

Jewish Home Family Awarded Grant to Introduce Laughter Therapy Across Organization

The Jewish Home Family has been awarded a community grant by the Parkinson's Foundation to introduce laughter therapy to its suite of therapies serving those living with Parkinson's Disease and other movement disorders.

LaughActive is a moderate-intensity group exercise program that intersperses endurance-enhancing laughter exercises within a dedicated strength, balance and flexibility program for older adults.

The Jewish Home has been steadily adding therapies and programs to serve those living with Parkinson's Disease and was recently awarded for Excellence in Programming Innovation by the American Public Health Association. Existing therapeutic modalities include boxing, Speak Out, Big and Loud, Dance for Parkinson's, Tai Chi and Yoga. The Jewish Home Family's Parkinson's Center also offers ongoing community education and support groups.

"We believe that adding a program focused on laughter, through the LaughActive program, offers a number of benefits for individuals with Parkinson's as well as their care partners," says Jewish Home at Rockleigh EVP/Administrator Sunni Herman. "Not only is this a way to improve quality of life but is also is a therapeutic intervention to strengthen vocal muscles, decrease stress, manage pain and much more."

Staff at the Jewish Home have already undergone two days of LaughActive training and are in the process of integrating the therapies throughout the organization.