



ALLEGANY ADVISOR

Add years to your life and life to your years!

HRDC Senior Centers

Cumberland Senior Center
125 Virginia Avenue
Cumberland, MD 21502
301-783-1722
Manager: Rhonda Hardman
Aide: Vacant

Frostburg Senior Center
27 S. Water Street
Frostburg, MD 21532
301-689-5510
Manager: Joyce Shade
Aide: Gloria Whitehead

Georges Creek Senior Center
7 Hanekamp Street
Lonaconing, MD 21539
301-463-6215
Manager: Jeanne Jones
Aide: Frances Wilson

Westernport Senior Center
33 Main Street
Westernport, MD 21562
301-359-9930
Manager: Vacant
Aide: Cathie Lee



Birthstone:
Amethyst
Flower: Iris

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**OLDER
AMERICANS
MONTH**



ENGAGE AT EVERY AGE: MAY 2018

HRDC is proud to present its 15th annual Senior Prom

Mystical Journey

April 23, 2018
Cumberland Country Club
12:00pm - 3:00pm
\$10 per Person

Entertainment by
2 Jolly Hearts

Tickets on Sale
until April 15th
For More Information
Call 301-783-1710



What are the health benefits of thyme?

Last updated Fri 2 February 2018

By Christian Nordqvist

Reviewed by Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT



Nutrition Education

Thyme is an herb with culinary, medicinal and ornamental uses. The flowers, leaves, and oil of thyme have been used to treat [bed wetting](#), [diarrhea](#), stomach ache, [arthritis](#), [colic](#), [sore throat](#), cough, including [whooping cough](#), [bronchitis](#), [flatulence](#), and as a diuretic, to increase urination. Thyme is of the genus *Thymus*. The most common type is *Thymus vulgaris*. It is native to the Mediterranean.

Fast facts about thyme: Thyme is thought to have anti fungal, antibacterial, insecticidal, and possibly anti fungal properties. In history, it has been used for embalming and to protect from the Black Death.

Forms of thyme include fresh and dried herbs and essential oil.

Benefits: Thymol is one of a naturally-occurring class of compounds known as biocides, substances that can destroy harmful organisms. Used alongside other biocides, such as carvacrol, thyme has a strong antimicrobial action.

One study has suggested that thymol can reduce bacterial resistance to common drugs such as [penicillin](#).

The tiger mosquito: The tiger mosquito is native to tropical and subtropical areas of Southeast Asia. Since the 1990s, it has spread around the world, carrying [West Nile virus](#), Yellow fever virus, St. Louis [encephalitis](#), dengue fever, and Chikungunya fever. A team at Chungbuk National University in South Korea reported that a combination of thymol, alpha-terpinene, and carvacrol was effective in killing off tiger mosquito larvae.

High blood pressure: Researchers at the University of Belgrade, in Serbia, [found](#) that an aqueous extract obtained from wild thyme reduced [blood pressure](#) in tests on rats. Rats tend to have similar responses to humans when they have [hypertension](#), so the findings could have implications for humans.

Foodborne bacterial infections: A team at the Center for Studies of Animal and Veterinary Sciences in Portugal studied the antimicrobial activity of essential oils extracted from a range of aromatic plants, including thyme oil. They [reported](#) that thyme oil, even at low concentrations, showed potential as a natural preservative of food products against several common foodborne bacteria that cause human illness. A Polish study tested thyme oil and lavender oil, and they [observed](#) thyme oil was effective against resistant strains of *Staphylococcus*, *Enterococcus*, *Escherichia* and *Pseudomonas* bacteria.

Colon cancer: A study carried out in Lisbon, Portugal, [found](#) that extracts of mastic thyme may protect from [colon cancers](#).

Breast cancer: Researchers in Turkey looked at the effect of wild thyme on [breast cancer](#) activity, and specifically how it affected apoptosis, or cell death, and epigenetic events in breast cancer cells.

Epigenetics is the study of changes in gene expression caused by mechanisms that do not involve alterations in DNA sequence. They [found](#) that wild thyme induced cell death in breast cancer cells.

Yeast infection: The fungus *Candida albicans* is a common cause of mouth and vaginal yeast infections, a recurring condition often referred to as "thrush." Researchers at the University of Turin, in Italy, [found](#) that essential oil of thyme significantly enhanced intracellular killing of *C. albicans*, which causes thrush, in the human body.

