



Laurel House Comfort Care Home | 224 Fair Street, Newark, NY 14513 | (315) 573-7028



Always send love their way...

To the people you know well, the people you've only just met, the people your friends or family know and talk about often, and the strangers... send love their way. ~The Hospice Heart

One thing I love about Laurel House is the all encompassing nature. We love everyone, we don't judge and we give all we can. I hope this issue of our newsletter shares some love with you. We care about you, and that was why this newsletter was created. Be well, and catch the love I am sending you.

~Laci Graham, Executive Director

Sharing a Moment...

This was written on the back of a picture that was painted and given to the Laurel House.

"Keep Looking for the Moon"

Since he was two years old, Nicholas would see the moon and have to call or text Oni to tell her to go look for it. This continued to present day, even throughout college. As Nicholas left his Oni the night before mom completed her journey, he said, "I love you Oni, keep looking for the moon."



Looking At Love in a Different Way.....

Love...I love chocolate...I love the way you look today...I love the holiday season...I love football...I love nature. Love, a word with very broad meanings, often involved with romance and selecting a special someone who makes you feel like more. Let's take a moment to look beyond the usual and shine a light on love of mankind: words, often uttered absent any real cognition of the power of love. Words we recognize are filled with necessity, showcase character and a better way, words we know direct

us...but to what? Perhaps the following:

"Love doesn't carry you. You carry love.

And if you will carry love, love will see you through, will guide you through, will show you through. It is like a flashlight. You carry love, and it can bring the light into darkness. But you are not going to get anywhere if you are going to sit on a flashlight." (Concept Synergy)

A flashlight. How profoundly simple. Hold a flashlight of love for mankind, and I can know I am shining light into the darkness.

Really? That will work?

Think of two rooms in a building, side by side with a closed door in the center connecting the two. One room is totally dark; there are no windows, no light, only a closed door to another room. That room is full of light, with windows and a skylight letting in the bright shining sun, many lights are glowing brightly, open the door, and which wins: the dark or the light?

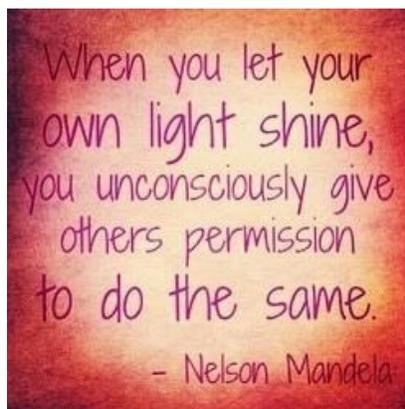
The light...always the light!

Why then do we think the light isn't so powerful? Likely because the dark is expedient, full of fear in its total lack of clarity. But light, which shines on the truth and false alike, adds the clarity for all of us to see what is real, what is reality, what is relevant. We need to remember that light always wins. It is more powerful. Goodness and truth shall prevail. It always has and always will. Perhaps it will be easier now. We can shine the light of love as a flashlight and let it do what it does best.

Help to LIGHT UP THE DARKNESS for all mankind.



And know I can make a difference, albeit in a small way, to help mankind, one small moment after another. (Recently a flashlight that can be seen 5 miles away was developed. Wonder what good we could achieve if we held the vision of our flashlight of love is able to be seen 5 miles away?)



Timely Tips

What better time to look at hearts with emphasis on our own? Our number one

priority should be to provide some self-care time so we can be there for all the ones who fill our hearts with joy. Time to look at our hearts from two perspectives; physical and emotional. We offer you side by side check lists of what's important.

Start by acknowledging we are each human, by design, we can't avoid it, and as humans we can't avoid being wrong from time to time. No two snowflakes are alike; why would we expect all humans to be. Therein lies our gift to the world; each human has meaning and adds to the whole by their unique energy. What we can do is look after our hearts. This can get you started.

The American Heart Association 7 risk factors that people can improve through lifestyle changes to help achieve ideal cardiovascular health.

Physical Heart Health

Manage Blood Pressure

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

Learn how to [manage your blood pressure with our infographic](#).

Control Cholesterol

High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.

Learn how to [control your cholesterol with our infographic](#).

Reduce Blood Sugar

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.

Learn how to [reduce your blood sugar with our infographic](#).

Get Active

Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.

Learn how to [get active and move more with our infographic](#).

