

Reminisce News

Arbor House Reminisce | 151 48th Ave SW Norman Ok, 73072 | (405) 310-2499



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Deliberate Acts of Kindness

The phrase “survival of the fittest” is often used to describe the tough tactics people use to get ahead in modern society, but scientists have determined that a far more effective coping strategy might be “survival of the kindest.” The second week of November is World Kindness Week, a perfect opportunity to make kindness a part of our everyday routines.

Humans have evolved into one of Earth’s most social species. While many people tend to think of humans as inherently competitive with each other, fighting for resources, mates, or even promotions at work, scientist and psychologist Dacher Keltner takes another point of view. He believes that humans are built to be kind. Our generosity, self-sacrifice, play, modesty, compassion, awe, gratitude, and even embarrassment all present powerful evidence of our innate drives for kindness and caring. Research shows that when people act kindly toward others, they take more pleasure in society and are more likely to feel satisfied and happy. New research suggests that our vagus nerve in particular may have evolved to support and encourage altruistic behaviors. Perhaps stimulation of the vagus nerve is what prompted writer Anne Herbert to write, “Practice random kindness and senseless acts of beauty” on a placemat in a California restaurant in 1982.

Herbert’s notion that we should practice random acts of kindness is not new. Jews have practiced *mitzvahs*, or good deeds for others, for millennia. In the cafés of Naples, Italy, hardworking people who unexpectedly come into money pay for two coffees, a tradition called *caffè sospeso*, taking one for themselves and leaving the other for someone less fortunate. In 2006, the Free Hugs Campaign was launched on YouTube, encouraging people to share the simple act of a hug with others in need of comfort. For some, kindness is easy. For others, sharing public acts of kindness may take practice. Start by doing one small, kind thing for someone. As the Greek fabulist Aesop once said, “No act of kindness, no matter how small, is ever wasted.”



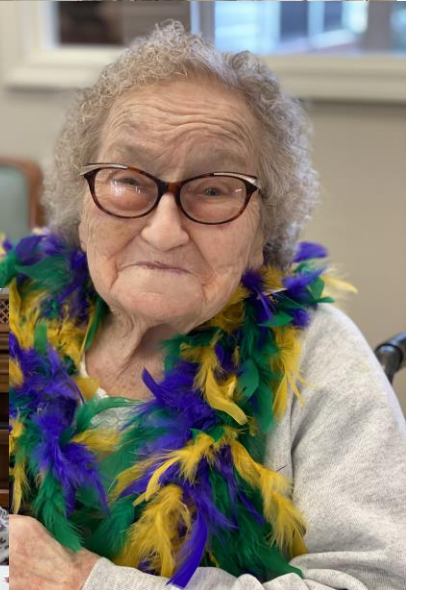
Family and Friends

We hope this November finds you ready to thaw turkeys, make stuffing and bake delicious pies. It brings us joy that you can spend precious time with your loved one here in the community. We ask that you please remember, only two visitors at a time and during the visitation hours. Our goal is to continually keep everyone safe and healthy.

November 19th at 2pm we will be having a Pie-palooza! We encourage you to bring your loved one's favorite pie for them to enjoy with their friends.

If you choose to join us that day, we ask that you return to your loved one's house after getting pie, so we don't crowd the activity room.





HAPPY BIRTHDAY

Residents

Joyce R. 11/08

Lera "Joyce" K. 11/08

Linda Sue M. 11/13

Paula G. 11/16

Barbara S. 11/17

Rosewitha "Rosie" B. 11/25

Barbara O. 11/26

Lillian C. 11/26

Staff

Tessa P. 11/04

Jeri H. 11/24



**Residents joined together and
made a beautiful tie quilt.**

