

Nurses Corner

Stress relief from laughter? It's no joke.

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Here's why.

Whether you're guffawing at a sitcom on TV or quietly giggling at a newspaper cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

Stress relief from laughter

A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term.

Laughter may:

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.

- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem.

Improve your sense of humor

Are you afraid that you have an underdeveloped — or nonexistent — sense of humor? No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think.

Laughter is the best medicine

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.

March Birthdays

Kevin – March 4
Vincent – March 6
Sharon S – March 11
Zig – March 13
John – March 27
Sharon R – March 29

Chief Joseph (hero) – March 3, 1840
Knute Rockne (coach) – March 4, 1888
Liza Minnelli (actress/singer) – March 12, 1946
Albert Einstein (scientist) – March 14, 1879
Jerry Lewis (actor) – March 16, 1926
Moms Mabley (comedian) – March 19, 1894
Marcel Marceau (mime) – March 22, 1923
Aretha Franklin (singer) – March 25, 1942
Warren Beatty (actor) – March 30, 1937

March 2025

Select Senior Living

11350 Martin Street NW, Coon Rapids, MN 55433

Celebrating March

Staff Directory

Main Number
763-767-1127

Vanessa Nguyen
Executive Director

Patti Dufresne
Marketing Director

Buffy Reinmuth
Director of Nursing

Renee Voyce
Life Enrichment Director

Eric Gebel
Director Maintenance

Jameel Robertson
Director of Culinary



Spring Cleaning

Nothing beats that feeling of accomplishment when you get a head start on spring cleaning. If you space out your spring-cleaning list over a couple of weeks, it might not seem like such an overwhelming task. The easiest way to start is to take it room by room or appliance by appliance. Grab your cleaning tools, stock up on products and make sure the battery on your favorite cordless vacuum is charged before you rev it up.

Whether you have only five minutes to freshen things up or you happen to have an entire weekend to dedicate to full spring cleaning days, give your home's nooks and crannies a refresh and don't forget to tackle harder-to-reach (and harder-to-remember) spots around your home too.



Resident of the Month for March



This month we want to introduce you to Jean as our resident of the month.

Jean was born in Giese, MN. It is 30 miles north of Mora. She was born at home.

She had 1 brother.

Her favorite color is purple.

She was valedictorian when she graduated high school. She was also a cheerleader.

Her favorite subject in school was typing.

She knew Larry (her husband) in high school, but they did not date until he came back from the service. (He was in the Army).

They have 4 boys. They also have 8 grandchildren and 4 great grandchildren.

Her favorite meal is either Taco Salad or anything with shrimp.

When asked what she likes best about Select Senior Living she said, " I love the staff- they are great! Anytime you need something, they are there to help. I also love the residents – so friendly. I also thing the food is great!"

Life Enrichment Updates



March is such a wonderful month. We will see the last day of winter and look forward to spring and all the hopefulness that spring brings.

This month we will be having a few new activities on the calendar that you might want to participate in. Make sure to keep an eye on your calendar and notices in the elevator.

On Wednesday, March 5 we will be having an Ash Wednesday service at 12:30.

This month we will be talking about Egypt and traveling the Nile. We will be learning about it, cooking some food from the region, and learning about this region. Watch for information in the elevators.

Some residents have expressed interest in having a book club. Our first book we will be reading is, *The Lightkeeper's Daughters* by Jean Pendziwol. Renee has a book for you that is on loan from the library. We will be meeting on Wednesday, March 26 at 1 to discuss the book.

Every Friday, we are streaming church services that have been requested by residents. If you would like to see a specific church streamed, please contact Renee and we can add it to the rotation.

On March 14th we will be having a pie eating contest. If you would like to participate, please see Renee.

Happy Hour with music-

Friday, March 7 at 2 – Tom Paquin

Friday, March 14 at 2- Darlin Jesse

Crafts-

Thursday, March 6 at 1 – Pot of Gold

Thursday, March 20 at 10:00 - Bird House Painting

Outings-

Monday, March 10 at 9:45- Walmart

Thursday, March 20 at 1:30 – Pappy's Restaurant

Thursday, March 27 at 9:45 – Dollar Tree