

1635 S. 21st Street  
Manitowoc WI 54220  
(920) 684-7171

www.felicianvillage.org  
Sponsored by the  
Felician Sisters

## INSIDE

*active lifestyles*

**Practice the positive power of humor**

*page 1*

**H1N1 ... it's not over yet**

*page 2*

**Gift of Care campaign**

*page 2*

**Under the "big top"**

*page 3*

*For more information or a tour of Felician Village, call (920) 684-7171, ext. 361.*

NON PROFIT ORG  
US POSTAGE  
PAID  
SHEBOYGAN WI  
PERMIT NO. 931

# active lifestyles



Felician Village  
Winter 2010

*Improve body, mind & spirit*

## Practice the positive power of humor

The power of laughter has been well-documented through the years. From offering health benefits to simply increasing our overall mood, it is a simple, cheap and fun way to feel good ... and help others feel good too!

Clinically, the following health benefits have been proven:

- Increased heart-rate and blood pressure and oxygenation of the blood (similar to an aerobic workout).
- Increased endorphin levels (the body's natural pain-killer; also a natural euphoriant with none of the side-effects of drugs).
- Increased levels of immune components in the blood including immunoglobulin-A, a virus-fighting component.
- Release of muscular tension and emotional tension.
- Internal organs are massaged increasing blood circulation.

There are additional psychological benefits of laughter, including a sense of well-being, cooperative response from others, increased creativity, increased problem-solving ability and reduced worry.

Try to incorporate more humor into YOUR life, and instantly notice the results! Just remember to keep it kindly! To help you get started, here are guidelines for powerfully positive humor.



1. When in doubt, leave it out. Be aware of your audience and ask yourself whether the humor might be inappropriate or distasteful.

2. Timing is everything. Humor is not always welcome as a means to lighten up a situation.

3. Eliminate sarcasm and ridicule.

4. Erase taboo language.

5. Be very careful when making humorous comments about serious subjects, especially around children.

6. Follow the Five Minute Rule: Don't poke fun of anything that another person could not change in the next five minutes.

7. Make fun of situations rather than making fun of people.

Use humor. Use it often, but use it wisely. Humor and laughter can be effective self-care tools to improve the function of the body, the mind, and the spirit!

## Breakfast with The Bunny

Join us for a fun-filled morning full of Easter activities and breakfast with the Easter Bunny! The Gardens at Felician Village, 1700 S. 18th St., will hold its 3rd Annual Breakfast with the Bunny on Saturday, March 13 from 8 – 10 a.m.



Children will be able to participate in a fun craft activity while visiting with the Easter Bunny! Please bring your camera if you would like to take pictures of your child with the Easter Bunny.

A breakfast buffet will be provided for a small cost. Children 2 and under eat free, ages 3-10 are \$2, and the cost for ages 11 and up is \$4.

Reservations are required for the breakfast buffet by March 10th.

Please call 684-7171 ext. 255 to make a reservation.

## A laughing matter

*(continued from page 1)*

laughter part of our regular routine is like taking a mini jog through the park. Your heart rate rises, your blood pressure elevates and you are constricting the muscles throughout your body."

She says the physical benefits of laughter include:

- Cardiovascular workout
- Muscular relaxation
- Respiratory workout
- Activates immune system
- Cortisol levels reduced
- Improve sleep, digestion and healing

For more information on Felician Village's Laughter Club, call 684-7171, ext. 338.

## A laughing matter

There's a new group at Felician Village and it truly is a laughing matter: Laughter Clubs. "Laughter Clubs are all about using laughter as a form of exercise. Laughing can be an effective and fun way to combat stress, which is detrimental to your health," states Lisa Hagenow, Brain Health Coordinator and Certified Laughter Leader. She says a Laughter Club is a place where a group of people go to laugh stress away under the guidance and leadership of a qualified instructor. It also encourages playfulness, fun and mental balance.

