

NEWS Release



Meadow Lake Village

A Touchmark® community
Touchmark—celebrating 25 years

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FOR IMMEDIATE RELEASE

“IS LAUGHTER REALLY THE BEST MEDICINE?”

MERIDIAN, Idaho — The start of a new year is as good a time as any to begin including daily doses of humor and laughter in your life. People often forget to take advantage of these two free coping mechanisms that can make a real difference in the quality of our lives. In an article just published in the *Journal on Active Aging* (vol. four, issue six), Marge Coalman, EdD, Wellness & Programs director for Meadow Lake Village’s parent company, Touchmark, highlights the difference between these two resources for well-being.

“Laughter is a physical phenomenon, while humor is a perceptive belief,” says Coalman. After reviewing the research in this area, Coalman points out that laughter causes individuals to enter a positive emotional state that can boost the immune system by elevating antibody levels in the body. On the other hand, humor provides mental stimulation that can improve one’s mood, sometimes lasting for a prolonged period.

“Think of humor this way,” says Coalman. “If life hands you lemons, make lemonade.”

According to Coalman, laughter and humor are among the best and most holistic medications people can use to stave off illness, reduce stress and increase positive immune-system responses to the hazards of living in a stress-filled world.

With the new year beginning, resolve to include daily doses of humor and laughter in your life. For a copy of Coalman’s article, visit <http://www.touchmark.com/MAC-IsLaughterReallyTheBest.pdf>.

Coalman oversees Touchmark’s Health & Fitness Clubs, Life Enrichment & Wellness Program and assisted living and memory care programs. An internationally recognized speaker and writer, she just returned from making two presentations at the Active Aging conference, held in Florida. The first highlighted

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what those in the health and fitness industry and retirement communities must do to find, train and keep key employees. Her second presentation provided information regarding the use of exercise to cope with depression.

The 135-acre Meadow Lake Village is a retirement resort for people 55 and greater offering single and attached homes, 35 acres of retail and commercial services, a nine-hole Par 3 golf course, large lake, miles of walking paths and a robust Life Enrichment and Wellness program.

A leader in planning, building and operating resort-style retirement communities for those 55-plus, Touchmark communities are located in eight states and a Canadian province. The company was established Nov. 10, 1980.