

## Something to Smile About



To humans, a smile is a universal sign of happiness and friendship. So don't be afraid to show your pearly whites this month, because June is Smile Month.

Throughout most of the animal world, the baring of teeth is often a sign of threat or aggression. Baboons, for example, are known to bare their teeth in shows of force. Some primates, though, bare their teeth as a show of submissiveness. Biologists believe that this behavior may be where the story of the human smile begins.

Humans are the only species that uses the smile, in various forms, to demonstrate happiness. Even visually impaired children who have never seen a smile show the same kinds of smiles that sighted people do. This tells us that smiling is something preprogrammed into humans. This behavior is not learned but instinctual.

Biologists speculate that amongst primates, because teeth are still used for biting, to bare them is naturally an aggressive warning of an impending bite. Humans, however, have evolved other means of aggression that have nothing to do with teeth. Teeth, instead, have become associated with laughing and eating, both of which are incredibly powerful forms of social bonding.

In fact, anthropologist and evolutionary psychologist Robin Dunbar asserts that laughter has taken the place of



- 6/2 **Mary Barnes**
- 6/5 **Gerald Combs**
- 6/7 **Louretta Wilson**
- 6/9 **Ann Gutches**
- 6/11 **Virginia Staley**
- 6/16 **Jean Miller**
- 6/18 **Betty Crickenberger**
- 6/25 **Ruth Miller**
- 6/30 **Dallas Miller**

grooming as one of our primary means of social bonding.

By this measure, laughter and showing our teeth may be one of the most powerful social cues we humans have in our social arsenal.

We smile when we are happy, but can forcing ourselves to smile make us feel happy even when we are not? Neurologists have discovered that the physical act of smiling triggers chemical reactions in the brain that boost our moods, lower stress, and even strengthen our immune systems. So don't just smile during the month of June; do it all year round!

# Mennowood News

**Mennowood Retirement Community**  
 13030 Warwick Boulevard / Newport News, VA / 757-239-0355



## MANAGEMENT TEAM

**Jon Aldridge**  
*Administrator*

**Brenda McCullen**  
*Director of Nursing*

**Corey Carroll**  
*Business Office Manager*

**Lauren Morris**  
*Director of Dining Services*

**Chrissy Bell**  
*Director of Activities*

**Sandra Kay Cardaropoli**  
*Director of Community Relations*

**Thelma Shaffer**  
*Director of Marketing & Admissions*

**Theron Sherrod**  
*Director of Maintenance*



Join us in celebrating Walt at the Birthday & Recognition Party on Wednesday, June 26<sup>th</sup> at 2 pm in the Dining Room. Entertainment will be provided by Roberto

Walter "Walt" Brauckmann is a Kentucky native who has lived in Ohio, North Carolina, and Virginia.

His former occupation was that of a Civil Engineer for Standard Oil for 35 years. He served in the U.S. Army and was also a volunteer for Habitat for Humanity.

A few things Walt enjoys are: photography, the outdoors, travel, and genealogy. He has started photography and genealogy clubs as well as Friday movie nights here at Mennowood.

Mr. Brauckmann also enjoys teaching (and is good at it). He can often be found teaching computer skills or giving interesting information on any number of topics!

The next time you're in our Café, be sure to check out some of Walt's photography.

**CONGRATULATIONS WALT!!**

## VARIETY SHOW

*Directed by: MRC Resident, Barbara Tiernan*  
 Enjoy the talents of Mennowood residents and staff on  
**Tuesday, June 11<sup>th</sup> at 6:00 pm**  
 In the Dining Room

## The Spirit of Yoga

You don't need to bend over backward to celebrate International Day of Yoga on June 21. In 2015, the United Nations decided to create a day honoring this ancient Indian practice devoted to uniting body, mind, and spirit.



As yoga has grown in popularity, most people have understood its practice as a series of stretches ranging from the easy to the physically challenging. In many ways, yoga is a vigorous form of physical activity that demands athleticism and flexibility. Yoga, however, is much more than physical exercise. As one of its most famous practitioners, B. K. S. Iyengar, stated, "Yoga cultivates the way of maintaining a balanced attitude in day-to-day life." It is this balance of mind that makes yoga a spiritual as well as physical exercise.

Yoga was developed 5,000 years ago by mystics seeking harmony between their body and spirit as a way of achieving divine enlightenment. So while yoga may be practiced today as merely a physical exercise, this is just one side of the practice. Yoga also touches the soul.

Yoga postures, or poses, require focused attention and intention. Slow, careful breathing and an inward focus akin to meditation help yoga practitioners clear their minds of worry and become present in the now. These practitioners shed their daily worries the way a snake sheds its skin, and become energized.

## FITNESS & FUN

**Mondays at 10:00 am**

- **Workout with Weights**

**Wednesdays at 10:00 am**

- **Chair Yoga**

**Thursdays at 3:30 pm**

- **Outdoor Stroll**

**Fridays at 10:30 am**

- **Chair One Fitness**

**Sundays at 10:00 am**

- **Exercise Video**

Some even feel a greater sense of creativity, insight, imagination, and intuition. These are the gifts that yoga can give to our spirits, while our bodies enjoy the gifts of endurance, flexibility, and stamina.

Not everyone is interested in yoga as a spiritual practice, though. Luckily, there is no penalty for those who wish to use yoga solely as exercise. The yogi and spiritual guide Amit Ray perhaps defined yoga best when he stated, "Yoga means addition—addition of energy, strength, and beauty to body, mind, and soul." For these reasons, everyone should add this holiday to their calendars.

## Port Warwick Concert Outing

"BrassWind"  
Featuring Music from the  
1950's – 2010's

Wednesday, June 12<sup>th</sup>  
at 5:30 pm

Chairs and beverages will be provided. Because **THIS IS AN OUTDOOR EVENT**, cancellation may occur due to rain or extreme heat. Sign up with the Activity Dept.



## FATHER'S DAY COOKOUT SUNDAY, JUNE 16<sup>th</sup> at 11:30

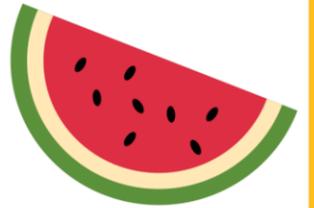
### Resident Meetings:

- 6/3 at 2:00....Assisted Living Resident Council
- at 2:30....Assisted Living Menu Planning
- 6/10 at 10:45..Assisted Living Activity Planning
- 6/17 at 1:30...Independent Living Activity Planning
- 6/20 at 1:00...IL Resident Council

## WATERMELON SOCIAL

Tuesday, June 18  
2:00 pm — 4:00 pm

- Iced Tea
- Lemonade
- Popcorn
- Games
- Seed Spitting Contest



Music & Dancing with  
James Curry (2:30-3:30)

**FARMER'S MARKET at 1:30**

## Virginia Air & Space Museum IMAX Theater

FILM: "Superpower Dogs"  
(rescue dogs) 45 min.

WHEN: Friday, June 28<sup>th</sup>  
The Mennowood bus will  
depart at 2:00 pm  
(film starts at 3:00)

**SIGN UP with the Act. Dept.**  
**IMMEDIATELY** if you would like to go. Tickets must be purchased in advance. There are 6 seats available for this outing.