

The Alderman Newsflash

The newsletter by the residents, for the residents

The Pursuit of Happiness

By Avery Jackson

Many people have learned that experiences make us happier than possessions, and science has backed this idea. However, many do not know what experiences make us the happiest, or which ones we should seek out in order to be happy and content.

Two marketing professors set out to discover the answer in their study “Happiness from Ordinary and Extraordinary Experiences.” First they separated experiences into two broad categories: extraordinary (uncommon and infrequent), such as the birth of a child or a trip to Spain; and ordinary (common and frequent), such as feeling the sun on your face on a summer morning or sharing a meal with friends. Then they looked to see if age was a factor in the happiness these experiences give us.

They found that younger people - who view the future as infinite and who are collecting experiences to help define who they are - gain more happiness from extraordinary experiences, such as taking pictures at Machu Picchu, Peru.



Rita Rebhan and Mary Ann Edwards enjoy serving their friends during the morning coffee hour after exercise.

However, the researchers found that as people age and see their remaining time as limited, they get just as much happiness from the normal experiences that are part of their daily lives, such as a walk on a cool day or rereading a favorite book.

“While younger people tend to define happiness in terms of excitement, enthusiasm and high stakes of arousal, older people define happiness in terms of calm, peacefulness and low states of arousal,” according to the authors.

Based on these findings, you can rest easy knowing that depending on your stage in life, a cruise to Europe will not increase your happiness anymore than lingering over dessert and coffee with some friends. While the young need extraordinary experiences to shape their lives and improve their decision-making, those of us who are older can now scale back the bucket list, knowing that we can be just as happy with a glass of wine and live music as we might be exploring a faraway city.

The researchers did find that we still love thrills as we age, and extraordinary experiences give the young and old almost the same amount of pleasure, but happiness from ordinary experiences increased as people got older.

Another VERY interesting find from the study was that our happiness does not depend on having a partner or being in a group for any of these experiences; regardless of age. Many people have found they are equally content sipping coffee on a balcony on a summer morning alone or with someone.

You have permission to savor the small moments!

Howling Good Time

By Elbert, Chief of Staff



You cannot hang out with negative people and expect to live a positive life.

- Joel Osteen -

Everyone knows about the “Fun Fridays” where we dress up in a fun color, or like last Friday, wear lace and pearls, but the best dress up day isn’t going to be on a Friday this year.... the day you humans call “Halloween” or as I call it, “Day to Bark at the Weird Creatures” is on a Saturday.

In order to have as much fun as possible for this fall festival, go all out on Friday, October 30th with door decorations and costumes! Everyone needs to find the best disguise possible and try to fool me into thinking you are something other than human. Be warned: nothing gets past me, so get creative!

Who knows, you might get a new bone or chew toy if you DO manage to fool me! Speaking of treats, all pettings are welcome and wanted, but I’m watching my figure so hold off on the tasty snacks.... But please, scratch my ears often!

October Birthdays

Diane Gossett - Oct 3

Olive Scancarella - Oct 4

Bette DeLuccia - Oct 9

Mary Ann Edwards - Oct 14

Laura Hewes - Oct 18

Bea Brown - Oct 21

Joyce DeMaria - Oct 27

Staff Members

Don Fitts - Oct 14

Samantha Crittenden - Oct 13

Lisa Ervin - Oct 22

Barbara Contreras- Oct 30



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