

The Pursuit of Happiness

The pursuit of happiness is one of the basic elements of human existence—we want to be happy. So why are so many people unhappy? Most likely people are not happy because they are missing one of the six keys to happiness.

The most important key to your personal happiness is determining that you will be happy. For many people, their personal happiness is not a priority in their life. Too often, we put the happiness of others before our own. While this may please our children, spouse, or boss, this is not the path to happiness. This does not mean you should make yourself happy at the expense of others, but you must remember

that the reverse should also not be true -- your happiness should not be sacrificed to make others happy.

Once you have determined to make your pursuit of happiness a priority you need to determine just what it is that makes you happy. **Spend some time reviewing the happy times in your life.** Think about memories that make you smile or activities that make you joyful. Can you find a common element or theme? Then that is one of the keys to finding true happiness for you.

Now that you have identified what makes you happy, you need to engage in that activity. Perhaps you need a creative outlet? Join a writing group, take an art class, or learn an instrument. Do you need physical activity? Then find a way to get back into a sport you love or start a new one. All that is necessary is that you find a way to reconnect.

However true happiness for most of us is not dependent solely on finding that one key. **For most of us, we also require special people in our lives to be happy.** Perhaps you have lost touch with someone important and can reach out to them? Or perhaps it is simply a time to plan some special time with family. It is important



to our own pursuit of happiness to stay connected with those we love.

Another essential key to finding true happiness is helping others in both small and large ways. You might even be able to find a way to combine giving and engaging in an activity that makes you happy. Volunteering is a great example.

Finally, make a list of all the aspects of your life that do make you happy. So many of us get down because we dwell on the negative, but usually there is something about your life that makes you happy. Make a list of these items so you can have a quick mood enhancer when you feel down.

The pursuit of happiness should not be challenging or arduous. Finding true happiness can be as simply as determining, identifying, engaging, connecting, giving and reminding yourself of the six keys to personal happiness.

ZENSATIONAL

WELLNESS AT MEDILODGE OF MONTROSE

zen•sa•tion•al noun /zen'sāSHənəl/

1. A state of mind and an active process where you join with MediLodge on your journey to Recover, Rejuvenate, Revitalize and Return Home.
2. A whole person wellness centered philosophy, experienced in a relaxed and soothing environment.

"Life does not hurry, yet everything is accomplished."

MediLodge's approach to zensational wellness is an active process in which each lodger and employee are encouraged to make choices toward personal growth in seven dimensions of zensational wellness: physical, social, emotional, spiritual, intellectual, occupational and vocational. The goal of our whole person wellness program is to recognize the unique individuality of every person at our Haven for Healing.

MediLodge of Montrose ♦ Annual Easter Egg Hunt

MediLodge of Montrose will host an Easter Egg Hunt on Friday April 14, 2017. Registration will begin at 12:45pm and is open to the community. *Drawings will be held for several bicycles. There will be various activities and fun things to do in several locations of the facility.* Please come and join us!

The Easter Egg Hunt will start at 1:30 pm.





Happy Birthday!

Residents

Lorene J.	April 7th
Frank S.	April 12th
Malinda R.	April 13th
Louis W.	April 17th
Elva R.	April 18th
Avanell T.	April 21st

Staff

Erica G.	April 3rd
Jerry S.	April 3rd
Leasha L.	April 6th
Amy W.	April 6th
Cindy P.	April 13th
Janet H.	April 14th
Rebecca N.	April 14th
Kim C.	April 16th
Teresa M.	April 23rd
Molly K.	April 28th
Tanisha T.	April 30th

Spring Cleaning!

It's that time of year again for "Spring Clean Up." It would be appreciated if family members or friends could assist Lodgers with their spring cleaning.



Assist Lodgers with going their belongings and remove anything that is not needed or worn out. Also remove decorations that are out of season. The overhead bed lights should not have anything on them as they are not a shelf. Thank you!

The Benefits of Laughter

Is it a funny coincidence that April is both National Humor Month and Stress Awareness Month? Perhaps, but like the old phrase states: laughter is the best medicine, and it's true. Laughter has many positive health benefits, which can counteract the negative affects of stress.

Laughter increases the functioning of the immune system, helping the body to fight off illness and disease. Studies have demonstrated that laughter causes the increased production of catecholamines and endorphins. These chemicals, when released by the brain into the blood stream during laughter, increase feelings of happiness and well-being.

Laughter also decreases the secretion of cortisol as well as the sedimentation rate, and therefore is beneficial in stimulating the body's immune system.

During laughter, the flow of oxygen in the blood increases. Arteries relax, heart rate and blood temperature are lowered, circulation increases and the skin temperature rises. All of these physical responses have a beneficial effect on both cardiovascular and respiratory health.

Laughter has the potential to help speed healing, and increase overall health and well-being, when its benefits are fully realized as a part of a stress management plan.

While the average human being laughs approximately 8 to 10 times daily, a stress management plan which includes laughter as a part of the daily program would include rigorous "laughing" as an exercise to be performed several times throughout the day.

Full belly laughter, which is an involuntary response of the human brain, can be triggered by watching comedies, listening to comedians, telling jokes or just allowing oneself to participate in fun and silly activities.

Earth Day: Reduce, Recycle, Reuse

Earth Day, April 22nd, is dedicated to educating people across the world about the benefits of reducing, recycling, and reusing to save our planet.