Prolonging the stability of cooking oils: Lipid oxidation is a serious problem during food processing and storage. It leads to losses of quality, stability, safety, and nutritional value. Scientists from Warsaw, in Poland, carried out a study to look at whether thyme extract might prolong the stability of sunflower oil at different temperatures. They suggest that thyme might be a potent [antioxidant](#) for stabilizing sunflower oil.

Common skin problems: Skin problems are common worldwide. In some countries, [herbal preparations](#) are an important form of medicine. A team at Addis Ababa University, in Ethiopia, carried out a study to assess the therapeutic benefits of a 10 percent chamomile extract cream and a 3 percent thyme essential oil antifungal cream for eczema-like lesions. They noted that [66.5 percent](#) of those treated with a fungal cream containing thyme essential oil were completely healed, compared with 28.5 percent of those using [a placebo](#). Results for the chamomile cream were similar to those for the placebo. The researchers conclude: "A 3 percent thyme essential oil cream could represent a relatively economical and easily available opportunity to treat and heal mild to moderate cases of fungal infections." However, they recommend further research.

Acne: Scientists from Leeds, in the U.K., tested the effects of myrrh, marigold, and thyme tinctures on the bacterium that causes [acne](#). They [found](#) that thyme may be effective at treating acne.

Its antibacterial effect [proved](#) stronger than that of standard concentrations of benzoyl peroxide, the active ingredient used in most creams and washes that are recommended for acne. Benzoyl peroxide also causes a burning sensation and irritation on the skin.

History: In Ancient Egypt, thyme was used for embalming. The Ancient Greeks used it as incense in temples, and they added it to bathwater. The [Romans](#) used thyme as a flavoring for cheese and alcoholic beverages. They are also said to have offered it as a cure for people who were melancholic or shy. They are believed to have introduced it to the British Isles. Hippocrates, who lived around 460 BCE to 370 BCE, and who is known today as "the father of Western medicine," recommended thyme for respiratory diseases and conditions. It was grown in gardens and gathered in the countryside. When the Black Death swept across Europe in the 1340s, [poesies of thyme](#) were worn for protection. Scientific research does not support this use, but thyme has been shown to have a range of medicinal properties. However, anyone planning to make a significant change to treatment for a health condition should first discuss this with a physician.

APRIL IS PARKINSON'S
AWARENESS MONTH

one community working for a cure



Health Education

Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing ("dopaminergic") neurons in a specific area of the brain called substantia nigra. Symptoms generally develop slowly over years. The progression of symptoms is often a bit different from one person to another due to the diversity of the disease. People with PD may experience:

- Tremor, mainly at rest and described as pill rolling tremor in hands. Other forms of tremor are possible

- Slowness of movements (bradykinesia)

- Limb rigidity

- Gait and balance problems

The cause remains largely unknown. Although there is no cure, treatment options vary and include medications and surgery. While Parkinson's itself is not fatal, disease complications can be serious. The Centers for Disease Control and Prevention (CDC) rated complications from PD as the 14th cause of death in the United States.

The first step to living well with Parkinson's disease is to understand the disease and the progression:

It is possible to have a good to great quality of life with PD. Working with your doctor and following recommended therapies are essential in successfully treating symptoms by using dopaminergic medications. People with PD need this medication because they have low levels or are missing dopamine in the brain, mainly due to impairment of neurons in the substantia nigra. It is important to understand that people with PD first start experiencing symptoms later in the course of the disease because a significant amount of the substantia nigra neurons have already been lost or impaired. Lewy bodies (accumulation of abnormal alpha-synuclein) are found in substantia nigra neurons of PD patients.

Scientists are exploring ways to identify biomarkers for PD that can lead to earlier diagnosis and more tailored treatments to slow down the disease process. Currently, all therapies used for PD improve symptoms without slowing or halting the disease progression.

In addition to movement-related ("motor") symptoms, Parkinson's symptoms may be unrelated to movement ("non-motor"). People with PD are often more impacted by their non-motor symptoms than motor symptoms. Examples of non-motor symptoms include: apathy, depression, constipation, sleep behavior disorders, loss of sense of smell and cognitive impairment.

In idiopathic Parkinson's disease, progression tends to be slow and variable. Doctors often use the Hoehn and Yahr scale to gauge the progression of the disease over the years. The scale was originally implemented in 1967 and it included stages zero to five, where zero is no signs of Parkinson's and five is advanced PD. It was later changed to become the modified Hoehn and Yahr scale.

