

# THE SILVER TIP

## Kindness Shines as the Genuine Valentine

by James Fly

"Kindness is a language which the deaf can hear and the blind can see."  
--Mark Twain



On a recent trip to Monterey, California where I was visiting my son and daughter-in-law, I passed by a homeless man sitting on the pier with a cardboard sign that read, "Be kind, even if I'm not your kind." His powerful, insightful and provocative message caused me to reflect about unconditional love as we traditionally celebrate both platonic and romantic love on Valentine's Day, February 14, with cards, texts, boxes of chocolates and special dinners.

A more recent celebration in February, originating in New Zealand and now sponsored by an international Foundation, is Random Acts of Kindness Day and Week which begins each year on February 17. While Valentine's Day focuses on appreciating the people we know, Kindness Day and Week encourages us to be thoughtful and caring of people we don't know and who may not be able to reciprocate our kindness. In this sense, kindness truly shines as the genuine valentine because the most distinguishing characteristic of a genuinely kind act performed by a kind person is that nothing is expected in return.



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### Submissions Wanted!

Dear Community,

Contribute to our upcoming newsletter and let's showcase the richness of our collective experiences. Share anecdotes, recipes, poems, or timeless advice by the 15th of each month. Drop off submissions at the front desk or email [pcsc.newsletter@gmail.com](mailto:pcsc.newsletter@gmail.com). Let's weave a tapestry of our shared journey. Thank you for sharing your stories and being a vital part of PCSC!





# What is Mindfulness?

by **Christine Hillegass, Psy.D.**

Many people are starting to use the term “mindful” in every day life. You may hear someone say: “I’m trying to be mindful in the way that I ....” etc. Unfortunately this has become a generic term essentially meaning the same thing as thoughtful, and is not to be misunderstood as referring to the meditation practice of mindfulness.

The term mindfulness meditation was coined by Jon Kabat-Zinn, a medical doctor and the creator of the Center for Mindfulness in Boston, Mass. Kabat-Zinn was a student of Zen and Tibetan Buddhist teachings, and integrated them with his scientific knowledge about stress. This led him to found the Mindfulness-Based Stress Reduction program and to write his landmark book **Full Catastrophe Living**. Subsequently, this program has been adopted by many mental health providers because mindfulness meditation practice has been seen to help people reduce stress, anxiety, pain, and illness.

Mindfulness is the process of centering our scattered minds, to fully be in the present moment, and aware of our mental processes as they are happening. As Kabat-Zinn said: “ You could think of mindfulness as wise and affectionate attention.”

Editor’s note: Chris is a retired psychologist who had a practice here in Livingston for 25 years. Come join her biweekly meditation group that meets at the Senior Center every other Tuesday at 1:00 P.M.



“None are so old as those who have outlived enthusiasm.”  
~ Henry David Thoreau

## Calling For Ideas for Activities at the Senior Center

Ignite creativity at Park County Senior Center! Have a community activity idea? Lisa Harreld, Board Member, is ready to chat. Let's transform our center into a hub of vibrant experiences. Reach out, share your vision, and let's make the Senior Center even more amazing together! Contact Lisa at the Center (406-333-2276 or 651-270-4168). #CommunityCollaboration #ParkCountySeniors

## Better Late Than Never?

This is a little late for the January Craft Movie Night, but it will be happening for the next 2 months. If you're a crafter, this might be fun!

## Fun, new collaboration for some winter fun and connection!

EMPIRE THEATRE X CACTUS BLOSSOM COLLECTIVE

# CRAFT MOVIE NIGHT

<b>Meet Me in St. Louis</b> 1944 · Family/Musical · 1h 53m Monday January 27th   7:00pm	GATHER with us: craft + chat
<b>Legally Blonde</b> PG-13 2001 · Comedy/Romance · 1h 36m Monday February 24th   7:00pm	GATHER with us: craft + chat
<b>The Miseducation of Cameron Post</b> NR 2018 · Comedy/Drama · 1h 36m Monday March 24th   7:00pm	GATHER with us: tea + chat

director@empirewintheatre.com

All are welcome, from seasoned crafters to anyone looking for an enjoyable night out.

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Even so, people who do kind things for others do derive benefit by being kind. Common sense tells us, and recent research studies have confirmed, that being kind improves both our psychological and physical well being by lowering our stress levels and distracting us from our own personal challenges. And yet, paradoxically, perhaps, we can only be kind to others by being first kind to ourselves--prioritizing self care with healthy habits and appreciation for our unique talents and personalities. In the New Testament, Jesus is quoted as saying, "Love your neighbor as yourself." (Mark 12:31) Only when we love ourselves in a healthy way will we have the emotional and physical energy to help others in a myriad of helpful ways whether by formally volunteering for a charitable

organization or informally sharing words of encouragement or performing acts of service.

Every act of kindness, no matter how small, creates a ripple effect, the positive results of which we may never know or realize. And while Kindness Day and Week are celebrated in February, kindness is something we can practice every day of the year wherever we are and whatever we're doing. As world renowned transpersonal psychologist Piero Ferrucci, author of the book, *The Power of Kindness*, writes, "Kindness, in its broadest sense, is the universal remedy--first for the individual, for we can be well only if we are able to care for ourselves, to love ourselves. And then for all of us, because if we have better relationships, we feel and do better.

May kindness shine as the genuine valentine in your life this month and all year long! And if you have benefitted from an act of kindness by someone in Park County, we invite you to share it with the readers of the *Silver Tip* in an upcoming edition of the newsletter. Mail or email us your experience of receiving kindness. Mail us at [pcscnewsletter@gmail.com](mailto:pcscnewsletter@gmail.com).



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\$50 FOR  
MEMBERS  
DINNER AND  
MUSIC!

\$20 FOR  
MUSIC ONLY!

2ND ANNUAL

# Valentine's Day

## GALA AND FUNDRAISER

FEBRUARY

FRIDAY

14

5:30PM

\*CATERED BUFFET DINNER BY  
HOMEMADE KITCHEN

\*LIVE MUSIC WITH  
MARK MURPHY AND THE  
CROSS POLLINATORS

\*CASH BAR WITH BEER AND WINE

\*SILENT AUCTION

TICKETS  
AVAILABLE  
ONLINE OR AT  
PCSC  
STOP BY!

THE HUB AT  
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