- Bring your own bag. Reuse bags and containers. Keep a supply of bags on hand for future shopping trips, or take your own canvas tote bag to the grocery store.
- Choose to reuse. Reach for reusable products such as cloth napkins, sponges or dishcloths instead of paper towels.
- Recharge and renew. Use rechargeable batteries and recycle old batteries to help reduce garbage and keep toxic metals out of the environment.
- Buy smart. Look for long-lasting, energy-saving appliances with the Energy Star label and electronic equipment with good warranties.
- Get crafty. Reuse scrap paper and envelopes. Save and reuse ribbons, tissue paper, gift boxes and even wrapping paper. Save cardboard boxes, colored paper, egg cartons and other items for arts and crafts projects.
- Think thrifty. Donate clothing to charity organizations or sell the items in consignment shops, fairs, bazaars or tag sales. Share hand-me-down clothes with family members and neighbors.



April is Stress Awareness Month

Learning to cope with stress is important for all of us. Here are a few ways to deal with the stress that you might be experiencing.

Try giving whatever is bothering you a number on a scale from one to ten, where one is a minor bump and ten is the end of the world. You'll probably find that most of your daily problems are no more than a five. In other words, they're not worth getting upset about.

Laugh. Laughter is one of the top stress busters. Adults on average laugh less than 20 times a day; children, on the other hand, laugh hundreds of times a day. Is it surprising that adults are more stressed? Watch your favorite comedies, laugh at your pet, and laugh with your children. You'll notice that you don't feel as stressed.

If you feel that you are being overwhelmed with stress and anxiety you should **take some deep breaths**. Deep breathing has been shown to reduce anxiety. It causes you to focus on the way that you are breathing rather than on what's causing you so much anxiety.

Consuming water throughout your day will keep you feeling full, flush your body of harmful toxins, allow your body to focus and concentrate in trying times and lead to you feeling less stressed overall. Aim to drink at least one liter of water each day to maximize your results and to feel less stressed.

Jelly Bean Confetti Cake

Ingredients:

- 3/4 cup jelly beans, cut in half
- 2 cups all-purpose flour, divided
- 1 1/4 cups granulated sugar
- 1 cup butter, softened
- 8 ounces cream cheese, softened
- 1 teaspoon vanilla extract
- 3 eggs
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- Confectioners' sugar
- Vanilla frosting (or your choice)

Directions

Preheat oven to 325°F. Generously grease and flour a 12-cup fluted tube pan.

Lightly spoon flour into measuring cup and level off.

In small bowl, toss jelly beans with 2 tablespoons of the flour; set aside.

In large bowl, beat sugar, butter, cream cheese and vanilla extract until well blended. Add eggs, 1 at a time, beating well after each addition. Add remaining flour, baking powder and salt; blend well. Spoon 1 cup of the batter evenly over bottom of prepared pan. Stir jelly beans into remaining batter, and spoon into prepared pan. Bake for 50 to 60 minutes or until a wooden pick inserted in center comes out clean. Cool in upright pan for 10 minutes. Invert onto serving platter. Cool completely. Top with your favorite frosting and add more jelly beans to decorate!





MEDILODGE OF MONTROSE

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Tonya Barger
Therapy Program Manager

Mark Powe
Accommodations Coordinator

Troy Birchmeier
Maintenance Coordinator

Dee Malmstrom
Marketing Director



April – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. (No backwards.) Good luck!

I	X	Y	F	M	O	H	P	H	A	T	X	A	N	P
Q	V	E	A	R	T	H	E	A	L	T	H	X	J	U
V	J	O	K	E	S	Q	Y	P	L	V	M	L	N	A
R	E	A	S	T	E	R	S	P	V	H	S	A	P	C
E	S	T	R	E	S	S	C	I	Y	J	R	U	Z	T
C	P	Z	P	U	G	V	J	N	Y	E	E	G	T	I
Y	A	Y	L	V	I	J	Q	E	D	L	G	H	R	V
C	S	Z	H	S	W	Y	H	S	J	L	Q	T	E	I
L	S	U	R	K	N	E	J	S	Z	Y	K	E	E	T
E	O	U	E	N	G	A	G	E	D	B	I	R	S	I
Q	V	R	U	G	I	B	O	U	K	E	T	E	T	E
S	E	F	H	C	U	D	H	J	Q	A	W	U	N	S
Z	R	G	W	S	U	T	D	R	J	N	Y	S	K	J
K	M	F	A	U	Q	F	H	A	J	Z	N	E	O	S
G	U	I	U	T	G	V	P	R	H	M	I	Q	Z	Q

See solution in the May newsletter!

X	T	R	K	R	K	C	I	F	A	N	I	O	I	M
H	Y	R	K	Y	H	S	K	I	L	L	S	C	P	E
C	G	T	C	L	S	K	V	K	N	D	X	M	T	O
R	L	Z	O	W	I	P	K	J	T	D	T	E	S	P
A	P	X	R	Y	R	G	A	K	G	X	T	B	T	O
M	E	N	M	R	I	D	K	C	X	N	K	J	F	L
C	G	E	A	O	I	M	I	F	H	C	G	E	A	Q
A	Q	E	H	M	S	N	L	A	I	K	E	U	R	G
L	X	R	S	E	O	U	R	B	B	C	C	N	C	N
E	S	K	M	C	S	T	J	D	E	F	V	V	I	R
P	F	T	E	M	Q	A	U	E	H	X	T	W	F	R
H	J	N	F	V	P	C	N	O	J	W	K	E	R	P
A	M	I	R	T	X	R	O	C	A	N	U	F	S	S
C	T	X	S	X	O	Y	P	F	O	F	K	D	J	B
S	S	L	G	C	U	M	E	Z	K	S	T	E	W	Z

MARCH SOLUTION PUZZLE

Word List

- ACTIVITIES
- EARTH
- EASTER
- ENGAGED
- FUNNY
- HAPPINESS
- HEALTH
- JELLYBEAN
- JOKES
- LAUGHTER
- PASSOVER
- RECYCLE
- REUSE
- STRESS
- TREES