Page reviewed by Dr. Ahmad Elkouzi, Movement Disorders Fellow at the University of Florida, a Parkinson's Foundation Center of Excellence.

For more information visit <http://www.parkinson.org/parkinsonsawarenessmonth>

What's Happening

Cumberland

301-783-1722

- April 4- 9:30am Spring Craft-Small Fee :11am
Speaker: Lisa Moran-Eating on a Budget
April 5-10:30am Garden Club Activity;
2:30-5:30pm-**Special Bingo 4 Prizes**-Small Fee
April 10-10:45am **SPEAKER:** Cherie Snyder-
Mind/Body Stress Management
April 11-4pm **Dinner Trip** to Texas Grill House
April 13-11am Head Start Visit
April 16- 11am National Healthcare Decisions
Day- Patty Spiker "advance directives"
April 18-11:00am- **SPEAKER**-Destiny Swandol-
Diabetes and Memory
April 19- 4pm **Dinner Trip** to Pondarosa
April 21-**Trip** to Altoona and Boscovs-Bus
leaves the center at 8:00am
April 25-10:45am- **Speaker** Darla Lewis-
Glycemic Index; 4pm **Dinner trip** to HOB0's
April 26: 10:30am Volunteer Appreciation Day
April 27: 7:30-9am **Breakfast** at the Center (fee)

Frostburg

301-689-5510

- April 5 - 11am **SPEAKER** Lisa Bohrer
April 10 - 11am **Speaker** Teresa Waugerman-OT
April 11 - 10:30am Patricia Painter will be here to
do memory screenings
April 12 -1pm **TRIP** to Bread Store & Ice Cream
April 14 - 9:00am Breakfast Club at Dennys
April 16 - 11:00am National Healthcare Decisions
Day- Chelle Broadwater advance
directives, planning ahead of a health crisis:
1pm **Craft w/ HeadStart** children
April 18 - 4:00 pm **Dinner Club** at UNOS
April 20 - 11am **Speaker** from Maryland Insurance
Admin; 1pm **Senior Club** meeting
April 23 - 4:00pm **Earth Day** Garden club
April 24 - 11:00 am **SPEAKER** from RSVP
April 26 - 1:00 pm **TRIP** to Road Kill
April 30 - 4pm **Meet and Eat** at Klines

Westernport

301-359-9930

- April 3: **TRIP:** 4:00pm Chat N Chew
April 10- 1:00pm **SPEAKER:** Lisa Bohr Skin
Cancer & Prevention; **TRIP:** 4:00pm Dinner
@ Taste of the Town
Fort Ashby, WV
April 12: **SPEAKER:** Leona McTaggart Piney
Valley
April 16- 11:00am National Healthcare
Decisions Day- Leona McTaggart will be here
to help promote awareness of advance
directives as a way of planning ahead of a
health crisis; **TRIP:** 4:00pm Dinner at Perkins
Restaurant & Bakery
April 24- 5:00pm Pot Luck Garden Party

Georges Creek

301-463-6215

- April 3- 11:00am **Speaker** Chelle Broadwater
"Nursing Homes and Medicare"; 4:00pm Senior
Center Dinner Hot Off the Grill
April 6- 1pm Volunteer Appreciation Celebration
April 9- 9:30am HRDC Intergenerational Activity
Susan K Westfall Head Start Reading w/Wink
April 10-11:00am **Speaker** Linda Green RN
"Medication Management Consultations"
April 11- 8:30am Make Chicken Noodle & Chili
Soup Benefit Client Funds "Volunteers Welcome"
April 12- 8am-4pm Pick Up Soup; 10:30am
Speaker Patricia Painter, "Memory Screenings"
4:00pm **Trip** Dinner at Traditions
April 13- 11am **Speaker** Lisa Moran Men's Health
April 16- 11am Nat'l Healthcare Decisions Day
April 18- 11:30am **Speaker** Alexander
Miltenberger- Allegany Law Advanced Directives;
April 19- 11:00am **Speaker** Patricia Dorn
Maryland Consumer Education & Advocacy;
5:00pm Senior Center & Club
Dinner 5:45pm Senior Retirement Club Mtg
April 28- 8:am **Trip** Breakfast Club Casselman



Call for more information...

The Senior Corner

Pictured to Right: Nellie Bittner and Leah Bridges enjoy Crafts with Jackie at the Frostburg Senior Center



Pictured to Left: Joy and Ray Fogle dance the jitterbug during Cumberland Senior Center's Valentine's Day dance.



