

Home is Here...  
Life Happens Here

## Smile Your Stress Away

Over the past few years, scientists have examined the many healthy aging benefits of humor and laughter. Numerous studies reveal that laughing promotes physical, emotional, intellectual and social well-being.

Now, an intriguing new study from the University of Kansas suggests that laughter's more subdued cousin, the smile, also offers many health benefits—even if you are only faking that grin!

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That laughter and smiling is the best stress reliever and the most productive therapy out there???



Hermitage resident and friend Lucy Aviles



**“Love gives you reason to smile and good times to laugh about. But, most of all, it gives you memories you never forget.” – Anonymous**

What wonderful memories were made when residents and team members went on a Movie and Lunch date to see the movie ‘Hidden Figures’. Then they enjoyed a delicious lunch at the Silver Diner. The theater was filled with laughter and a few tears, but most of all priceless memories were made! What a fun, stress-free afternoon!