Dinner at Belle Silver Lining
24th City Wide Chili Feed
Sponsored by BSL



Day Trip to Christmas at the Capital in Pierre
Date TBD
25th City Christmas Dinner at Belle Fourche
Community Hall

Tai Chi Sundays 1:30pm

All levels of physical ability can be accommodated for



Wear loose fitting clothing and soft shoes.

Benefits of Tai Chi

- Relieves physical effects of stress and reduces blood pressure
- Slows some physical effects of aging
- Enhances mental capacity and improves concentration
- Strengthens lower body and legs and improves balance
- Helps to reduce arthritis pain and improves joint mobility
- Promotes faster recovery from strokes and heart attacks
- Improves conditions of Alzheimer's and Parkinson's

Supply of Medical Equipment available



No
Charge

Yes, we are mentioning the unmentionables

(Available to members at No Charge while supplies last.)

We presently have a large supply of varying sizes

- Briefs for Men and Women
- Adult Protection with Tabs
- Feminine Pads
- Shields for Men
- Sanitary Wipes





Silver Lining
THRIFT SHOPPE

Silver Lining Thrift Shoppe

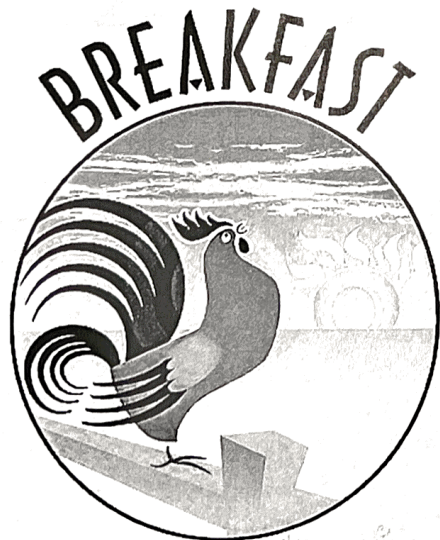
COUPON

50% OFF one Jewelry Item
(member)

20% OFF one Jewelry Item
(non-members)

Not valid with any other promotion or sale
Must present coupon at time of purchase.
Expiration Date: December 31, 2023

Enjoy a Special
Shopping Experience



Fundraising Breakfast

Saturday, October 21
7:30am-10:00

Breakfast Casserole
Muffin, Yogurt, Fruit
Coffee/Tea/ or Milk

Suggested Donation
\$5

Friday &
Saturday
October 21 & 22
8am-5pm



Early Bird Special

New Membership & Membership Renewals



2024 Memberships paid before November 30 will:

*Pay 2023 price
\$20 single
\$35 couple

(Price increase December 1, 2023)

*Receive choice of Coupon:
2 Free Caramel Rolls
OR
a Free Fundraiser Breakfast

Please complete application and submit with your membership dues

(Benefits of Laughing continued from page 3)

Spending time with friends and family is a good way to laugh more, too. When you feel close with someone, you're more likely to relax and joke around. You and your loved ones can reminisce on funny situations that you've been in, which can be a great way of family bonding.

Games can be a fun, social way to laugh as well. Your friends and family could play games that encourage you to be silly and laugh.

If you're willing to get out of your comfort zone, you could even try a Laughter Yoga class. Laughter Yoga is the act of voluntarily laughing as part of a group. Often times, intentionally laughing with others leads to genuine, involuntary laughter.

However you decided to incorporate humor in your life, what matters is that you feel the joy of laughing. It improves your physical and mental health and it helps you connect with others. Try to find something to laugh at every day to elevate your mood and improve your well-being.



Card Players



Pinochle: Tuesdays 10am

Pinochle Parties: 1st Saturday & 3rd Sunday 12:30pm

Cribbage: Mondays 10am & Wednesdays 1:00pm

Check Out Our Website:

www.bellesilverlining.com

Also Look for us on Facebook
Belle Silver Lining
Silver Lining Thrift Shoppe



Come Join Our Fun Team of Volunteers!

We have many fun & rewarding volunteer opportunities, in all departments, here at *Belle Silver Lining*.

