



A Guide to an in-Home Gathering Place: Week of April 13-17

Did you know that April is National Humor Month? Let's Celebrate Together!

Greetings Gathering Place Friends! CarePartners and our Gathering Place programs may be on hold through May 10th, but that doesn't mean you can't bring elements of the Gathering Place into your own home! This week, CarePartners wants to celebrate National Humor Month with you! In this packet you will find everything you need to have a fun, joyful, and humorous Gathering Place in your own home.

There are some surprising benefits of laughter! Laughter can relieve pain, reduce depression, improve any social situation, keep your lungs healthy, and improve your blood pressure! We would love to hear back from you with pictures and stories of how you are celebrating National Humor Month with us! Send them to KJordan@carepartnerstexas.org or call us at 713-682-5995.

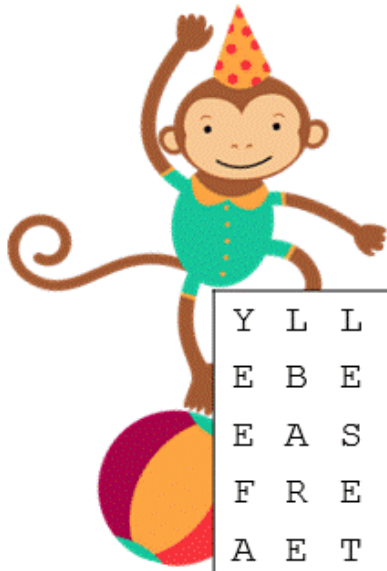
So, enjoy the jokes! Play the game! Sing the songs! And, above all, LAUGH!

A Time to Reminisce

Here are some questions to help you engage in reminiscing.

- What is your favorite joke?
- Did you have a particularly funny relative? Tell me about them.
- Who is your favorite comedian?
- Do you remember any funny TV shows? What was your favorite?
- Did you ever watch I LOVE LUCY?
 - Did you have a favorite episode?

Word Searches and Coloring Pages



APRIL FOOL'S Day

APRIL 1st



APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE
FARCE

FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY
MISCHIEF
MONKEY

BUSINESS
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY



April Fools' Word Search

Celebrate April 1st with this challenging word search!



K	J	I	N	S	E	Q	P	V	D	E	A	X	I	L	E	T	H
D	A	T	M	I	C	H	L	M	B	T	F	S	K	I	U	Y	P
E	G	J	I	L	O	R	Q	A	N	C	X	B	G	O	E	J	L
Y	O	U	S	F	L	N	H	P	O	Z	Y	M	E	P	G	I	A
M	S	V	C	B	T	S	U	R	P	R	I	H	E	A	O	U	Q
H	K	I	H	G	K	U	P	R	A	C	T	I	J	A	L	Y	X
T	X	S	I	H	A	V	E	Y	T	D	P	N	S	G	B	P	L
J	B	E	E	N	J	H	O	R	X	F	A	P	R	I	S	U	V
Y	L	O	U	Y	F	W	Y	O	M	H	L	A	E	B	N	E	N
P	R	A	N	K	E	D	A	I	V	E	L	M	B	T	F	S	K
A	U	L	S	E	G	J	W	L	O	R	Q	A	N	J	X	B	G
C	I	I	W	H	K	I	T	F	L	N	H	P	O	B	Y	M	E
R	G	H	A	M	S	V	G	B	T	S	U	R	P	K	I	H	E
K	M	I	D	Y	O	U	V	F	R	E	K	G	S	J	P	W	A
P	N	H	X	T	K	L	H	O	Y	B	C	J	N	Q	B	H	S

