



JRD Newsletter February 2020

Laughter is the Best Medicine

It's fun to share a good laugh, but did you know it can actually improve your health? Learn how to harness the powerful benefits of laughter and humor.

Authors: Lawrence Robinson, Melinda Smith, M.A., and Jeanne Segal, Ph.D.

Can laughing help your heart?

Laughing maintains a healthy endothelium and reduces the risk of cardiovascular disease, heart attack and stroke. When you laugh, the blood flow increases and the blood pressure rises; but when you stop laughing, blood pressure drops back to its baseline.

The benefits of laughter

It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor light-

ens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release an-

tionships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.



ger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your rela-

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

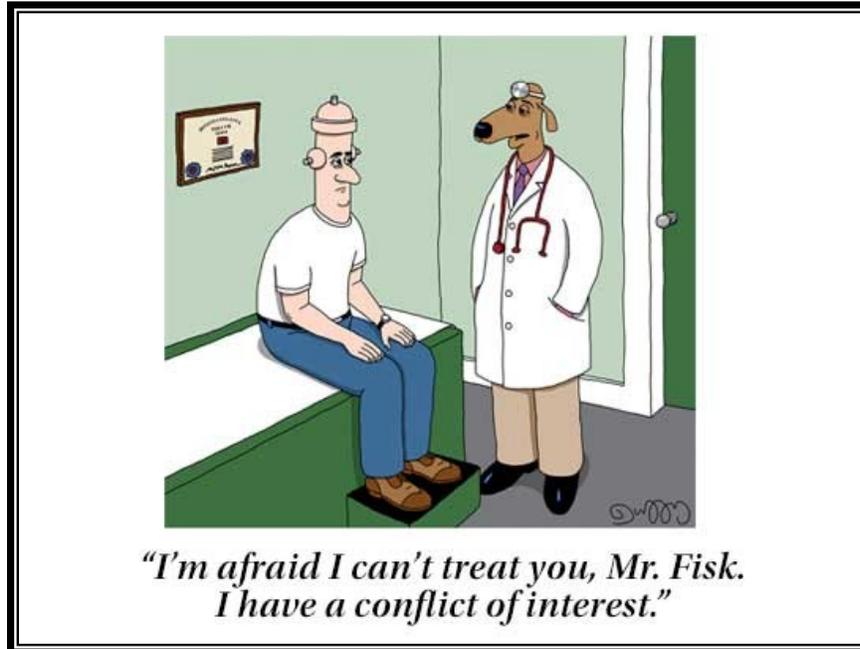
Laughter is good for your health!

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and fighting antibodies, your resistance to infection—thus improving disease.

Laughter triggers endorphins, the feel-good chemicals promote an overall sense of well-being and can easily relieve pain.

Laughter protects heart. Laughter improves the function of blood vessels and helps protect you against a heart attack and other problems.



the release of body's natural chemicals. Endorphins improve the overall sense of well-being and can temporarily relieve pain.

the improves the flow of blood through the blood vessels and increases blood flow, which can help protect you against a heart attack and other problems.

Laughter burns calories. OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

How to develop your sense of humor

Laugh at yourself. Share your embarrassing moments. The best way to take yourself less seriously is to talk about times when you took yourself *too* seriously.

Attempt to laugh at situations rather than bemoan them. Look for the humor in a bad situation, and uncover the irony and absurdity of life. When something negative happens, try to make it a humorous anecdote that will make others laugh.

Surround yourself with reminders to lighten up. Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh.

Frame photos of you and your family or friends having fun.

Remember funny things that happen. If something amusing happens or you hear a joke or funny story you really like, write it down or tell it to someone to help you remember it.

Don't dwell on the negative. Try to avoid negative people and don't dwell on news stories, entertainment, or conversations that make you sad or unhappy. Many things in life are beyond your control—particularly the behavior of other people. While you might view carrying the weight of the world on your shoulders as admirable, in the long run it's unrealistic and unhealthy.

