



# The Montello News

## CARE CENTER

APRIL  
2022

Skilled Nursing • Inpatient/Outpatient Rehab Therapy • Assisted Living



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We appreciate your feedback.

## Humor May Be the Key to Less Stress

If it is left unchecked, stress may take its toll. While it isn't possible to completely eliminate all forms of stress from your life, you can feel a lot better when you use humor to relieve stress.

**It has long been said that humor is the best medicine, and there have been several studies that have shown this to be true, at least to some degree.**

The full effects of humor are not completely understood, but laughter appears to release certain chemicals in the brain, and these chemicals make us feel better and relieve stress. Your goal should be to laugh as many times per day as possible and then a few more on top of that.

**Television and movies can be good sources of comedy.**

The key is to watch whatever makes you laugh. If you're the only one in the room laughing hysterically while everybody else sits there with a straight look on their face, then you can laugh at that too. Humor is a subjective thing, but that's no excuse not to laugh.

**The internet is a practically endless source of humor to relieve stress.**

There are tons of funny people online, though some of them are unintentionally funny. Log on to the internet and you can find funny videos, cartoons, pictures, quotations, jokes, and just about anything else you can think of.



**Surround yourself with as many things that bring a smile to your face as you can.**

A calendar that has a new joke every day, a T-shirt with a goofy picture on it, or even a humorous bumper sticker are just a few ways to add more humor to your life.

**Starting your own personal "humor file" is another way to get a much-needed chuckle when you need one.**

Cut out funny comics from the newspaper, stories from magazines, pictures, and so on, then put them into a folder that you can access whenever you need to. It's a good idea to have a one physical file, as well as a file on your computer dedicated to humor.

**One of the cool things about using humor to relieve stress is that it doesn't require a prescription, so there are no negative side effects.**

However, be sure to discuss any health concerns with your physician; stress may be the result of an underlying medical condition, and your physician may also give you additional suggestions for relieving stress.

## Montello CARE CENTER

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## Sudoku

5	6	2					9	3
1	8	7			3			5
9	3				2	1		6
		5	2	9		3		
4		3		5	6			
2		8		3	4	6		
		9	6				3	
3		1				9		8
	5	6			9		4	

## Haiku Fun!

What is a haiku (hahy-koo)?

A haiku is traditionally a non-rhyming three-line poem of

Japanese origin that offers a way of looking at the physical world. The origins of haiku can be traced back to the ninth century.

The haiku consists of three lines with a five-seven-five syllable structure using sensory language to gain inspiration. Matsuo Basho (1644-1694) is considered the greatest haiku poet of all time.

**Here is simple Easter-themed haiku:**

Easter Bunny Hops  
Flower Eggs Jelly Beans Fun  
Hidden Baskets Full

Clapping out each word's syllables makes them easier to count when creating your poem.

Haikus can be a fun and fast alternative to writing a longer poem. Try your hand at writing a haiku today and share with family and friends.



## Scent of Smell Affects How We Experience the World

**What are your favorite scents, and what are the odors that you can't stand?** Sense of smell is one of the primary senses and it affects the way we experience the world each day. It plays a crucial role in taste, memory, mood, emotion, and detection of hazards.

Recent research has indicated that the capabilities of human sense of smell may be critically underestimated. While the human eye is able to see several million colors, and the human ear is able to hear approximately half a million tones, a study published in

**Science magazine in 2014 found that humans may be capable of detecting and distinguishing over one trillion scents!**

Exercise your olfactory system by taking note of the various scents you experience throughout the day. What memories do they evoke, and what emotions do they trigger? Seek out smells you enjoy, whether they come from foods, scented candles, or nature. Consider also comparing favorite scents with your friends and loved ones to discover how diverse or similar your perspectives are!

**Scents are also the central component of aromatherapy, which traditionally uses scented essential oils to help improve well-being.**

If you would like to dabble in its effects, try smelling the scent of lavender, chamomile, or rose to enhance relaxation; alternatively, try citrus, ginger, or peppermint for more invigorating scents. However, there's no need to stop there – with trillions of scents in the world, there is a lot for your nose to explore and experience!

