

Caring Connections

Humor and Caregiving

The stress and strain of taking care of someone can make for a tiring and emotionally draining experience for any caregiver. Caregivers are at risk not only for physical problems, but are also at risk for burnout and stress-related illnesses. It may seem inappropriate to discuss laughter and humor in serious caregiving situations, but studies have shown that finding humor in everyday life actually helps reduce stress!

Research has shown that caregivers are more likely to suffer from anxiety, bouts of depression, and physical illness. The stress and isolation often encountered by the caregiver can lead to feelings of resentment, anger, and grief. Using your sense of humor is one of the best methods for reducing these risks and helping you have a healthier life (and it's free!).

How do laughter and humor help? Finding the humor in everyday situations helps you ease tensions, get control, and reduce embarrassment in awkward moments. When you laugh, your body relaxes and tension decreases. The combination of laughter and relaxation may give the caregiver relief from headaches, backaches, insomnia, and panic attacks. When you laugh, your whole body is involved. Laughter stimulates your heart and digestion rate and benefits the entire cardiovascular system because of increased oxygen in the blood stream.

It may be difficult to find much to

laugh about, especially if your care receiver is a difficult patient. It's easy to get frustrated, but using a sense of humor can turn many difficult situations around and make you a better companion. Bill Cosby once said, "If you can find humor in it, you can survive it."

So how should you get started if you're struggling with your sense of humor?

- Lighten up. Find something to laugh at, no matter how serious the situation. Change the "disasters" into something funny.
- Smile! A smile not only helps others feel better, but also helps you feel better.
- Look for the funny side no matter how painful the situation may be.
- Keep a humor journal and refer to it when you need a lift.
- Look for humor in stressful situations.
- Above all, start laughing! The sooner you begin, the sooner you will start to feel better.

Expired Savings Bonds Stop Earning Interest

E bonds issued between May 1941 and December 1976 have stopped earning interest.

If you have old bonds around, you may want to consider cashing them and reinvesting in something that will earn interest.

If you do decide to cash them in, you should be aware that federal income taxes may be due on the interest they earned in the past.

Other bonds which have stopped earning interest are H bonds issued June 1952 through December 1976; HH bonds issued January 1980 through December 1986 and all A, B, C, D, F, G, J and K bonds.

Savings notes issued May 1967 through October 1970 also will earn no more interest.

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Nurse's Notes



Nancy Diller-Shively, RN
Owner & Founder

Q: Our senior group meets once a month and likes to have a speaker each time. Does your company have a speech or talk you could share at one of our meetings?

A: Yes, we do! We would be happy to share our speech, "A Prescription for Livesavors" with your group. The speech highlights five key ingredients about how to savor life more fully by sharing stories, quotes and insights. The talk is meant to uplift, motivate, and leave you with something to think about. After the talk, we are happy to have a question and answer period should your group have questions regarding home health care.

We have shared this talk with over 100 community groups and are happy to do so at no charge, as a community service. For more information about scheduling a speaker for your group, please call 1-800-772-2929, ext. 105. We would be honored to address your group.

Elyria 440-366-6777

Sandusky 419-609-1960

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