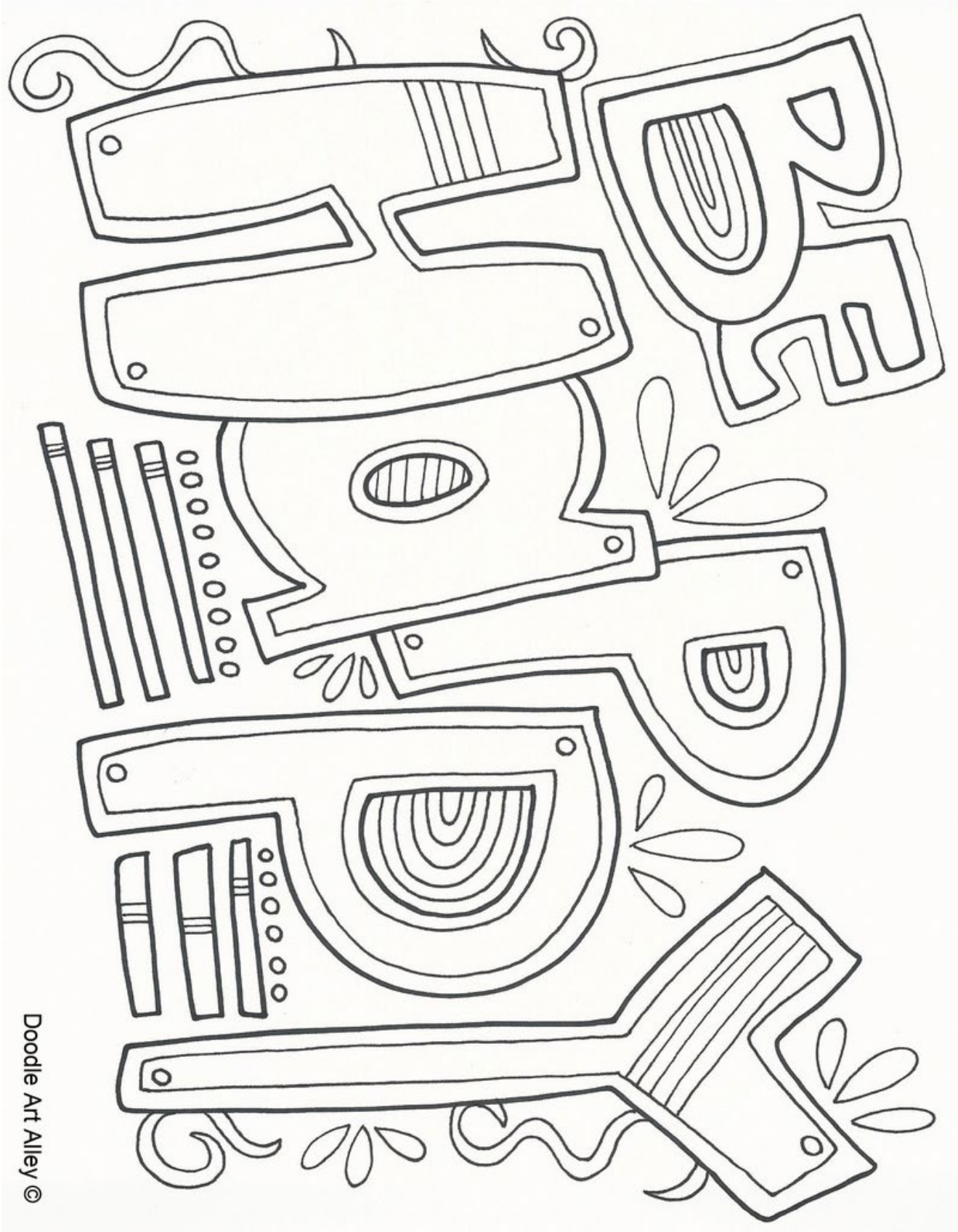
Trick
Have
Gag

Pranked
April Fools
You

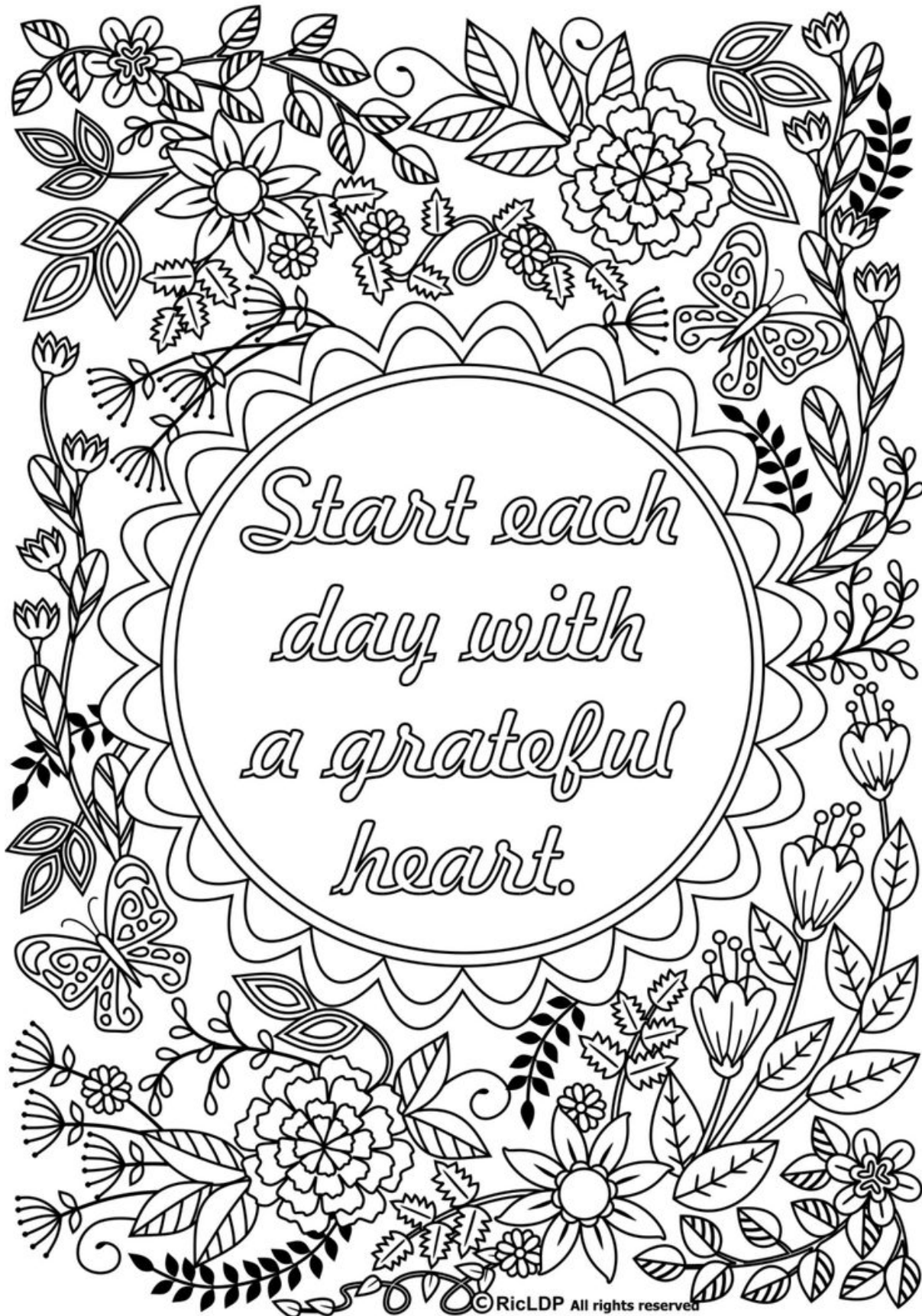
Mischief
Been
Practical Joke



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Doodle Art Alley ©





**DONUT
WORRY.
BE HAPPY.**

Game Time!