Pictured below right: Ralph Bever, Patty Bever and Judy Weimer enjoying ice cream during a Westernport Senior Center outing at the Meadows in Altoona, PA.



Pictured to Left: The GCSC held pajama day recently enjoying the day is Mary Ann Engleman, Wayne Smith, Janet Nicol, & Frances Wilson

Service Directory

Adult Medical Day Services
301-777-8422 / 301-463-4085

Office of Home Energy Program
301-777-8550

Mobility Management
301-783-1725

Weatherization
301-777-8550

Homeless Services
301-724-8286

Adult Evaluation & Review Services
301-759-5210

Adult Protective Services
301-784-7068

Maryland Access Point
301-783-1752

Senior Legal Aid
301-722-3390

Medicare Updates



U.S. Department of Health & Human Services

CMS finalizes coverage of Next Generation Sequencing tests, ensuring enhanced access for cancer patients

Date 2018-03-16

Title CMS finalizes coverage of Next Generation Sequencing tests, ensuring enhanced access for cancer patients

Contact press@cms.hhs.gov

CMS finalizes coverage of Next Generation Sequencing tests, ensuring enhanced access for cancer patients A new opportunity for cancer patients as advanced diagnostic laboratory tests now have expanded Medicare coverage

Today the Centers for Medicare & Medicaid Services (CMS) took action to advance innovative personalized medicine for Medicare patients with cancer. CMS finalized a National Coverage Determination that covers diagnostic laboratory tests using Next Generation Sequencing (NGS) for patients with advanced cancer (i.e., recurrent, metastatic, relapsed, refractory, or stages III or IV cancer). CMS believes when these tests are used as a companion diagnostic to identify patients with certain genetic mutations that may benefit from U.S. Food and Drug Administration (FDA)-approved treatments, these tests can assist patients and their oncologists in making more informed treatment decisions. Additionally, when a known cancer mutation cannot be matched to a treatment then results from the diagnostic lab test using NGS can help determine a patient's candidacy for cancer clinical trials. This decision was made following the parallel review with the FDA, which granted its approval of the FoundationOne CDx (F1CDx™) test on Nov. 30, 2017. At the same time, CMS issued a proposed NCD for NGS cancer diagnostics. F1CDx™ is the first breakthrough-designated, NGS-based in vitro diagnostic test that is a companion diagnostic for 15 targeted therapies as well as can detect genetic mutations in 324 genes and two genomic signatures in any solid tumor.

"We want cancer patients to have enhanced access and expanded coverage when it comes to innovative diagnostics that can help them in new and better ways," said Seema Verma, CMS Administrator. "That is why we are establishing clear pathways to coverage, while at the same time supporting laboratories that currently furnish tests to the people we serve."

In addition to covering the FDA-approved F1CDx™, CMS is covering FDA-approved or cleared companion in vitro diagnostics when the test has an FDA-approved or cleared indication for use in that patient's cancer and results are provided to the treating physician for management of the patient using a report template to specify treatment options.

"These tests can help doctors consult with patients about more targeted care or enrollment in a clinical trial," said Kate Goodrich, M.D., CMS chief medical officer and director of the Center for Clinical Standards and Quality (CCSQ). "The expanded coverage in this final NCD now includes additional tests for relapsed, refractory, and earlier stage III cancers to aid in the treatment of these cancer patients."

This NCD recognizes the importance of analytical and clinical validation of the diagnostic laboratory test that is part of FDA approval or clearance and provides national coverage after demonstration that use of the diagnostic laboratory test guides the management and treatment of the patient improves health outcomes. Tests that gain FDA approval or clearance as an in vitro companion diagnostic will automatically receive full coverage under this final NCD, provided other coverage criteria are also met. Coverage determinations for other diagnostic laboratory tests using NGS for Medicare patients with advanced cancer will be made by local Medicare Administrative Contractors. In addition, after considering all public comments, this final decision expanded coverage to patients with relapsed, refractory or stage III cancers. The final decision also extends coverage to repeat testing when the patient has a new primary diagnosis of cancer.