Find your inner child. Pay attention to children and try to emulate them—after all, they are the experts on playing, taking life lightly, and laughing at ordinary things.

Deal with stress. Stress can be a major impediment to humor and laughter, so it's important to keep your stress levels in check. One great technique to relieve stress in the moment is to draw upon a favorite memory that always makes you smile—something your kids did, for example, or something funny a friend told you.

Don't go a day without laughing. Think of it like exercise or breakfast and make a conscious effort to find something each day that makes you laugh. Set aside 10 to 15 minutes and do something that amuses you. The more you get used to laughing each day, the less effort you'll have to make.

I love it when
someone's laugh is
funnier than the joke.

littlemissanje | tumblr

Warning: Don't be addicted to 9GAG.COM



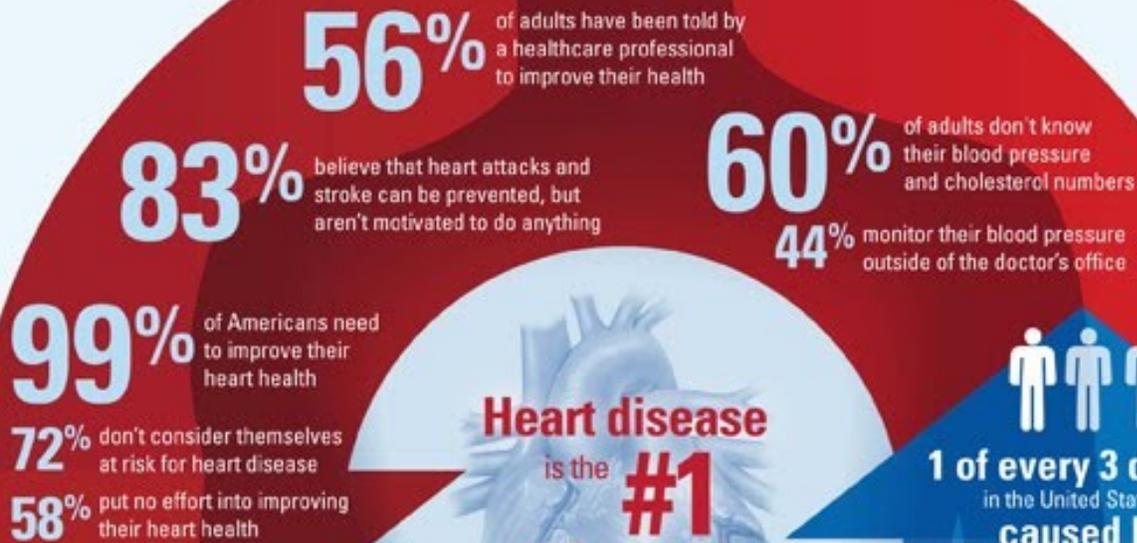
FunnyAnimalSite.com



Matters of Your Heart



RISKS



Heart disease is the **#1** leading cause of death in the United States



1 of every 3 deaths in the United States is caused by heart disease and stroke

Lowering your blood pressure may decrease your risk of stroke and heart disease by about **50%**



Every **25 seconds** an American will have a coronary event



Every **39 seconds** someone dies from heart disease and stroke

Each year, an estimated **785,000** Americans will have their first heart attack



Each year, an estimated **470,000** Americans will have another heart attack

FACTS

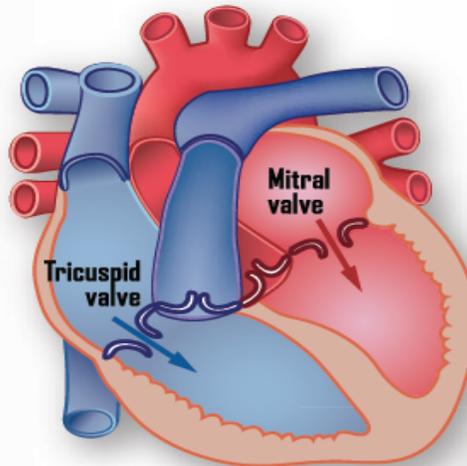
More than **62,000** visits per day on heart.org and strokeassociation.org

