

THE SENSE OF HUMOR

By

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I have enjoyed humor as a hobby since I was about ten years of age (I am now in my 90's). I delivered "Country Gentlemen" magazine to about thirty people – but only after I read the jokes spread throughout. I was also collecting postage stamps at the time and decided to give a stamp to anyone who gave me a joke.

Growing up in the 30's and 40's was not a usual happy time till radios and comedians sprung up – like Eddie Cantor, Jack Benny and Bob Hope. While I enjoyed the feelings I got with their humor, I realized it was better to share my feelings with others. I have tried to spread joy by speaking and singing parodies at three weddings of grandchildren and two amateur talent shows. I enjoy just trying to look for humor in friendly conversations here in my retirement community. (I call it God's waiting room.)

While humor helps us get through problems sometimes by just letting us forget a problem for a minute, it has been proven that it also strengthens immune systems, relieves stress and stimulates many organs. So, our mental and physical and social faculties all benefit from laughter. Yippee!

I was recently discussing with our activity director, Donna Canovali, whether we

should start a comedy club that meets once in a while. The admission would be a joke or a funny poem or song – or the resident could pull a joke out of a hat containing several jokes. It might be more fun and interactive than residents just sitting listening to a couple of fellow residents telling jokes. (We're thinking about it.)

So, humor is healthy, enjoyable and free! So, let's start now to make this a better world – one smile at a time – one day at a time.

P.S. On Mother's Day, 2023, I attended a family event at a local country club. I had the opportunity to take the mic and away I went to propose a toast. *"Here's to the best years of my life, spent in the arms of another man's wife..."* – at once someone gasped thinking I was confessing an adulterous affair - I then concluded, *"my mother's!"*

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