Eat Better

A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your

Emotional Heart Health

GIVE YOURSELF PERMISSION TO FEEL YOUR EMOTIONS AS THEY OCCUR.

Without judgement. **Emotions are real, not bad or awful. They just are.**

Examine what you feel and then decide to keep it, discard it, or find a better one.

(Shoved down they are there to flare up at any time.)

ACCEPT THAT WE ARE ALL HUMAN.

Being human has painful moments. They are not punishment or signs of inadequacy. **No one can be perfect.** Like it or not, tough moments teach us how to learn and grow.

(It's another of those darn growing experiences. Sigh)

BE KIND AND COMPASSIONATE WITH SELF.

Doing unto others as we would have done starts with self. **Grant yourself that self caring.** It will pay dividends.

ASKING FOR HELP IS A SIGN OF STRENGTH, NOT WEAKNESS

Accepting help reduces stress on the heart. No man is an island; nor do they need to even be a peninsula.

UNDERSTAND THAT IS WE HAVE DONE THE BEST WE KNOW HOW AT THAT MOMENT, THAT DESERVES OUR RESPECT.

For what is better than the best we know at the moment?

ADOPT THESE SIMPLE RULES FOR LIVING:

1. In this life it is permissible to make mistakes.
2. Mistakes are for correcting. Go ahead and correct your error.
3. Value the correction, not the error.

chances for feeling good and staying healthy – for life!

Learn how to [eat better with our infographic](#).

Lose Weight

When you [shed extra fat and unnecessary pounds](#), you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better, too.

Learn how to [lose or manage weight with our infographic](#).

Stop Smoking

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, [quitting](#) is the best thing you can do for your health.

Learn how to [stop smoking with our infographic](#).

4. **Don't let failure go to your head.**

These measures have one unique thing in common: any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have--to live a long, productive healthy life.



~Here's to a healthy life for all our readers~

Why Do You Always Wake Up at 3 a.m.?

It's a common phenomenon – and usually harmless

Next time you wake from a sound sleep and roll over to see those familiar numbers on the bedside clock, know that many others are doing the same thing.

Whether your time is 3 a.m. or 1 a.m. or any other time, you're one of many people who experience regular nighttime awakenings.

The time – while it may be surprisingly predictable, down to the minute – really isn't significant, says psychologist and sleep expert [Alexa Kane, PsyD](#).

“At one point, you may have had a reason to wake up at that time, maybe in response to sleep apnea or a crying baby,” she says. “Your body may have become conditioned to it.”

Regardless, nighttime awakenings are a common phenomenon and usually harmless, especially if you easily doze off again. They do not mean you're a bad sleeper. And they do not mean you have insomnia.

When are regular awakenings a problem?

Waking up at night, by itself, isn't a problem. However, waking up and staying awake can be.

“If you wake up and begin to experience worry, anxiety or frustration, you likely have activated your sympathetic nervous system, your ‘fight-or-flight’ system,” says Dr. Kane. “When this happens, your brain switches from sleep mode to wake mode. Your [mind may start to race](#), and your heart rate and blood pressure may go up. That makes it much harder



to get back to sleep.”

This stress response can lead to [insomnia](#), a full-blown sleep disorder.

Regularly waking up at night also can be a symptom of [sleep apnea](#). If you have this disorder, you occasionally stop breathing during sleep. Besides waking you up, sleep apnea can disrupt your heart rhythm and reduce the flow of oxygen to your body.

As waking at 3 a.m. and staying in bed for hours trying to fall back to sleep,” says Dr. Kane. “This behavior leads to the association that bed does not mean sleep and, therefore, reinforces insomnia.”

If you are wondering why you are awakening in the night, we invite you to see the whole article by clicking on the link:

<https://health.clevelandclinic.org/why-do-you-always-wake-up-at-3-a-m/>

There are some great suggestions. As always, we encourage you to check this out with your doctor if you see yourself falling in the categories where seeing a sleep expert is recommended. There are wonderful answers these days to sleeplessness other than more pills. The payoff is days filled with much more ease and energy.



In honor of Presidents Week we offer our leaders' words.....

15 Timeless Presidential Quotes on Leadership for Presidents Day

These iconic leadership quotes will continue to stand the test of time

BY [DAVID VAN ROOY](#)

15 Timeless Presidential Quotes for Presidents Day

Great lessons can be learned from looking back through history and many leadership principles are timeless. Enjoy this President's Day list of iconic leadership quotes from 15 American presidents.

