



Growing a Healthier You



January 2015

January – a new year, a time for renewal and a time to start something new for yourself and the groups you belong to. I attend a cancer support group in Neepawa and one evening spoke on the importance of Laughter. Each month task is to bring something 'funny' for the group. A joke, a cartoon, or a story - it doesn't matter what - the only requirement is to make us laugh. Laughter is the best medicine and can certainly help to *grow a healthier you.*



Take 10

- ⊗ Read a humorous book. Share the title and parts of it at a meeting.
- ⊗ Find copies of Lynn

Johnston's books and read them.

She is the author of the *For Better or Worse* comic strip.

- ⊗ If you hold a membership night in January what better time to start a tradition of adding laughter to your meeting.
- ⊗ Brain storm at your meeting for new ideas to try at your meetings - keep laughter at the top of the list. Challenge your group to try something new!
- ⊗ Invite someone who teaches Laughter Yoga to do a demonstration at your meeting.
- ⊗ Appoint someone to bring a joke, cartoon or book title to each meeting.

- ⊗ Watch animal/children videos or You Tube videos.



Tool Kit

<https://www.youtube.com/>

Once on the site you can search for videos - I typed in

funny children videos and some of them looked great.

Craft:

<https://www.youtube.com/watch?v=YP3er3Xv2QSM> This demonstrates how to make an Arm Knitting Infinity Scarf.

<https://www.youtube.com/watch?v=MsZsUBYU0qU> This is instructions on finger knitting.

<https://www.youtube.com/watch?v=6Y4D0mayjgw> This is a no sew scarf using old t-shirts.

Chicken Pot Pie - Linda Hoy

1 chicken

1 onion

Celery stalk

Boil these 3 ingredients. Take chicken apart. Put in casserole, spread apart.

Mix together and add:

3 tbsp margarine (melted)

3 tbsp flour

1 cup chicken broth

1 can chicken soup

1 can mushrooms, drained

1 can peas/carrots, drained

Spread layer of dressing over all. Bake in oven until bubbly. (350° F would be my suggestion)

Marissa Hoy Grade 3-T

It came to me from my ex-grandmother (who at the age of 98 I still visit and love dearly). Grandpa didn't like the traditional biscuits on top so Grandma put stuffing on top instead. Everyone loves this recipe. A great way to use up left over chicken and turkey with a little dripping saved while cooking.

(Ann's note - when Linda mentioned this recipe I saw it as a great way to use Christmas and New Year's turkey leftovers. Leftover gravy, vegetables, potatoes would make great additions as well. If using leftover gravy I might leave out the soup and milk. This recipe came from a community school cookbook. I have quite a collection of 'community' cookbooks - they have fabulous tried and true recipes that were obviously family favourites.)

Quotes: "The best and most beautiful things in the world cannot be seen or touched. They must be felt with the heart". - Helen Keller

"The earth laughs in flowers." - Ralph Waldo Emerson

"I don't trust anyone who doesn't laugh." - Maya Angelou