

# NEWS Release



## Waterford at Harwood Groves

A Touchmark® community  
Touchmark—celebrating 25 years

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### FOR IMMEDIATE RELEASE

#### **“IS LAUGHTER REALLY THE BEST MEDICINE?”**

FARGO, N.D. — 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 Waterford’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.

Waterford provides resort-style retirement for adults 55+ and is currently home to more than 125 people. Serving the Fargo-Moorhead metropolitan area since 1998, Waterford offers a wide range of single-level homes, apartment floor plans and living options. Waterford is part of Touchmark®—a company that has been serving the needs of older adults and their families for 25 years.

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.