

## Parkinson's Disease Awareness Month

### How to Stay Positive with Parkinson's

A staggering one million Americans have Parkinson's Disease. That means every nine minutes there is a new diagnosis of PD. While there is not a cure yet, great strides are being made into the cause and treatment of the disease. Many folks living with the disease, have found ways to remain or regain their positive attitude.

“Focus on what you can do, not what you can’t.”

“It’s all about attitude. You should do what you can, to the best of your energy and ability.”

“Always look for the positives.”

“Let go of worries.”

“Keep your sense of humor.”

“Keep a diary of positive moments.”

“Exercise regularly, even when you don’t feel like it.”

“Participate in relaxation type exercises- such as Yoga or meditation classes.”

“When you can... DANCE!”

## April Birthdays!

Addie H.  
April 6th

Donald E.  
April 8th



## Renaissance of Ponca City

April 2019

2616 Turner Road  
Ponca City, OK 74604



## Today's Trends Laughter & Longevity

Humor is reported to be therapeutic. There are several reasons that laughter is associated with long life. It triggers physical responses in our body that are important for well-being regardless of age such as:

- Laughter boosts the immune system by decreasing the stress hormone cortisol and minimizing inflammation throughout the body.
  - Laughter protects the heart and improves the function of blood vessels which can help protect against heart attack and other cardiovascular problems.
  - Laughter decreases blood pressure and improves blood circulation and oxygen intake.
  - Laughter relaxes the entire body, relieving muscle tension and stress.
  - Laughter triggers the release of endorphins, the body’s natural feel-good chemicals.
- It’s no wonder we feel great with a good laugh.

## Reminder:

Don't forget about our Easter luncheon and Easter egg hunt!

You won't want to miss it!

# Happy Easter!



- AE** Artistic Expression
- CC** Community Connections
- CE** Continuing Education
- LL** Lifestyle & Leisure
- PE** Physical Engagement
- SS** Spiritual Support