George Washington: "99% of failures come from people who make excuses."

John Adams: "Because power corrupts, society's demands for moral authority and character increase as the importance of position increases"

Thomas Jefferson: "Whenever you do a thing, act as if all the world were watching."

John Quincy Adams: "If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

Andrew Jackson: "Any man worth his salt will stick up for what he believes

right, but it takes a slightly better man to acknowledge instantly and without reservation that he is in error."

Martin Van Buren: "It is easier to do a job right than to explain why you didn't."

Abraham Lincoln: "Leave nothing for tomorrow which can be done today."

Theodore Roosevelt: "It is hard to fail, but it is worse never to have tried to succeed."

Franklin D. Roosevelt: "The only limit to our realization of tomorrow will be our doubts of today"

Harry S. Truman: "It's amazing what you can accomplish if you do not care who gets the credit."

Dwight D. Eisenhower: "By leadership we mean the art of getting someone else to do something that you want done because he wants to do it, not because your position of power can compel him to do it."

John F. Kennedy: "Efforts and courage are not enough without purpose and direction."

Gerald R. Ford: "Never be satisfied with less than your very best effort. If you strive for the top and miss, you'll still 'beat the pack.'"

William J. Clinton: "If you live long enough, you'll make mistakes. But if you learn from them, you'll be a better person. It's how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit."

Barack Obama: "Change will not come if we wait for some other person, or if we wait for some other time."



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Let's have some fun and tease our brains with Famous Presidential Quotes-

Quotes on the right are scrambled-

Now, lets see if you can match the quotes to the correct President!

Answer key at the end of this newsletter(don't cheat!)



1. ABRAHAM LINCOLN
2. GEORGE WASHINGTON
3. JOHN QUINCY ADAMS
4. THOMAS JEFFERSON
5. BARACK OBAMA
6. JOHN F. KENNEDY
7. HARRY S. TRUMAN
8. BILL CLINTON

- A. Honesty is the first chapter of the book of wisdom.
- B. In the end, it's not the years in your life that count. It's the life in your years.
- C. The harder the conflict, the greater the triumph.
- D. It's amazing what you can accomplish if you do not care who gets the credit.
- E. One person can make a difference, and everyone should try.
- F. We did not come to fear the future We came here to shape it.
- G. We all do better when we work together. Our differences do matter, but our common humanity matters more.
- H. We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.



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On the lighter side...



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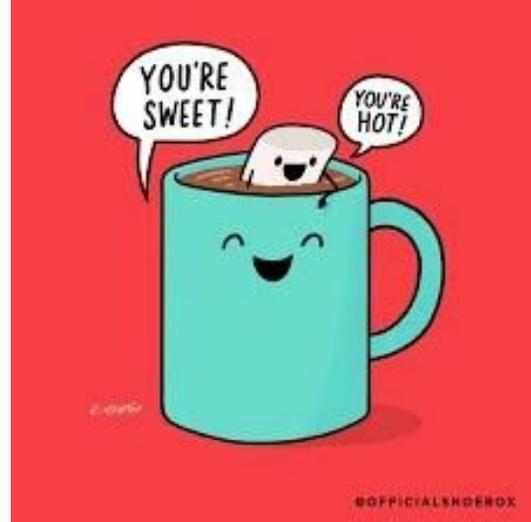


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It looks like an eternity, but it's a short trip, enjoy life and be kind



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ALL ABOUT LOVE

Pearls of wisdom from the next generation



How do you find love? **“Love will find you, even if you are trying to hide from it. I have been trying to hide from it since I was five, but girls keep finding me.”** (Bobby, 8)

What do people do on a first date? **“On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date.”** (Mike, 9)

How important are good looks for being loved? **“It isn’t always just how you look. Look at me, I’m handsome like anything and I haven’t got anybody to marry me yet.”** (Gary, 7)

“Beauty is skin deep. But how rich you are can last a long time.” (Christine, 9)

How do you make someone fall in love with you?
“Tell them you own a whole bunch of candy stores” (Del, 6)

What is falling in love like? **“Like an avalanche where you have to run for your life.”** (Roger, 9)

“If falling in love is anything like learning how to spell, I don’t want to do it. It takes too long.” (Leo, 7)

What do you really think of love? **“I’m in favor of love as long as it doesn’t happen when “The Simpsons” is on television.”** (Anita, 6)

Why does love happen between two particular people? **“I think you’re supposed to get shot with an arrow or something, but the rest of it isn’t supposed to be so painful.”** (Harlan, 8)

Why do lovers hold hands? **“They want to make sure their rings don’t fall off because they paid good money for them.”** (Dave, 8)

Are there any personal qualities necessary to be a good lover?

