



Health Benefits to a Working Funny Bone

There's some truth to the age-old adage: laughter is the best medicine.

"Laughing in the Lobby," a regularly scheduled activity at Roosevelt Care Center at Old Bridge, draws residents together to socialize, often leaving everyone in stitches – not literally, of course.

Many in the medical community believe that there are healthy side-effects to "busting a gut."

In fact, according to data from the Mayo Clinic laughter can:

- Enhance the intake of oxygen, simulating organ functions
- Increase the heart rate and blood flow, promoting relaxation
- Release neuropeptides, thereby improving one's immune system
- Disperse a natural painkiller in the body
- Help promote happiness, and thereby combats depression and anxiety

"Maintaining your health is no laughing matter," said Roosevelt's Licensed Administrator and Director of Resident Care Dr. Frank Damiani. "But it's good to know that of all the treatments out there, a good laugh is the easiest to come by."

