A Laugh A Day Can Keep The Doctor Away

By Michelle Houriet, Executive Director
Independence Hill Retirement Resort Community
(210) 209-8956

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!

“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. "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.”

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’s 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.”

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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.

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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.

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