

LIGHTENing Bolts  
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#### STANDARD WELCOME AND INTRODUCTION

Welcome to LIGHTENing Bolts, somewhat regular email newsletter to help you lighten up through the power of humor. Each edition includes articles and resources that will enhance your humor potential without sacrificing the integrity of your life or work.† I hope you enjoy this edition and that you will never lose your sense of humor.

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Director of Everything!  
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#### HUMOR US - CONTRIBUTE YOUR FUNNY STORIES ON AGING

How would you like to win a free book?

All you have to do is email us a funny story that has to do with aging. The only requirement is that IT MUST BE TRUE. Email your story to [Ron@FUNsulting.com](mailto:Ron@FUNsulting.com) and the first 10 contributors will receive a free copy of *Humor Me!* a book about the power of humor which features chapters by sixteen different humorists.

By contributing a story, you give Ron permission to share your story with audiences through his presentations and written materials.

Click here to see a description of *Humor Me!* and other FUN products.  
<http://www.funsulting.com/products.html>

#### HUMOR AT WORK ñ SENIOR SENIOR PROM

Do you remember your senior prom? For some of you it was a magically romantic evening like Cinderella's ball. For others it was a high school version of a fraternity party. And for others it is a memory you'd rather forget. A special group of community volunteers recreated the FUN of a senior prom for a group of 80 senior citizens, ages 50 to 102, in Northern Virginia recently and it was pure magic.

The "Senior Senior Prom" was developed by Herndon Rotarian Pat Williams, who owns a caregiver service, and Reston Rotarian Steve Cohen, a flight attendant who had a passion for doing something for the seniors in the area.

The "early bird" dance began at 1:00 p.m. with each attendee receiving a corsage or boutonniere. Photos were then taken of the participants in their Sunday best while a buffet and beverages were offered. The attendees danced to the sounds of a big band and were later entertained by swing dancers who also served as partners for those bold enough to give swing dancing a try.

The amazing thing about this event was that it not only attracted several dozen volunteers but received funding from a number of corporate sponsors including the local Adam Greens Funeral Home (now there's a mixed message!). The excess funds collected from the sponsors will be used to help fund a county program that provides transportation for seniors.

Although the numbers were lopsided with 15 women for every man, several men from the community stepped up to be dance partners. One woman said it reminded her of her own prom in 1941 when all the men were away fighting in World War II. Another woman wouldn't dance because she was too unsteady. A volunteer said, "You can hold onto me" as he led her to the dance floor. Another woman said it was the first time she had danced with a man since her husband died four years earlier. Finally, a woman said it was "the nicest thing [she] had ever been to."

Someone once said, "Growing old is mandatory, growing up is optional." The image of 80 seniors dancing the afternoon away warms my heart. More importantly, even at 102 years, they have not lost their capacity for FUN.

Here's a cool site for seniors  
<http://www.wiredseniors.com>

HUMOR RESOURCES - AGING WITH A SMILE

Here are some books that will help you age!

ìSomewhere Between Estrogen and Deathî by Barbara Johnson

ìYou're Only Old Once!î by Dr. Seuss

ìForever Fiftyî by Judith Viorst

ìDave Barry Turns 50î by Dave Barry

Here are some other humor resources  
<http://www.funulting.com/links.html>

#### HUMOR IN REAL LIFE ñ SENIOR MOMENTS

##### IT REALLY HAPPENED

A patient in the psychiatric hospital where I worked in the mid eighties used to moan and groan whenever any of the staff walked by her room. However, when no one was looking she seemed relatively content.

One day, I entered her room to answer her call button. I asked, ìWhat do you need.î

ìOooooohhh God,î she moaned in her most desperate voice.

With a straight face, I replied, ìNo, it's me Ron but I could see how you'd make that mistake.î

She got a huge grin and for the rest of the day, no more moans.

It's amazing how a bit of humor can jog you out of your rut so that you're back on level ground.

##### IT'S NEWS

In the March 1, 2004 edition of ìThe Saturday Evening Postî Patrick Perry wrote an article about the seven decade success of Art Linkletter who was best known for his funny interviews with children on the 1950's television show ìHouse Partyî.

Today, Linkletter is 91 and ìdelivers over 70 lectures a year, serves as director of the Center for Aging at UCLA, chairs an international

Alzheimer's association, is writing his 27th book and serves as a spokesperson for the United Seniors Association.

Linkletter once said, "My life is just a constant joy. I never stop anticipating that good things will happen." In this article he states, "The Bible says, 'A merry heart doeth good like medicine.' And it's true. We know scientifically that humans possess tiny chemicals in the brain called endorphins that make us feel good and happy. Laughter activates endorphins. A good laugh will shake up your endorphins and scatter the right kind of drug, made by your body throughout your system and provide a sense of well-being. When you have a sense of well-being, you do everything better. You are a better person, more agreeable, and people like you more. Of course, a sense of humor is a key to my success."

Someone once said, "He who laughs, lasts." Art Linkletter is proof of that.

Click here for the full Art Linkletter article <http://www.satevepost.org/issues/2004/0304/04-0304-artlinklettersays.shtml>

#### JUST HUMOR ñ SENIOR FUNNIES

You know you're getting older when

you stoop over to tie your shoe and think, "Now what else can I do while I'm down here." (George Burns)

your back goes out more than you do.

you're either trying to remember someone's name or looking for a bathroom.

getting a little action means not needing a laxative.

getting lucky means finding your car in the parking lot.

you're proud of your lawnmower.

Click here for a site with more aging humor  
<http://www.humormatters.com/aging.htm>

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Ronald P. Culberson, MSW, CSP, Director of Everything! at FUNsulting, etc., works with organizations that want their people to lighten up by using humor as a way to manage stress and become more effective. He is a Certified Speaking Professional (CSP), the highest earned award from the National Speakers Association, and is one of less than 450 individuals worldwide who have received this designation. He is a humor expert and has provided entertaining and informative programs to over 50,000 people in more than 500 associations, government agencies, non-profit organizations and Fortune 500 companies. To find out more about programs, services and products visit our website at [www.FUNsulting.com](http://www.FUNsulting.com) or call (703) 742-8812.

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