f 329 Join our Facebook communities every day

Join our conversation every day at facebook.com/AmericanHeart

AN Incredible MACHINE

THE VALVES OF THE HEART

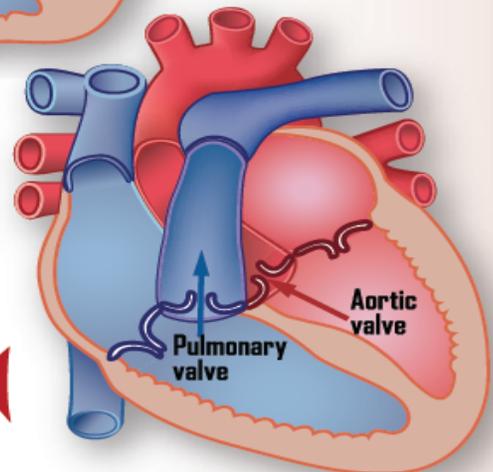


when the heart
EXPANDS
IT IS CALLED
DIASTOLE

4 VALVES
REGULATE
blood flow
THROUGH
YOUR HEART



when the heart
CONTRACTS
IT IS CALLED
SYSTOLE



THE **TRICUSPID VALVE**
REGULATES BLOOD FLOW BETWEEN THE
RIGHT ATRIUM & RIGHT VENTRICLE.

THE **PULMONARY VALVE**
CONTROLS BLOOD FLOW FROM THE RIGHT
VENTRICLE INTO THE PULMONARY ARTERIES,
WHICH CARRY BLOOD TO YOUR LUNGS TO PICK UP OXYGEN.

THE **MITRAL VALVE** LETS OXYGEN-RICH
BLOOD FROM YOUR LUNGS PASS FROM THE
LEFT ATRIUM INTO THE LEFT VENTRICLE.

THE **AORTIC VALVE** LETS OXYGEN-RICH
BLOOD PASS FROM THE LEFT VENTRICLE INTO THE
AORTA, YOUR LARGEST ARTERY, WHICH
THEN DELIVERS BLOOD TO THE REST OF THE BODY.

WHAT CAUSES THE
LUB-DUB SOUND
of a heartbeat?

LUB IS THE SOUND MADE WHEN THE
TRICUSPID & MITRAL VALVES
CLOSE AT THE BEGINNING OF SYSTOLE.

DUB IS THE SOUND MADE WHEN THE
AORTIC & PULMONARY VALVES
CLOSE AT THE BEGINNING OF DIASTOLE.

 TEXAS HEART INSTITUTE
at St. Luke's Episcopal Hospital

 LEARN MORE ONLINE
TEXASHEART.ORG



Valentine's Day Partner Workout

PERFORM 2-3 ROUNDS.

1

Forearm Plank + Burpees

Partner 1 holds a forearm plank while partner 2 performs a burpee and jumps or hops over partner 1. 8-10 reps per partner.

2

Wall Sit + Heel Taps

Partner 1 holds a wall sit while partner 2 lies down, holds partner 1's ankles and performs heel taps. 15-20 reps per partner.

3

Push Ups + High Five

Partner 1 and 2 face each other and perform push ups. Each time you press up, give each other a high five, alternating hands each rep. 12-15 reps total.

4

Sit Ups + Ball Pass

Partner 1 and partner 2 face each other with toes touching. Perform a sit up and each time you sit up pass a ball from one partner to the other. 15-20 ball passes total.

5

Overhead Walking Lunges

Partner 1 and partner 2 perform walking lunges side-by-side. One partner holds a medicine ball, weight or plate overhead at all times. Switch off when necessary. 50 steps total.

