

Laughter is Good Medicine!

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Did you know that there are many health benefits of laughter? Research shows that laughter can strengthen your immune system, reduce food cravings and may also increase pain threshold. There is evidence that laughter helps people heal faster. Laughter is a great stress release. A good belly laugh is a good internal exercise...contracts muscles, works your lungs and even relaxes your shoulders. For a few moments, laughter makes you forget about anger, guilt, or any negative emotions a person might be experiencing. A new perspective may result. Laughter can be a relationship builder. If you bring more laughter into your life, you may shine your own "laughter light" to help others enjoy life more fully. If you work with a group of seniors in your church, try having some good stories at the end of the gathering. What better way to send our groups home than with a smile on their face remembering the good time they had laughing with other people, building stronger relationships and feeling loved! Try the following story sometime.

A Senior Engagement –

Jacob, age 92, and Rebecca, age 89, living in Florida are all excited about their decision to get married. They go for a stroll to discuss the wedding and on the way they pass a drug store. Jacob suggests they go in. Jacob addresses the man behind the counter: "Are you the owner?" The pharmacist answers "yes." Jacob: "We're about to get married. Do you sell heart medication?" Pharmacist: "Of course we do." Jacob: "How about medicine for circulation?" Pharmacist: "All kinds." Jacob: "Medicine for rheumatism?" Pharmacist: "Definitely." Jacob: "How about suppositories?" Pharmacist: "You bet." Jacob: "Medicine for memory problems, arthritis and Alzheimer's?" Pharmacist: "Yes, a large variety. The works." Jacob: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?" Pharmacist: "Absolutely." Jacob: "Everything for heartburn and indigestion?" Pharmacist: "We sure do." Jacob: "Do you sell wheelchairs, walkers and canes?" Pharmacist: "All speeds and sizes." Jacob: "Adult diapers?" Pharmacist: "Sure." Jacob looks at Rebecca...she shakes her head and Jacob says, "We'd like to use this store as our Bridal Registry!"

Happy Laughing!!!