

# BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

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## Making a Difference

### Nurses accept challenge

*This week's contribution comes from Judith M. Grasso, RN, CSN and president of the Atlantic County School Nurses Association in New Jersey.*

Early last month the Atlantic County School Nurses Association (ACSNA) began their annual dinner meeting with President Judy Grasso asking her audience to think in a childlike manner as she read *Have You Filled a Bucket Today?*

The group of 50 school nurses, wearing bucket-shaped name tags, listened to the simplistic message of spreading kindness, compassion and joy.

Nurse Grasso then offered her own bucket, with a message that read, "Myanmar Relief Fund."

She challenged those in attendance to fill her bucket to the top! The \$200 donation made to the U.S. Fund for UNICEF for the Myanmar Relief Efforts is proof that school nurses are truly bucket fillers.

Judy said that childlike innocence and generosity can accomplish much, and the ACSNA would like to spread their bucketfilling idea to school nursing organizations across our state and country.

"UNICEF provides medications, immunizations, sanitation services, fresh water and nutrition to children all over the world. UNICEF currently needs approximately \$8.2 million to meet the basic needs of women and children in the cyclone-ravaged Myanmar," she said.

*Editor's note: UNICEF was among the first agencies on the ground after Cyclone Nargis hit in May 2008.*

### BUCKET FILLERS, INC.

PO Box 255

BRIGHTON, MI 48116

PHONE: 810.229.5468

FAX: 810.588.6782

[WWW.BUCKETFILLERS101.COM](http://WWW.BUCKETFILLERS101.COM)

Designed & edited by Glennie Merillat

### Bucket Nuggets from Carol McCloud, The Bucket Lady



## Laughter—a great gift

By Glennie Merillat, Newsletter Editor

**"I'm thankful for laughter, except when milk comes out my nose."**

If the words of Woody Allen made you laugh, chuckle or even smile, your bucket is a bit more full than it was a moment ago.

Humor and the laughter that it creates is one of the best bucketfilling mechanisms on the planet. People love to laugh; we send one another e-mails containing the most outrageous jokes, pictures and situations. Humorous birthday cards have

exploded in the marketplace and not long ago, we introduced Bucket Chuckles to occasionally brighten your day or lighten your mood.

There have been many studies about laughter and its ability to release endorphins and hormones that heal the body and refresh the soul. Consider these words from an unknown contributor to the New York Tribune editorial page, who obviously agrees that laughter is the best medicine:

*"A good, real, unrestrained, hearty laugh is a sort of glorified internal massage, performed rapidly and automatically. It manipulates and revitalizes corners and unexplored crannies of the system that are unresponsive to most other exercise methods."*

Author Kurt Vonnegut wrote: *"Laughter and tears are both responses to frustration and exhaustion. I myself prefer to laugh, since there is less cleaning up to do afterward."*

Laughter is contagious. We are often drawn to a group of laughing people in order to discover "what's so funny?" We instinctively know our buckets will be filled by sharing a laugh with friends or loved ones.

Of course, there can be a dipping side to laughter. Laughing at another person's failure, weakness, or appearance is laughter without fun or joy. It's also possible to do a little dipping when we interrupt someone who is telling a joke because we've heard it or failing to laugh or smile when someone tells us a funny story. Be glad they cared enough to share their laughter with you.

When the pressures of daily life sometimes override our sense of humor, we should recall the words of that wonderful comedian, Bob Newhart: *"Laughter gives us distance. It allows us to step back from an event, deal with it and then move on."*

Laughter is like sunshine, it can brighten your day and fill your bucket.

Need a laugh? This web site is worth copying [http://www.youtube.com/watch?v=l\\_mBLWpdwnI&feature=related](http://www.youtube.com/watch?v=l_mBLWpdwnI&feature=related)

### This week's winners

## Congratulations!



**Judith Grasso, RN, CSN** of Warren E. Sooy, Jr. Elementary School in Hammonton, New Jersey is our Bucket Filler of the Week. Congratulations, Judy!

You have a book coming your way.

Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at

[www.bucketfillers101.com](http://www.bucketfillers101.com).

### Quote of the Week

**The most wasted of all days is one without laughter. —e.e. cummings**