

AristaCareSM



Putting the CARE Back in Healthcare...

by Nikki Troisi

There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something better tomorrow – Orison Swett Marden

“Whoever laughs last lasts”! Words to live by, says Certified Laughter Leader “Vicki Salz, MSW, LCSW”. I bet most of you didn’t even know you could get certified in laughter! AristaCare educated 60 residents in the Whiting area in the importance of laughter at our Laughter therapy seminar that took place on June 16, 2009. These Whiting residents even learned how they can make themselves laugh and that made them laugh even harder. By the time everyone left they were all saying how great they felt! We gathered at the St. Elizabeth Ann Seton church and made such a raucous with our roaring laughter that anyone strolling by just had to peak their head inside to see what was so funny—which goes to show you laughter truly is contagious. Needless to say if you run into someone laughing hysterically to themselves on the street, you’ll know where they learned it from.

The Laughter Therapy seminar was not only fun for all, but it relayed an important message to all who attended. Laughter is a physical action, is universal, and can be used as medicine for your body, mind, and spirit. The suggestion is that laughter prevents hardening of the attitudes, and through laughter, we can lead the world to a healthier and happier place.

I am more than happy to have received a few questions in the mail in response to my last article and I would like to take the opportunity to address a question written in by Agnes G. that is no laughing matter:

How do I decide the next step after hospitalization? There are so many options: Home Care, Acute Rehab, Post Acute Rehab?

While being at home is nice and seems like the optimal choice; there is no question that one receives more hours of care and physical therapy while at a rehab facility, allowing one to heal and return back to their regular lifestyle quicker. Acute Rehab hospitals typically provide intense hours of therapy on a very rigid schedule. Many seniors can find the pace of this rigid schedule difficult. In a Post Acute Rehab setting, like AristaCare at Whiting, we can provide the same amount of care and physical therapy as an Acute setting, but at a slower pace. Many patients find this slower pace more manageable and is done on a more individualized basis. *Debbie Defeirt, RN*

For answers to your questions by credentialed healthcare professionals please write to:
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