


# LIFESTYLES

## Laughter Looks Good on You



Did you know that the 1st of July is National Joke Day? Well it is! Here's a joke you can share with your friends. "I've been many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in cahoots with someone. I've also never been in Cognito. I hear no one recognizes you there!"

Did that joke make you laugh? Maybe chuckle? Perhaps even crack a smile? If so, it may have improved your health! More and more studies are showing that laughter benefits us both physically and mentally. When you read that joke just now, your muscles relaxed slightly, which relieved tension. Your levels of cortisol, the stress hormone, dropped. Your body released endorphins, the feel-good chemicals that are associated with happiness and contentment. If you had a hearty laugh, your blood pressure may have dropped slightly and your heart rate increased, helping your body improve blood circulation. You also felt good afterwards, which for many is the most powerful effect of laughter.

When you're having a bad day, it's often the person who can make you laugh that you turn to. When faced with a difficult or uncomfortable situation, finding the humor in your

predicament makes it easier to deal with. People who can laugh through the good times and the bad are generally happier, healthier people. A seven-year Norwegian study found that people who had a sense of humor experienced a 20% lower mortality rate in comparison to those who did not.

Perhaps one of the most beautiful things about laughter is its ability to connect us with one another. When we laugh with someone, we open ourselves up to them. Poet Pablo Neruda once said, "Laughter is the language of the soul," and we agree. Whether you're long-time friends or new neighbors, sharing a laugh together increases the bond you share – so go ahead and try it! Host a dinner party and play a fun card game. Invite neighbors over for a hilarious movie. Stop by our campus during one of our events or activities, and we guarantee you'll find more than one reason to throw your head back, close your eyes, and enjoy a good laugh.

Moving to a new home, making new friends, and settling into a new community can be challenging. Laughter has the power to relieve stress, increase happiness, spark friendships and even provide strength during times of hardship or transition. We encourage you to seek out opportunities to laugh, to connect with your neighbors, and to open yourself up to all of the wonderful experiences that are possible in your Villa community and at our campus. Your mind, body, and spirit will thank you for it.



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## Looking Ahead

- **Sunday August 19** we will host our **2nd Annual Car Show**. If you have a special car or know someone who does, please contact Paula Jennings for more details.
- **Every Monday in July** from **10-11am** in the Villa Clubhouse, Michelle Wilson will lead BrainFit. BrainFit is an exciting new way to make friends as you exercise your brain.

## Recognition and Appreciation

Deb Zent and Brenda Stafford lead us in card stamping June 15. They bring such clever ideas to our participants.

## How to Contact Your Villa Life Style Director:

Paula Jennings, 765-431-8640

[Paula.Jennings@waterfordplacehc.com](mailto:Paula.Jennings@waterfordplacehc.com)

*Lifestyles: A monthly newsletter serving the residents of the Villas at Waterford Place.*

Carol Ward  
Executive Director

Michael Meadows  
Administrator

Christy Berryman  
Director of Health Services

Kris Myers  
Environmental Services Director

*We strive to provide the best customer service and quality care for our residents. In the event that you need further assistance with any unresolved concerns, we encourage you to call our Compliance Line. Compliance Hotline: 800-908-8618, ext. 2800; or [comply@trilogyhs.com](mailto:comply@trilogyhs.com)*

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## Villa Lifestyle Corner

Crazy days of summer are upon us it does not seem that long ago we were complaining about winter. The clubhouse patio and grill are just begging for a summertime cookout/carry in. Perhaps a lazy evening with a glass of iced tea watching the sunset is exactly what the doctor ordered. Listen to the crickets and watch the flashing lightening bugs as

evening closes in. The park like setting and maintenance free living our villa neighborhood allows you to relax and really pay attention to sights and sounds of nature. Villa neighbors invite your friends for a tour of our beautiful villa community, chose your new neighbor!

*Paula Jennings*  
Villa Lifestyle Director

## Special Events from Last Month

Villa Community lunch outing is a great way to spend time with neighbors. Tenants enjoyed a biscuit and gravy breakfast then participated in a community meeting. Goldrush band thrilled us June 20 with their very own bluegrass gospel. Everybody is welcome, come and enjoy bluegrass music in Villa Clubhouse monthly 5:00 to 9:00pm the third Wednesday.

## Welcome to new Villa: Stephen C.

A big villa welcome shout out to our newest neighbor, Stephen C. Stephen moved into Villa #733 May 28, 2018. Stephen has been working towards this move for several months and finally moving day came. He is slowly finding space for his favorite household items and soon Villa #733 will feel like home to him. Stephen has visited our community for Happy Hour and has made friends during this social time. We are so glad he could become part of our neighborhood.

## Living Well in the Villas

Villa residents gather to say good luck to our housekeeper Jami Marple. She is off to new adventures and we wish her well.



**Club House Hours** Clubhouse is available 24 hours a day, 7 days a week. Doors are unlocked during business hours Monday through Friday. Please use keypad to enter after hours, insure to lock all doors before you leave the clubhouse.