After reviewing all the public comments for this specific determination, we have removed coverage with evidence development in this final NCD. Many commenters reported that they are already developing or have developed the evidence to demonstrate these diagnostic laboratory tests using NGS to improve health outcomes for Medicare beneficiaries with cancer - or are equipped to conduct their own studies to generate evidence that use of the test guides management and treatment, and improves health outcomes for the Medicare population. We strongly encourage continuing and publishing the results of these important studies, especially on the endpoints of overall survival, progression free survival, objective response, and patient reported outcomes relevant to the quality of life for Medicare beneficiaries. This is not only important to ensuring that patients, caregivers and their providers can make informed decisions, but also to continue to develop and publish results to develop new technologies in the healthcare system.

For more information: visit Medicare.gov



5 Spring Cleaning Safety Tips for Senior Citizens

By: [Elizabeth Bemis](#) on May 8th, 2013

Does your kitchen look like a display ad for gadgets and counter-top appliances? Does all of the excess furniture lying around your living space look like it should be in a yard sale? If you answered “yes” or even a reluctant “no”, then it’s time to freshen up your home. Spring is the season of renewal, so get caught up in the fever and throw out the junk and re-organize your space! For seniors citizens and their caregivers, these five spring cleaning tips are for safety first.

1. Check the Medicine Cabinet

Are medications labeled and stored in their proper containers? Do you have old prescription drugs mixed in with the new? These common practices in homes pose potentially dangerous health hazards. Whereas some medications still retain their potency after expiration dates, many do not and should be disposed of. Old liquid antibiotics, drugs comprised of organic ingredients and those requiring refrigeration should be safely discarded. Be sure to store medications in a cool, dark, dry place; the bathroom does not fit that category. A better place is an airtight plastic container on a shelf in your closet.

2. Clean Up Clutter

Trips and falls are likely to happen when you accumulate too much “stuff”. Reduce the risk by removing unnecessary and obstructive items (including furniture) from your regular walking path and place them in storage. Make maintaining a clear walkway in every room of the house or apartment a top priority. And either tape carpet edges or throw rugs to the floor or get rid of them entirely. In the kitchen, remove infrequently used appliances off the counter, organize cabinets, create front row spaces for frequently use items, and clear out the refrigerator and pantry of stale food.

3. Have an Emergency Plan in Place

In case of an emergency such as a fall, an attempted burglary, or a kitchen accident, do you have important numbers on speed dial? Know who to call in an emergency and have your phone programmed, accordingly. If you reside in an assisted living community, be sure you understand how the emergency response system works. Just like when you were living in a neighborhood, look out for others and know who to go to for help.

4. Never Try to Move Heavy Objects or Furniture on Your Own

For seniors with reduced strength or mobility challenges, doing household chores may seem like a monumental task. Never try to move furniture or heavy objects on your own. Don’t stand on a chair or ladder to clean hard to reach spots or change light bulbs. Use cordless cleaning tools and lightweight equipment which are easier to use. Try the newer, more efficient technology tools on the market designed to make modern household cleaning a breeze.

5. Monitor Your Smoke Alarm System, Fire Extinguisher and Emergency Kit

Periodically check your smoke alarm system and carbon monoxide detectors; run a test to ensure batteries for detectors are functional. Every home should have at least two handheld fire extinguishers (one in the kitchen for sure). Check the expiration date and remind yourself to monitor the device every once in a while. Emergency kits should be assessed often and restocked in the Spring and Winter. General contents may include: a flashlight and spare batteries, thermometer, Band-Aids, scissors, tape, triple antibiotic ointment, wound care dressings, allergy and digestive medications, protein bars, a current medication list and names and phone number of family or friends to contact list in an emergency.

Nutritious Recipe

Balsamic Chicken with Mushrooms and Thyme

PREP TIME: 5 MIN COOK TIME: 20 MIN TOTAL TIME: 25 MINUTES

SERVINGS: 4

Categories: 250 Calories, Chicken, Dairy Free, Kid Friendly, Quick and Easy, Dinner, Clean Eating, Gluten Free, Low Carb, Paleo, Weight Watchers®, Whole30®

Ingredients

1.33 lbs. boneless skinless chicken breasts

2 tsp olive oil

8 oz. mushrooms, sliced

2 garlic cloves, minced

1/2 cup low sodium chicken broth

2.5 tbsp. balsamic vinegar

1/2 tsp. thyme

Salt and pepper

1 tbsp. parsley, chopped

Directions

Season the chicken with salt and pepper. Heat the olive oil over medium high heat. Add the chicken and sear on both sides until golden brown, about 2-3 minutes. Remove the chicken and set aside.