Paper Plate Ring Toss

To make a ring toss game of your own, you will need:

- Paper plates
 - Cardboard tubes (like from a paper towel roll)
 - Scissors
 - Glue
 - You can decorate your paper plates however you would like with stickers, paint, markers, drawing on them...whatever makes you happy!
1. To make your rings, take a couple of paper plates and decorate.
 2. Cut the circles out of the middle of the plates.
 3. On another paper plate, glue the end of one of your cardboard tubes right in the middle. Adding the paper plate will give your tube some balance and make it a lot easier to set up your game. They also won't fall over when you toss your rings on them. (If you do not have glue, cut a small hole in a plate the circumference of the tube and use that to balance it)
 4. Another alternative is to push a ruler or dowel into the grass and use that as a pole to toss your rings on. You could also use 2 Liter soda bottles.
 5. Enjoy! Make the game a competition. And prizes make everyone happy!

Tin Can Bowling

This one is easy. You can take the time to decorate your cans with fabric, paint, ribbons, whatever. But it's easy to just leave the cans blank. Play this game inside OR outside!

Save 5-10 aluminum cans from the week. After they have been rinsed out and dried, you can use them as bowling pins or stack them like a carnival game. Have your loved one throw a tennis ball and see how many cans they can knock over. Bonus: put aside a few small items from the home to give as a prize- a piece of their favorite candy, a small stuffed animal, mardi gras beads... anything to make them feel special.

Cereal Box Mix Up

Materials needed: cereal box cover(s) (the more colorful, the better), scissors

Directions:

1. Cut the front of the cereal box into 16 equal squares.
 2. Place the pieces into a pile face down.
- (For an added challenge you could cut the cereal box cover into a more difficult kind of pattern)

Arts and Crafts

Doing a craft is a great way to stretch your brain and your hands and work on fine motor skills. Here are a couple easy crafts you can do with items you may have at home.

DIY Playdough

What you need:

- Bowl
- 2 cups flour
- 1 cup salt
- 2 tablespoons cooking oil
- $\frac{3}{4}$ cup water
- Food coloring

1. Mix flour and salt together in bowl
2. Add the oil and a few drops of food coloring to the water
3. Pour water mixture into the flour mix and knead until it is soft and doughy. (wear gloves if you are concerned about the coloring staining your hands)
4. You can use cookie cutters to cut out shapes or mold them yourself. Just have fun!
5. If you want to dry your project, put it in an oven at 250 degrees for 1-1.5 hours or let them air dry. You can paint them with acrylic paints too.

Shaving Cream Marbled Paper

What you need:

- 2 large trays (I used plastic trays, but disposable aluminum trays would work too.)
- shaving cream
- food coloring
- heavy white paper (watercolor paper or card stock)
- wooden skewers or chopsticks
- paint stir stick
- cloth rag

Directions:

1. Gather your materials and cover your work surface.
2. Smear a generous amount of shaving cream across one of the trays.
3. Add drops of food coloring at various points across the layer of shaving cream. You can use as few or as many colors as you'd like. **Tip:** Start with one or two colors and marble a piece of paper before adding more color to the same batch of dyed shaving cream and marbling another page. This allowed us to make a few marbled pages with the same batch of shaving cream before washing it away and starting over.
4. Use the wooden skewers or chopsticks to swirl and streak the food coloring across the shaving cream.
5. Once you're happy with the design lay a piece of paper onto the dyed shaving cream. Press firmly across the entire page.
6. Peel the paper up at one corner and place it face up on the second tray.
7. Use a paint stir stick to wipe away the shaving cream from the page. A colorful design will be revealed. Any residual shaving cream on the paper can be gently wiped away with a dry cloth.
8. Add more color to the shaving cream and repeat the steps.

9. When you want to start fresh with new colors and designs, simply wash the shaving cream off the tray. Dry the tray and begin again with a new layer of shaving cream.

Music

Music is a great way to engage different areas of your brain. There are some lyrics to songs below, but if you don't know the tune, you can play your favorite songs on YouTube and search for the lyrics online.

Pro Tip: You can put rice, beans, or something similar inside several of those plastic Easter eggs, seal them with some tape, and use them as noise makers for while you are singing!

