



## **Willow Creek Management Team**

*Demetria Johnson*  
**Manager**

*June Whitlock*  
**Healthcare Coordinator**

*Rick Betz*  
**Maintenance Coordinator**

*Danny Emmil*  
**Culinary Coordinator**

*Carol Sue Galloway*  
**Community Relations  
Coordinator**

*Debbie Smith*  
**Life Enrichment Coordinator**



## ***Out of the Mouths of Babes***

Oodles of evidence exists demonstrating that laughter is a powerful medicine. A good laugh stimulates the heart and lungs, releases feel-good endorphins from the brain, decreases stress, strengthens the immune system, lifts the mood, and just plain makes us happier people overall. The only problem is that many adults don't laugh enough. Scientists have run the numbers, and most adults, on average, laugh 20 times per day. This may seem like a lot, but children laugh up to 300 times a day! Humor Month, which begins with the foolishness of April Fools' Day, seems the perfect time to get to the root cause of this laughter deficit.

Psychologist and laughter expert Robert Provine began collecting laughter samples in the 1980s. He wanted to understand why people laughed. Interestingly, laughter did not occur most often when people heard a funny joke. Instead, people laughed most at everyday remarks made by friends. Laughter, Provine discovered, was an incredibly important type of social glue and a healthy way to engage the world. And this may be why kids laugh so much more than adults.

Children are filled with the sense of wonder that comes with constantly learning new things. Not only is laughter a normal response to a delightful and unexpected outcome but a sense of humor is critical to developing self-esteem, practicing social skills, and learning to solve problems. Kids who laugh at themselves demonstrate the ability to accept their own imperfections. This lightheartedness attracts other friends, which in turn makes them feel better about themselves, resulting in higher self-esteem. The funny thing is that all of these social benefits continue into adulthood. As we grow, we should never stop delighting in the unexpected and laughing at ourselves, for these traits will keep our friends close and keep the laughs coming—and the more we laugh, the happier and healthier we will be.

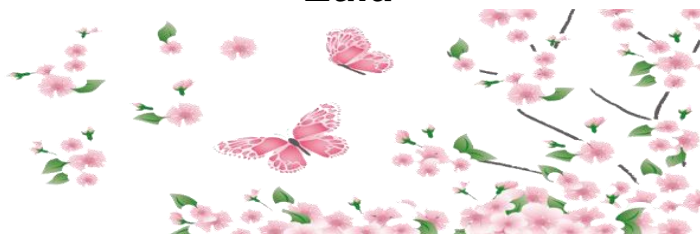
## Celebrating St. Patrick's Day



**Anna**



**Eula**



## Employee of the Quarter

Melvina (Sue) Defrees is our Employee of the Quarter! Sue has worked as part of our concierge department for 9 years. She enjoys her work and shows it daily as she assists our residents and coworkers. Thank you Melvina for always going the extra mile!



**Lisa**





## Selfies Around the World

Even NASA is getting in on the selfie photo craze, declaring April 22 Global Selfie Earth Day. April 22 is well known as Earth Day, a

day to demonstrate support for the conservation of the planet. Global Selfie Earth Day proposes an interesting twist. Everyone is invited to step outside, snap a selfie, and share it with the world on social media. By the end of Global Selfie Earth Day, NASA hopes to create a photo tapestry of our planet, aggregating tens of thousands of images and sculpting them into a unique image of the globe. During years past, over 50,000 images have been submitted from over 100 different countries. It's your planet, so snap a picture of yourself wherever you are on the globe and post it. You just might be included in NASA's next photo tapestry.

## The Flying Debutante



Ruth Rowland Nichols was a pioneer of aviation during the 1920s and '30s, setting world records for speed, altitude, and distance. She received her pilot's license in 1924 after graduating from Wellesley College, becoming the first woman to receive such a license

in the state of New York. It was on April 13, 1931, that Nichols established perhaps her most daring record of all. Flying a state-of-the-art 1928 Lockheed Model 5 Vega Special at a three-kilometer course in Carlton, Minnesota, she recorded a speed of 210.64 mph, a new world record. For her prowess in the cockpit, Nichols was dubbed "The Flying Debutante." Her Lockheed Vega is on display today at the Smithsonian's Air and Space Museum.

## Easter Word Search



Don't forget if you have a friend you would like to be your neighbor at Willow Creek, we do have a referral program that pays a nice chunk of change. See either Dee or me for more information.

Carol Sue Galloway, Community Relations Coordinator



Willow Creek Senior Living  
108 Diecks Drive  
Elizabethtown, KY 42701

Postage  
Information



**To Our Newest Resident  
Robert**



## **April Birthday's**



**To our residents:**

**Lisa 04-15**

**Inge 04-16**