Add the garlic and mushrooms to the skillet and cook for 3-4 minutes until mushrooms begin to soften.

Add the chicken broth, balsamic vinegar, and thyme to the skillet. Stir and scrape any browned bits off the bottom of the pan. Add the chicken and let simmer for 10-15 minutes on low heat or until chicken is fully cooked.

Nutritional Facts

Serving Size: 6 oz. chicken and 1/2 cup mushrooms

Amount Per Serving

Calories 215

Calories from Fat 36

% Daily Value *

Total Fat 5g

6%

Saturated Fat 0g

2%

Monounsaturated Fat 0g

0%

Polyunsaturated Fat 0g

0%

Cholesterol 74mg

24%

Sodium 69mg

3%

Total Carbohydrate 4g

1%

Dietary Fiber 1g

3%

Sugars 3g

Protein 34g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. The Nutritional Values provided are estimates only and may vary based on the preparation method.



© Slender Kitchen

APRIL
AUTISM
AWARENESS
MONTH

A colorful autism awareness ribbon with a pattern of small, multi-colored squares.

MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

Call Today

301-783-1752

or visit: www.marylandaccesspoint.info

Tips and Techniques for The Senior Gardener

Agricultural Engineering Extension: Karen Funkenbusch, MA,
and Willard Downs, Ph.D.



Gardening is America's favorite leisure outdoor activity, enjoyed by more than 78 million people, according to the National Gardening Association. For most of us, gardening provides a welcome sojourn in the natural world, a sanctuary that promises relief from the challenges of life. Yet many feel the need to give it up as they become less physically able. Gardening can enrich the life of the senior gardener in many ways - physically, mentally, and spiritually.

The following tips for modifying tools and gardening techniques can make all the difference for the senior gardener.

- Paint your garden tools with a bright color. This will enable the senior gardener to easily locate tools.
- Purchase seed and seed tape for easier handling and planting.
- Grow plants that heighten the sense of touch or smell.
- Use a vertical garden or trellis. This allows the senior gardener to plant and weed without stooping or bending.
- Build and design raised beds that provide a place to sit and garden.
- Try using a stool, chair, or bench to avoid constant stooping or squatting.
- Use the right length tools. Long handled or curved handled tools provide better grips and more leverage.
- For safety sake, garden early in the morning or late in the day. Avoid being out between 10:00 a.m. and 2:00 p.m. Drink plenty of decaffeinated fluids to prevent dehydration. Also, allow time for breaks in the shade.
- Wear lightweight clothing, long sleeved shirt, eye protection, sunscreen, a big hat to shade face, and gardening gloves.

APRIL IS
NATIONAL VOLUNTEER MONTH



**APRIL IS
NATIONAL HUMOR
MONTH!**



Give Your Body a Boost -- With Laughter

Why, for some, laughter is the best medicine

By [R. Morgan Griffin](#), WebMD

Feeling rundown? Try laughing more. Some researchers think laughter just might be the best medicine, helping you feel better and putting that spring back in your step. "I believe that if people can get more laughter in their lives, they are a lot better off," says Steve Wilson, MA, CSP, a [psychologist](#) and laugh therapist. "They might be healthier too." Yet researchers aren't sure if it's actually the act of laughing that makes people feel better. A good sense of humor, a positive attitude, and the support of friends and family might play a role, too. "The definitive research into the potential health benefits of laughter just hasn't been done yet," says Robert R. Provine, professor of psychology and neuroscience at the University of Maryland, Baltimore County and author of *Laughter: A Scientific Investigation*. But while we don't know for sure that laughter helps people feel better, it certainly isn't hurting. We change physiologically when we laugh. We stretch muscles throughout our face and body, our pulse and [blood pressure](#) go up, and we breathe faster, sending more oxygen to our tissues. People who believe in the benefits of laughter say it can be like a mild [workout](#)-- and may offer some of the same advantages as a workout. "The effects of laughter and [exercise](#) are very similar," says Wilson. "Combining laughter and movement, like waving your arms, is a great way to boost your [heart rate](#)." One pioneer in laughter research, William Fry, claimed it took ten minutes on a rowing machine for his heart rate to reach the level it would after just one minute of hearty laughter. And laughter appears to burn calories, too. Maciej Buchowski, a researcher from Vanderbilt University, conducted a small study in which he measured the amount of calories expended in laughing. It turned out that 10-15 minutes of laughter burned 50 calories. While the results are intriguing, don't be too hasty in ditching that treadmill. One piece of [chocolate](#) has about 50 calories; at the rate of 50 calories per hour, losing one pound would require about 12 hours of concentrated laughter!

