



## A Laugh A Day Can Keep The Doctor Away

By Michelle Houriet, Executive Director  
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Laughter is closely tied to having a positive outlook on life. Studies on the health benefits of laughter have consistently shown the connection between laughing and longevity. Research shows that laughter lowers blood pressure while increasing blood flow and oxygen intake. It triggers the release of endorphins that simply make people feel better, which helps with depression, can suppress some physical pain, and works many muscles... making laughter a form of exercise! Wink, wink! That's good news!

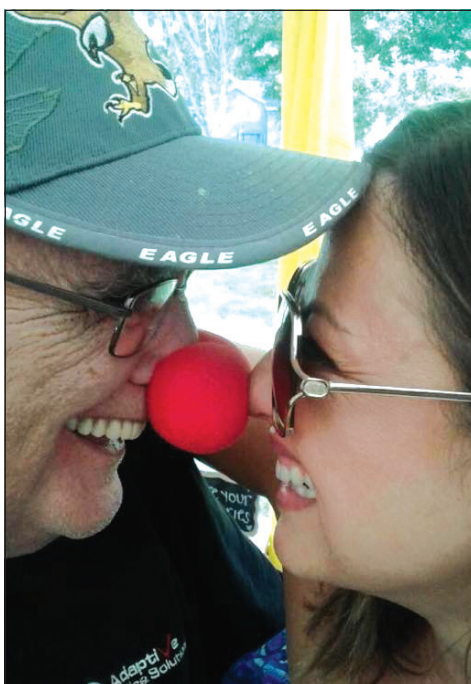
There is no doubt that laughter is the best medicine! It has health benefits for everyone, including seniors who are at greater risk of depression, heart disease and pain. These days, Laughter Therapy classes are gaining popularity. It is infectious and is a universal language that brings people together in a positive and upbeat way.

Think of ways to make the people in your life laugh more. Whether it's sharing a funny book, telling jokes, watching a comedy show or reminiscing about your "untold stories," these laughs will do you both good.

"One of the favorite parts of my job has to be laughing to tears with residents, hearing their stories of past mischief," reflected Michelle Houriet Voutour, Executive Director of Independence Hill Retirement Community. "It is a common occurrence to see the Independence Hill team chatting it up and enjoying so many giggles with our residents. Fun isn't simply encouraged... it is the reality of the lifestyle here. Many resident jokesters enjoy seeking out team members to share a good joke. We aren't afraid to be a bit silly or do whatever it takes to tickle someone's funny bone. It brings true joy to everyone and makes our every day an absolute blast!"

"We are told over and over by our residents that they chose to call Independence Hill home after touring other communities because of the 'buzz' they heard when they first walked in our doors," added Martha Anderson, Communications Director. "They heard laughing and talking in the lobby, dining room, coffee pub or during an exercise class. Truth is, we just know how to have fun... it comes easy!"

Surround yourself with opportunities that put a smile on your face! Life can be pretty



At Independence Hill, staff and residents alike know how to have fun.

humorous if you take the time to look at it. There are some funny jokes about "growing up" which sometimes help with the idea of aging by sharing in this experience... we are all aging, after all. Bring some of these on your next visit with the senior in your life. There are also websites that can lighten up your day like ajokeaday.com where you can receive a daily joke or even look through their collection to choose your favorites.

Here's one to get you started...  
"I felt like my body had gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotard on, the class was over!"

Hahahahaha! Call Sherrill or Laura at (210) 209-8956 to plan your visit to Independence Hill and "Get Your Giggle On!"

Independence Hill Retirement Resort Community is located at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit [www.independencehill.com](http://www.independencehill.com).

and other items that encourage mom and dad to participate in their baby's care. For families of babies who have passed away, TOL brings some comfort through providing beautiful burial outfits sized perfectly for the little one and other items without mom and dad having to search or think about such things during a very difficult time.

For more information about Threads of Love or to learn more about how you can make a difference in someone's life, visit [www.threadslovesa.org](http://www.threadslovesa.org) or email [tolsatx@gmail.com](mailto:tolsatx@gmail.com). You can also visit their workshop located at 19595 IH-10 West between 9 a.m.-4 p.m. on Tuesdays or Thursdays.

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yarn (3-ply, mixed colors, nothing added to the yarn); bright, colorful material including flannel; batting for quilts; and monetary contributions used to supplement the needs of a growing ministry and replace an aging delivery van.

"People are always surprised that there are no salaries," explained Liz. "We never charge for anything and we never have fundraisers. We deliver to the hospitals every two weeks and ship a 'Love Gift' with essential items or 'Remembrance Bags' to help parents walk through their grief—any time or any where—when requested."

TOL makes sure that parents of hospitalized preemies feel more "normal" by providing clothing that fits their babies

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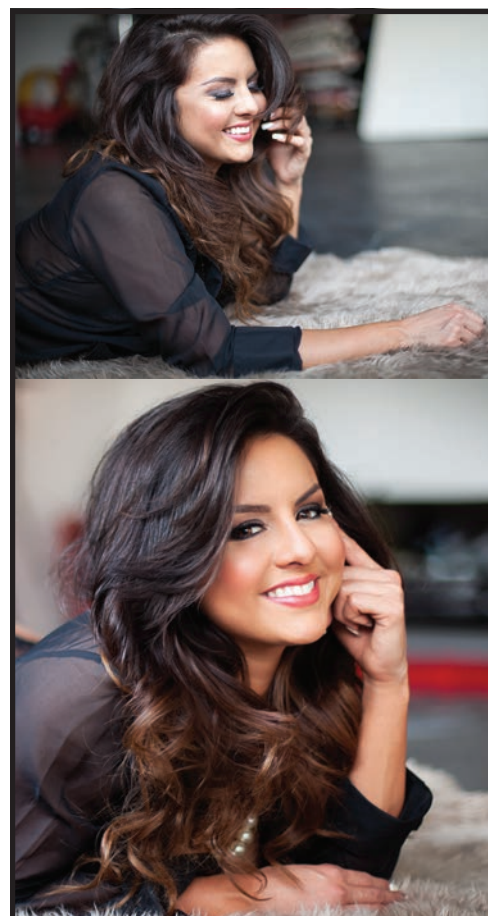
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