Recent participants in laughter clubs reported feeling a sense of well-being after doing a Laughter Club. They felt even better than they did before they started laughing. Says Jennifer Collins, Certified Laughter Leader at Felician Village: "Laughter is a universal language that we can all understand. Everyone around the world laughs. Laughter makes us feel good all over, but besides improving our mental well-being, it can also enhance our physique. Making

*(continued on page 4)*

Q&A to commonly asked questions

# H1N1 ... it's not over yet!

Don't think that the H1N1 virus has gone away; in fact the threat is still out there. According to Gary Schmidt, MD, HFM Lakeshore Family Medicine and Medical Director at Felician Village, "The biggest difference between the H1N1 influenza and the seasonal influenza that comes around every year is that the H1N1 came out of sequence during the spring and summer rather than the fall and winter. It still may reappear this winter. Although the H1N1 vaccine is no more dangerous to you than the annual seasonal influenza vaccine, you should get vaccinated if you haven't already."

### How does 2009 H1N1 virus spread?

Spread of the H1N1 virus is thought to occur in the same way that seasonal flu spreads: from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

### What are the signs and symptoms of this virus in people?

The symptoms of H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

**How long can an infected person spread this virus to others?** People infected with seasonal and H1N1 flu shed virus and may be able to infect others from one day before getting sick to five to seven days after. This can be longer in some people, especially children and people with weakened immune systems and in

people infected with the new H1N1 virus.

### Take these everyday steps to protect your health:

1. Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your sleeve.
2. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
3. Avoid touching your eyes, nose or mouth.
4. Avoid close contact with sick people.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.

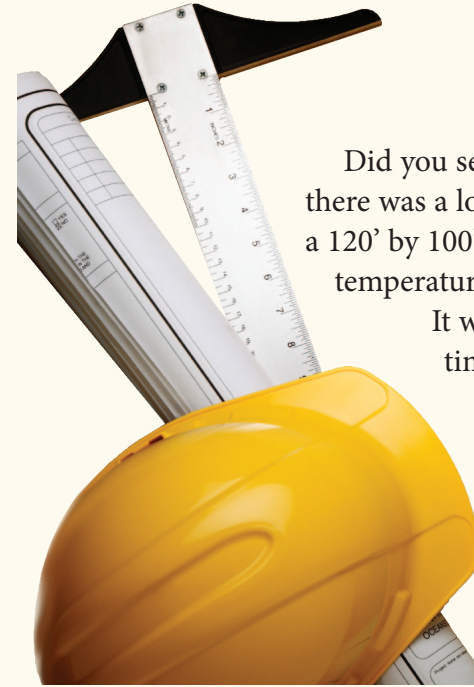
Additionally, the CDC recommends vaccination as the first and most important step in protecting against the flu. Talk to your health-care provider for more details.

*(Information from the Centers for Disease Control and Holy Family Memorial)*

## Construction continues at Felician Village Under the "big top"

Did you see or hear about the big tent at Felician Village? We're not hosting a circus, but there was a lot going on under the "big top." For the past couple months, heat was pumped into a 120' by 100' steel frame tent. Despite the cold outside temperature, the tent kept the inside temperature at a level that would allow concrete to be poured and to cure appropriately.

It was necessary to erect, take down and re-erect the steel frame and canvas cover five times because five cement slabs had to be poured. Those cement slabs will serve as the foundation for the four households and the central, common area in the buildings that will be the new St. Mary's nursing home. After each cement slab properly cured, construction continued to enclose the households. This is allowing the workmen to continue their work so that the construction remains on schedule for the opening of the new nursing home. Residents will be moved from their current home in the Towers to their new home during the last part of July 2010. Meetings have already begun with family members to make the move to the new home as smooth as possible.



## Gift of Care campaign surpasses goal

It took the unselfish generosity of many donors, but the total amount raised in the 2009 Gift of Care campaign surpassed the amount raised in 2008. The amount raised during the November to February timeframe was \$33,254. Considering the economic climate of the Manitowoc County area, it is clear that many people dug deep into their pockets to make a donation to St. Mary's for this campaign. The Felician Sisters, local board of directors, administration and employees appreciate the compassion these donors have shown for the benefit of our residents. The money raised through the annual Gift of Care campaign is used to support the care and services provided to our residents at St. Mary's day after day throughout the year.

*thank you*