Supercalifragilisticexpialidocious

By Dick Van Dyke, Robert B. Sherman

Refrain: It's Supercalifragilisticexpialidocious!

Even though the sound of it

Is something quite atrocious

If you say it loud enough

You'll always sound precocious

Supercalifragilisticexpialidocious!

Um-dittle-ittl-um-dittle-I

Um-dittle-ittl-um-dittle-I

Um-dittle-ittl-um-dittle-I

Um-dittle-ittl-um-dittle-I

Because I was afraid to speak
When I was just a lad
Me father gave me nose a tweak
And told me I was bad
But then one day I learned a word
That saved me aching nose
The biggest word you ever heard
And this is how it goes

Refrain

He traveled all around the world and everywhere he went
He'd use his word and all would say there goes a clever gent
When dukes and Maharajahs pass the time of day with me
I say my special word and then they ask me out to tea

Refrain

So when the cat has got your tongue
There's no need for dismay
Just summon up this word

And then you've got a lot to say
But better use it carefully
Or it can change your life

For example

Yes?

One night I said it to me girl and now me girls my wife
Oh! And a lovely thing she is too. he he he

She's Supercalifragilisticexpialidocious!

Bye Bye Birdie: Put on a Happy Face

By: Dick Van Dyke

Gray skies are gonna clear up
Put on a happy face
Brush off the clouds and cheer up
Put on a happy face

Take off the gloomy mask of tragedy
It's not your style
You'll look so good that you'll be glad
Ya' decide to smile

Pick out a pleasant outlook
Stick out that noble chin
Wipe off that "full of doubt" look
Slap on a happy grin

And spread sunshine all over the place
Just put on a happy face
Put on a happy face
Put on a happy face

And if you're feeling cross and bitterish
Don't sit and whine
Think of banana split and licorice
And you'll feel fine

I knew a girl so gloomy
She'd never laugh or sing
She wouldn't listen to me
Now she's a mean old thing

So spread sunshine all over the place
Just put on a happy face
So, put on a happy face

Don't Sit Under the Apple Tree lyrics

- written by Lew Brown, Charles Tobias and Sam H. Stept

Don't sit under the apple tree with anyone else but me
Anyone else but me, anyone else but me
No! No! No!
Don't sit under the apple tree with anyone else but me
Till I come marchin' home

Don't go walkin' down Lover's Lane with anyone else but me
Anyone else but me, anyone else but me
No! No! No!
Don't go walkin' down Lover's Lane with anyone else but me
Till I come marchin' home

Don't sit under the apple tree with anyone else but me
I know the apple tree is reserved for you and me
And I'll be true till you come marchin' home

Exercise: Laughter Yoga Health Craze Sweeping the World

Have you heard about Laughter Yoga? Laughter Yoga is not a comedy. It is an exercise program for Health and Wellbeing. The yoga part of Laughter is the combination of Laughter Exercises with yoga breathing techniques (Pranayama). Laughter Yoga is both preventive and therapeutic. It is like an aerobic exercise and best cardio workout. It is like a breathing exercise for those suffering from bronchitis and asthma. Laughter Yoga releases endorphins which are natural pain killers, that can help those suffering from arthritis, spondylitis, chronic migraine headaches, chronic pains, fibromyalgia, autoimmune and chronic inflammatory diseases. It unwinds the negative effects of stress and strengthens your immune system.¹

Practicing Laughter Yoga on Your Own (3 Options)²

Warm up by clapping your hands. Most laughter yoga sessions begin with warm-up exercises that involve clapping and synchronizing your movements. Begin by clapping with your hands parallel to each other, which will stimulate the acupressure points on your hands and increase your energy level.

- Continue to clap with a 1-2-3 rhythm, moving your hands up and down and swinging them from side to side as you clap.