For more workouts, yoga tutorials and recipis visit:
www.peanutbutterrunner.com

PEANUT
BUTTER
RUNNER

by jen decurtins



**Lots of vendors....
NEW and old!**

JOIN US FOR JEROME'S ANNUAL HEALTH FAIR!!

Saturday, March 7, 2020

Jerome Recreation District

2032 Lincoln Avenue

7 am—noon

Tests available:

- Lipid Panel*.....\$15
- Comprehensive Metabolic Panel*....\$15
- Complete Blood Count.....\$10
- Thyroid Stimulating Hormone.....\$15
- Hemoglobin A1C.....\$10

***12-14 hours fasting is required for
these tests.**

Free Fitness Classes Open to the Public

- Boot Camp 7 am Spinning 8 am
- Pound Fitness 9 am Zumba 10 am



*Free nitrate testing on
private wells. Bring in 1
cup of outside faucet
water in a clean jar or
zip-lock bag.*

Bring a friend to the gym for a free all day pass!



**For information, please call
(208) 324-3389.**

amyw@jeromerecreationdistrict.com



KINDERGARTEN BASKETBALL CLINIC

Register November 1-February 24th

\$15.00 in district

\$25.00 out of district

MONDAYS and WEDNESDAYS

February 24, 26, and March 2, 4

4:00-5:00 PM



This clinic is designed to introduce Kindergarten age to the fundamentals of basketball in a non-competitive environment. Participants will work on shooting, dribbling, passing and defense. There will be no designated teams or coaches. Each participant will receive a basketball to continue their fundamentals at the end of the clinic.

YOUTH SPRING SOCCER

Register January 27-March 9th

\$15.00 in district

\$25.00 out of district

Games will be

April 4, 18, 25, and May 2



Volunteer Coaches Needed.

If interested, please fill out a Coach's Application at the time of registration. JRD requires volunteer coaches be background checked.

Practices

Teams may practice one or two times a week. Dates and times will be scheduled by the coaches.

Kids Night Out

6-7:30 pm

Tuesday, February 18th

Tuesday, March 17th

Ages 5 and up

*\$3.00 per child or free with
membership upgrade*

Pre-register by 2 days prior to event!



Thursday, March 19th

5:00pm-9:00pm

Free!!



Ladies Night Classes

Spinning
TRX Training
Zumba
Boot Camp

**Jerome Recreation
District**

2032 South Lincoln
Jerome, Idaho
324-3389

A few of last years vendors

Great Harvest Bread
Young Living
Self Defense tips
Perfectly Posh
Paparazzi Jewelry
Do Terra
Massages
Nail Techs
Books
Scentsy

Vendor booths only \$10!
Vendors need to bring their own table. Call 324-3389 to reserve a Spot and showcase your product!

**What can you
expect at
JRD**

Ladies Night?.....

- Free Fitness Classes
- Handmade Crafts
 - Skin care tips
- Beauty products
 - Snacks and
- Refreshments

