

Character Community



E-News



A Town of Richmond Hill initiative.

A Town of Richmond Hill Character Community monthly e-letter

December is Humour

I will share a sense of humour and fun that is respectful of my colleagues and customers.

December 2007



Who Is The Real Patch Adams?

Patch Adams graduated as a medical doctor in 1971, convinced of the powerful connection between environment and wellness. He holds the belief that the health of an individual cannot be separated from the health of the family, community and the world. In consequence, Patch and some friends founded the Gesundheit Institute, which ran as a free community hospital for 12 years.

The new-look Gesundheit Institute is a free, full-scale hospital and health care, eco-community which is now being built in West Virginia. It will have the healing arts working together - traditional medicine and surgery with

acupuncture, homeopathy, etc. Wellness will be achieved by integrating medicine with performing arts, crafts, nature, agriculture, recreation, friendship and fun. Gesundheit will be a model "happy" hospital. It will stimulate caregivers and hospitals around the world to develop improved approaches to health care.

Patch Adams is more than a doctor. He is a social activist, citizen diplomat, professional clown, performer and author. For example, each year he organises a group of volunteers from around the world to travel to Russia as clowns, to bring hope and joy to orphans, patients and the people. In 1998 he also visited Bosnia.

Source: <http://www.chy.com.au/patch.htm>



Laughter

Patients, doctors and health-care professionals are all finding that laughter may indeed be the best medicine.

Laughing is found to lower blood pressure, reduce stress hormones, increase muscle flexion, and boost immune function by raising levels of infection-fighting T-cells, disease-fighting proteins called Gamma-interferon and B-cells, which produce disease-destroying antibodies. Laughter also triggers the release of endorphins, the body's natural painkillers, and produces a general sense of well-being.

Laughter is infectious. Hospitals around the country are incorporating formal and informal laughter therapy programs into their therapeutic regimens. In countries such as India, laughing clubs -- in which participants gather in the early morning for the sole purpose of laughing -- are becoming as popular as Rotary Clubs in the United States. Humor is a universal language. It's a contagious emotion and a natural diversion. It brings other people in and breaks down barriers. Best of all it is free and has no known side reactions. Source: http://www.holistic-online.com/Humor_Therapy/humor_therapy.htm



- The Amici Centre
- Arts Richmond Hill Inc.
- Between Friends
- Community Living York South
- The Curtain Club
- Girl Guides of Canada York South Division
- Helpmate Community Information
- Hill House Hospice
- Ja'fari Islamic Housing
- Learning Disabilities Association of York Region
- Lions Club of Richmond Hill
- Music For Young Children
- Music to Care for Your Life
- My Canada! Integration - Settlement Services
- Optimist Club of Richmond Hill
- Richmond Hill Aquatic Club
- Richmond Hill Canoe Club
- Richmond Hill Chamber of Commerce
- Richmond Hill Community Food Bank
- Richmond Hill Community Sports Council
- Richmond Hill Lawn Tennis Club
- Richmond Hill Rams Hockey Club
- Richmond Hill Community Soccer Association
- Richmond Hill Social & Bocce Club
- Richmond Hill Training Centre
- Richmond Hill Winter Carnival
- Royal Canadian Legion Branch #375
- Spiritual Assembly of the Bahai's of Richmond Hill
- St. Matthew's United Church Health Cabinet
- Stroke Recovery Network
- Volunteer Association of York Central Hospital
- Wilderness Lifeskills of Youth Inc.
- York South Association of Community Living

Blind Ambition

by: John Canary, "A Cup of Chicken Soup for the Soul"

Charlie Boswell has always been one of my heroes. He has inspired me and thousands of others to rise above circumstances and live our true passion. Charlie was blinded during World War II while rescuing his friend from a tank that was under fire. He was a great athlete before his accident and in a testimony to his talent and determination he decided to try a brand new sport, a sport he never imagined playing, even with his eyesight . . . golf!

Through determination and a deep love for the game he became the National Blind Golf Champion! He won that honor 13 times. One of his heroes was the great golfer Ben Hogan, so it truly was an honor for Charlie to win the Ben Hogan Award in 1958.

Upon meeting Ben Hogan, Charlie was awestruck and stated that he had one wish and it was to have one round of golf with the great Ben Hogan.

Mr. Hogan agreed that playing a round together would be an honor for him as well, as he had heard about all of Charlie's accomplishments and truly admired his skills.

"Would you like to play for money, Mr. Hogan?" blurted out Charlie.

"I can't play you for money, it wouldn't be fair!" said Mr. Hogan.

"Aw, come on, Mr. Hogan...\$1,000 per hole!"

"I can't, what would people think of me, taking advantage of you and your circumstance," replied the sighted golfer.

"Chicken, Mr. Hogan?"

"Okay," blurted a frustrated Hogan, "but I am going to play my best!"

"I wouldn't expect anything else," said the confident Boswell.

"You're on Mr. Boswell, you name the time and the place!"

A very self-assured Boswell responded "10 o'clock . . . tonight!"

Source: <http://www.inspirationalstories.com/3/370.html>



Humour Quotes



"Comedy is simply a funny way of being serious."

-Peter Ustinov



"The kind of humour I like is the thing that makes me laugh for five seconds and think for ten minutes."

-William Davis



"Through humour, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive it."

-Bill Cosby

Next Month's Attribute:
January is Optimism



Richmond Hill Ringette players smile and wave to the thousands lining Yonge Street for the Town's Santa Claus Parade on November 18, 2007 as they await the "big guy in the red suit."

Character Community E-News is a monthly e-mail newsletter to share information about upcoming events within our organization and beyond. If you would like to contribute upcoming Character Community event information, story ideas or photos, please forward it to the Editor, Michelle Lipkus, at mlipkus@richmondhill.ca.