¹ <https://laughteryoga.org/>

² <https://www.wikihow.com/Do-Laughter-Yoga>

- You can then try your first chant, in rhythm with your hands. Say “ho ho, ha-ha-ha”, breathing from your belly with deep inhales and exhalations.
- You can continue clapping and chanting as you move around the room in a circle or from side to side. Make sure you are breathing from your diaphragm with deep inhales and exhales as you clap and chant.
- Do lion laughter exercise. Another warmup you can try is lion laughter, which is derived from the Lion Posture. Stick your tongue out fully and keep your mouth open. Stretch your hands out like the paws of a lion and roar, then laugh from your belly. You should feel a nice stretch in your facial muscles, your tongue and your throat. It will also help you to loosen up and play around.

Practice deep breathing exercises with laughter. Another key element of laughter yoga is stimulating deep breathing to help you release big belly laughs. You should practice deep breathing throughout your entire laughter yoga session to allow you to access deep laughs.

- Activate your breath in your diaphragm, which is located just below your ribs. Place your hands on your diaphragm and focus on taking full inhales and exhales through your nose, expanding and contracting your diaphragm.
- Inhale deeply for the count of four and then exhale through your nose to the count of four. As you exhale, release one to two big belly laughs. Continue to do this, deepen your breath equally on your inhales and your exhales with an even breath cycle, with laughter at the end of every exhale.

Do playful exercises. Loosen up by trying playful exercises to encourage laughter and joy. The idea is to motivate yourself to laugh for no reason other than out of joy and fun.

- Sing a playful song that goes “Every little cell in my body is happy/ Every little cell in my body is well/ Feel so good feels so swell”. As you do this, tap your head, shoulders, knees, and toes. You can also add a deep laugh after you sing each line.
- Try the electric shock laughter exercise by pretending every surface and object you touch gives you a shock of static electricity, from touching a wall to touching a part of your body. Jump back every time you touch something, smiling and laughing as you do this.
- Chant “Very good” and “Yay” after every exercise to cultivate playfulness and joy. You can also swing your arms in a V shape as you say these chants.

A Little Humor to Brighten your Week!

- The **Senility Prayer** God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones that I do and the eyesight to tell the difference.
- Advantages of aging:
 - Kidnappers are not that interested in you
 - People no longer view you are a hypochondriac
 - Your secrets are safe with your friends because they can’t remember them anyway.
 - No one expects you to run into a burning building
 - Your joints are more accurate than the National Weather Service
 - Your supply of brain cells is finally down to a manageable number

- The road to success is paved with many tempting parking spots
- Doctor says to his patient: "Your liver results are back. And frankly, they're very surprising considering that I only allowed you one glass of wine per week."
The patient shrugs: "Do you really think you are the only doctor I am going to?"
- A truck driver phones his boss, "Hey boss, my mirror is broken."
The boss says, "Well then Just buy a new one and replace it then."
The truck driver answers, "I can't. The truck is laying on it."
- An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.
After a few weeks the man came back to make sure the new equipment was working properly, which it was. The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."
"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."
- Marriage Counselor: So, what brings you here today?
Wife: He takes everything literally. I can't stand it.
Husband: My truck.
- I ate a clock yesterday; it was very time-consuming.
- A perfectionist walked into a bar...apparently, the bar wasn't set high enough.
- I recently decided to sell my vacuum cleaner as all it was doing was gathering dust.
- The best thing about good old days is that we were neither good nor old.
- If we shouldn't eat at night, why do they put a light in the fridge?
- Today at the bank, an old lady asked me to help check her balance. So I pushed her over.
- My dog used to chase people on a bike a lot. It got so bad, finally I had to take his bike away.
- I'm so good at sleeping. I can do it with my eyes closed.
- My boss told me to have a good day... so I went home.
- The other day, my wife asked me to pass her lipstick but I accidentally passed her a glue stick. She still isn't talking to me.
- My friend says to me: "What rhymes with orange" I said: "No it doesn't"
- What did the pirate say when he turned 80 years old? Aye matey.
- My wife told me I had to stop acting like a flamingo. So, I had to put my foot down.
- I couldn't figure out why the baseball kept getting larger. Then it hit me.
- Why did the old man fall in the well? Because he couldn't see that well.
- A blind man walks into a bar. And a table. And a chair.
- I know a lot of jokes about unemployed people but none of them work.
- What's orange and sounds like a parrot? A carrot.
- Did you hear about the Italian chef that died? He pasta way.
- Why couldn't the bicycle stand up? Because it was two tired!
- My wife accused me of being immature. I told her to get out of my fort.
- Where do you find a cow with no legs? Right where you left it.
- As I suspected, someone has been adding soil to my garden. The plot thickens.
- And the lord said unto John, "Come forth and you will receive eternal life". John came fifth and won a toaster.