“One of you should know how to write a check. Because even if you have tons of true love, there is still going to be a lot of bills.” (Ava, 8)

How do you learn you are in love? “You learn it right on the spot when the gooshey feeling get the best of you.” (Doug, 7)

Is it better to be single or married? “It gives me a headache to think about that stuff. I’m just a kid. I don’t need that kind of trouble.” (Kenney, 7)

What are your thoughts on what you should do to keep love? “Be a good kisser. It might make your wife forget you never take out the trash.” (Randy, 8)

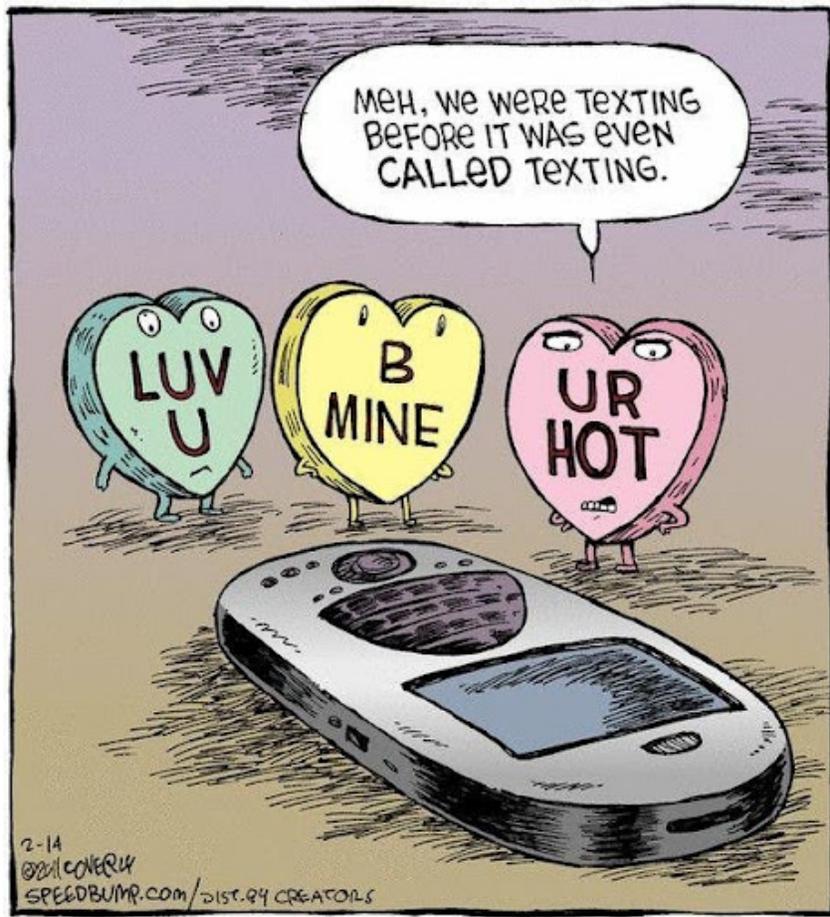
So now you know. Feeling better?

*Excerpts from Funny Quotes From Kids About Love
And Marriage, Internet*



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What flower gives the most kisses on Valentine's Day?





Blessing

Just as the soft rains fill the streams,
Pour into the rivers,
And join together in the oceans,
So the power of every moment
Of your goodness flows forth to awaken
And heal all beings;
Those here now, those gone before, those yet to come.
— Traditional Buddhist blessing



**Answer Key to Presidential quotes matching:
1.B 2.C 3.H 4.A 5.F 6.E 7.D 8.G**

*Having trouble with the links? No problem!
Call 315-573-7028 and we will gladly mail you a print out.*

*If you feel someone could benefit from receiving this newsletter, please email:
director@laurelhousecomfortcare.org*



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