HEART HEALTHY FOODS

PREVENT HEART DISEASE NATURALLY



WHAT to EAT?
FRUITS and VEGETABLES



WHAT to AVOID?
PROCESSED and GMO FOODS

* **Good fats**
monounsaturated fats
polyunsaturated fats
omega-3 fatty acids

Vitamin C

Magnesium

* **Bad fats**
saturated fats
trans fats

L-Proline

Vitamin D3

L-Lysine

CoQ10

Vitamin E

Fish Oil

SUPPLEMENTS
with **VITAMINS**
and **MINERALS**

VITAMINS
MINERALS
ANTIOXIDANTS
DIETARY FIBERS

SALT
BAD FATS
CALORIES
CHOLESTEROL

LIST of HEALTHY PRODUCTS



+ fibers
+ folic acid
+ potassium
+ **vitamin C**



Chia seed

healthy protein
+ fibers
+ good fats



+ potassium
+ folic acid
+ **vitamin C,A**
anti inflammation



+ Q10 co-enzyme
+ fibers
+ **vitamin A, C**
reduce inflammation



+ antioxidants
+ fibers
+ good fats



+ antioxidants
- cholesterol
- blood pressure
anti inflammation



+ **vitamin C,A**
+ antioxidants
+ potassium
- cholesterol



+ **vitamin B**
+ fibers
+ good fats



+ fibers
+ potassium
+ good fats
+ **vitamin C,B**



Spinatch

+ Q10 co-enzyme
+ antioxidants
+ potassium
- cholesterol
- toxins



+ antioxidants
+ fibers
+ potassium
- cholesterol
- blood pressure



+ fibers
+ antioxidants
- cholesterol



+ **vitamin A, C**
+ potassium
+ fibers



Brown rice

+ fibers
+ antioxidants
+ **lignans**



+ **vitamin C, B**
+ antioxidants
- cholesterol



Dark chocolate

+ antioxidants
- cholesterol
- blood sugar



+ **vitamin A, C**
+ fibers
+ potassium



+ **vitamin A,B,C**
helps with
cholesterol
blood flow



+ **vitamin C,A**
+ potassium
+ fibers



Orzo with Red Peppers and Spinach

Ingredients

- 1 cup uncooked orzo pasta (about 8 ounces)
- 1 tablespoon olive oil
- 1 medium sweet orange pepper, chopped
- 1 medium sweet red pepper, chopped
- 1 medium sweet yellow pepper, chopped
- 1 cup sliced fresh mushrooms
- 3 garlic cloves, minced
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups fresh baby spinach
- 1/2 cup grated Parmesan cheese



Directions

1. Cook orzo according to package directions; drain.
2. Meanwhile, in large skillet, heat oil over medium-high heat; saute peppers and mushrooms until tender. Add garlic and seasonings; cook and stir 1 minute.
3. Stir in spinach until wilted. Stir in orzo and cheese; heat through.

Turkey Thyme Stuffed Peppers

Ingredients

- 1 pound lean ground turkey
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon dried rosemary, crushed
- 1/8 teaspoon pepper
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 package (8.8 ounces) ready-to-serve brown rice
- 1/2 cup seasoned bread crumbs
- 4 medium sweet yellow, orange, or red peppers
- 1/4 cup shredded part-skim mozzarella cheese



Directions

1. In a large skillet, cook turkey and onion over medium heat 8-10 minutes or until turkey is no longer pink and onion is tender, breaking up turkey into crumbles. Add garlic and seasonings; cook 1 minute longer. Stir in tomatoes, rice and bread crumbs.
2. Cut sweet peppers lengthwise in half; remove seeds. Arrange pepper halves in a 13x9-in. microwave-safe dish; fill with turkey mixture. Sprinkle with cheese. Microwave, covered, on high for 7-9 minutes or until peppers are crisp-tender.

Just For Kids



Heart Paper Plate Craft



Need:

- ♥ Paper plate
- ♥ Paint
- ♥ Paint brush or sponge
- ♥ Scissors
- ♥ Paper punch
- ♥ Yarn
- ♥ Plastic yarn needle
- ♥ Tape
- ♥ Beads (optional)

♥ Directions: Paint paper plate the color of your choice. Let dry. Cut out heart shape from the middle of the paper plate. Using

the hole punch, punch holes all the way around the heart. Cut a strand of yarn, thread it through the plastic yarn needle and tie one end to the needle. Tape the other end of the yarn at the back of the paper plate. You can now start threading the yarn through the holes in the paper plate. You can go through the holes one or more times. Keep on threading until you reach the end of your yarn. Secure the end of the yarn to the back of the paper plate with tape. (Optional: You can thread pony beads on the yarn. As the plastic needle head is too tick to go through the beads, you will have to take the yarn out of the needle.)

Laughter...the Best Medicine!