- What did the traffic light say to the car? Don't look! I'm about to change.
- I just wrote a book on reverse psychology. Do **not** read it!
- What did one hat say to the other? You stay here. I'll go on ahead.
- Why wouldn't the shrimp share his treasure? Because he was a little shellfish.
- Two cows are standing in a field. One cow says "Did you hear about that outbreak of mad cow disease? It makes cows go completely insane!". The other cow replies "Good thing I'm a helicopter".
- What did the left eye say to the right eye? Between you and me, something smells.
- What did the father tomato say to the baby tomato whilst on a family walk? Ketchup.
- Why is there a fence around a cemetery? People are dying to get in.
- How does Darth Vader like his toast? On the dark side.
- Why do fish live in salt water? Because pepper makes them sneeze!
- What has three letters and starts with gas. A Car.
- How do you get an astronaut's baby to sleep? You rocket!
- Why did it take so long for the pirates to learn the Alphabet? They got stuck at C.
- Just remember – you're never really completely useless, you can always serve as a bad example.

Devotion: Holy Humor

"Some days there won't be a song in your heart. Sing anyway." –Emory Austin

"A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort." –Herm Albright

"If you can't change your fate, change your attitude." –Amy Tan

Caregiving is hard. We all know that. Much like our current isolation due to COVID-19, none of us have much choice about being a caregiver. It's a roll that we take on because we love someone. Whether you are caregiving for a parent or spouse in our home, or a loved one far away or in a facility, we carry the responsibility of their care with us.

But how we approach caregiving can make all the difference in the world. It's ok to cry and get angry. It's ok to burst into laughter because our loved one said or did something ridiculous. It's ok to love someone so much that walking away for an hour is the BEST thing we can do for them. Take care of yourself so that you can care for them.

Laughter can be a difficult concept for those with memory loss to hold on to. One of the goals in the Gathering Place is to laugh at the small things, like a favorite song, an old episode of I love Lucy or The Tonight Show. It's those little moments of silliness that we hope to have created here in this resource, that can be cherished between you and your loved one.

So, as we continue to socially distance ourselves, and as you continue the isolation of caregiving, I would encourage you to laugh (even if it feels ridiculous), chuckle (when something goes wrong), and chortle (when all else fails). And remember that you are loved, and that joy is possible, even now.

-Katelin Jordan

A Sweet Treat for the End of Your Day

No-Bake Chocolate-Oatmeal Drop Cookies³

Yield: 20 cookies

Ingredients

- ½ cup milk
- 2 cups white sugar
- ½ cup butter
- ½ cup cocoa powder
- 3 cups quick oats
- ½ cup shredded coconut
- ½ cup peanut butter
- 1 teaspoon vanilla extract

Directions

Step 1: Mix milk, sugar, butter, and cocoa powder in a large saucepan and bring to a rolling boil. Boil, stirring frequently, for about 1 minute. Remove from heat and add oats, coconut, peanut butter, and vanilla. Mix thoroughly.

Step 2: Drop tablespoon-sized balls of cookie dough onto waxed paper and let cool in refrigerator for at least 1 hour.

³ <https://www.allrecipes.com/recipe/274285/no-bake-chocolate-oatmeal-drop-cookies/?printview>