Laughter's Effects on the Body

In the last few decades, researchers have studied laughter's effects on the body and turned up some potentially interesting information on how it affects us:

Bloodflow. Researchers at the University of Maryland studied the effects on [blood vessels](#) when people were shown either comedies or dramas. After the screening, the blood vessels of the group who watched the comedy behaved normally -- expanding and contracting easily. But the blood vessels in people who watched the drama tended to tense up, restricting blood flow. Immune response. Increased stress is associated with decreased immune system response, says Provine. Some studies have shown that the ability to use humor may raise the level of infection-fighting antibodies in the body and boost the levels of immune cells, as well. [Blood sugar levels.](#) One study of 19 people with [diabetes](#) looked at the effects of laughter on [blood sugar levels](#). After eating, the group attended a tedious lecture. On the next day, the group ate the same meal and then watched a comedy. After the comedy, the group had lower blood sugar levels than they did after the lecture.

Relaxation and [sleep](#). The focus on the benefits of laughter really began with Norman Cousins's memoir, *Anatomy of an Illness*. Cousins, who was diagnosed with [ankylosing spondylitis](#), a painful spine condition, found that a diet of comedies, like Marx Brothers films and episodes of Candid Camera, helped him feel better. He said that ten minutes of laughter allowed him two hours of pain-free [sleep](#).

The Evidence: Is Laughter the Best Medicine?

But things get murky when researchers try to sort out the full effects of laughter on our minds and bodies. Is laughter really good for you? Can it actually boost your energy? Not everyone is convinced. To read more of this article visit :

<https://www.webmd.com/balance/features/give-your-body-boost-with-laughter#1>

SCAM

ALERT

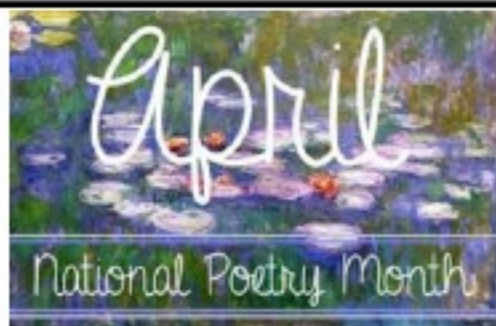
Medical identity theft occurs when a beneficiary's Medicare number is misused, either by a provider, a supplier, or by someone posing as the real beneficiary in order to receive medical care. Such Medicare numbers are considered "compromised." Medicare numbers are for life, even if stolen or misused, so a beneficiary whose number is compromised may be affected forever by false claims against his or her Medicare number.

Health Impact

Receiving health care from a fraudulent provider can mean the quality of the care is poor, the intervention is not medically necessary, or worse: The intervention is actually harmful. A beneficiary may later receive improper medical treatment from legitimate providers as a result of inaccurate medical records that contain:

- False diagnoses
- Records showing treatments that never occurred
- Misinformation about allergies
- Incorrect lab results

Additionally, because of inaccurate or fraudulent claims to Medicare, beneficiaries may be denied needed Medicare benefits. For example, some services have limits. If Medicare thinks such services were already provided, they will deny payment.



Allegany County HRDC



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HRDC's Mission

HRDC, a nonprofit Community Action Agency in Allegany County, strives to eliminate social and economic barriers to promote individual and community stability through services, advocacy and collaboration.

Medical Identity Theft

Medical identity theft occurs when a beneficiary's Medicare number is misused, either by a provider, a supplier, or by someone posing as the real beneficiary in order to receive medical care. Such Medicare numbers are considered "compromised." Medicare numbers are for life, even if stolen or misused, so a beneficiary whose number is compromised may be affected forever by false claims against his or her Medicare number.

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Alzheimer's Support Group
Held 2nd Tuesday of every month
at the AC Health Dept Conf Rm
#2 5:00pm-7:00pm
More info call:
Frank Puhalla, 301-359-3000

Diabetes Support Group
Held 1st Tuesday of every month
WMRMC - Auditorium Room 6
5:30pm-6:30pm
More info call:
Lori Shaulis
240-964-8789

Bereavement Support Group
Held 4th Wednesday of every
month at the Former Ames Bldg
6:00pm - 7:00pm
More info call:
Brent Thornton 240-964-9000