



# Homecare Herald

MAY / JUNE

CHRISTIAN

COMMUNITY

HOMECARE

Our mild winter ended early and warmer longer days arrived quickly. Beautiful bright flowers and budding trees are a welcome sign. The earth is alive and noisy with chirps, insects, and children playing outdoors. My husband Gary and best dog friend Bear have already been with me on several picnics-unbelievable. We like to order Bandana's BBQ or Pick-A-Bone (homemade BBQ on site near 141 & 21-you gotta try it), pack a few drinks, and visit one of the many parks or trails nearby. Last weekend we visited Rockwood reservation where cool clear water runs in streams...Bear's favorite! He likes to lay in the water and cool off.

I hope that even if you are no longer able to take a hike that you will open your door or window to the gorgeous outside and have your own picnic while looking out at our amazing world.

Happy Mother's Day, Father's Day and beginning of Summer. I'll write again in July~

In His Service, Chris



## BIRTHDAY WISHES

DENISE DEVINE MAY 30

DEBBIE SAGITTO JUNE 16

SAMMY MAYER JUNE 17

## *Taking Care of Yourself—Laughter Is Good Medicine*

In his book *Anatomy of Illness*, author and medical school professor Norman Cousins claims that laughter is good medicine. He used laughter to cure himself of a serious and painful collagen disease that had defied medical treatment. He found that 10 minutes of genuine belly laughter would give him at least two hours of pain-free sleep. He describes laughter as “inner jogging,” because it gives every system in the body a workout. Our cardiovascular and respiratory systems benefit more from 20 seconds of laughter than three minutes on a rowing machine. Muscles relax and hormones that make you feel good (endorphins) are released into the bloodstream. Laughter also activates the immune system. So, if you want to feel better immediately, find a way to tickle your funny bone.

Hopefully this Mother's day will find you laughing and loving life—here are a few delightful thoughts from children to help get you chuckling.

Answers given by 2nd grade school children to the following questions:

### WHY DID GOD MAKE MOTHERS?

1. She's the only one who knows where the scotch tape is.
2. Mostly to clean the house.
3. To help us out of there when we were getting born.

### How did God make mothers?

1. He used dirt, just like for the rest of us.
2. Magic plus super powers and a lot of stirring.
3. God made my Mom just the same like he made me. He just used bigger parts..



### What ingredients are mothers made of?

1. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.
2. They had to get their start from men's bones. Then they use mostly use string, I think.

### Why did God give you your mom and not some other mom?

1. We're related.
2. God knew she likes me a lot more than other people's moms like me.

### What kind of little girl was your mom?

1. My mom has always been my mom and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

### What did mom need to know about dad before she married him?

1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer?
3. Does he make at least \$800 a year?

### Why did your mom marry your dad?

1. My dad makes the best spaghetti in the world. And my Mom eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that Mom didn't have her thinking cap on.

### If you could change one thing about your mom, what would it be?

1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my mom smarter. Then she would know it was my sister who did it and not me.
3. I would like for her to get rid of those invisible eyes on the back of her head.

www.christiancommunityhomecare.

Church Office: 314-843-6577

E-mail: home-care@swbell.net

Fax: 314-849-2617

Phone: 314-843-9673

ST. LOUIS, MO 63127

3980 S. LINDBERGH

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## TODAY'S CLEAN LAUGH

### \*Doctor's Orders\*

Doctor: "I see you're over a month late for your appointment. Don't you know that nervous disorders require prompt and regular attention? What's your excuse?"

Patient: "I was just following your orders, Doc."

Doctor: "Following my orders? What are you talking about? I gave you no such order."

Patient: "You told me to avoid people who irritate me."

