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## Split Lake

### Mother's and Father's Day Parties for Fun and Health

Put on a pretty/funny/crazy hat and draw a picture of your husband. And then pin the tail on the donkey. If that sounds like fun to you, you might want to spend next Mother's Day in Split Lake where Norma Beardy and her CDPI committee have been known to put on a pretty fun party! "We wanted to get them motivated," said Beardy. "We were all laughing and it was really fun." Women were given prizes for creative hat-making, including the most floral hat, weirdest hat, funniest hat and biggest hat.

The fun and games were only part of the event, where about 70 mothers, daughters, aunties, sisters and grannies were presented with carnations and given a good, healthy lunch including fruits and vegetables. "It's not easy; we have to go so far to get those things," said Beardy of the fresh produce. But the effort is worth it. Fast food disappears quickly from the only grocery store in town. The CDPI committee, in cooperation with the

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Community Health Representative and the Diabetes Coordinator, has cooking classes to show families healthy meal choices they can prepare at home. At the Mother's Day event, as well as at other, smaller gatherings, women are educated on disease prevention and healthy lifestyle information is made available. "I try to get everybody involved. Training comes from the home," said Beardy.

The men of Split Lake are also getting chronic disease prevention information and inspiration. The CDPI committee put on a Father's Day event, planning a barbeque and activities to get the men active and having a good time. "We had them drawing their spouse and some of them were scared to do that," laughed Beardy. The weather didn't permit the outdoor games they had planned, but with some improvising, the event was a success. As with the Mother's Day event, the committee prepared for about 50 and over 70 showed up. The organizers gladly went to the local store for more prizes. "I think they just enjoy the togetherness and seeing what others are up to," said Beardy. Brochures and posters were available and some of the men came to Beardy later to ask for more information on chronic disease prevention. "I think they're starting to be aware," she said.

#### Contact Information:

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Take Note

**Positive effects of laughter on the immune system:**

- An increase in natural killer cells that attack viruses and some types of cancer and tumour cells.
- Stress hormones are lowered by laughing. (Stress hormones can constrict blood vessels and suppress immune activity.)
- An increase in T Cell activity (very important in the treatment of AIDS). Laughter helps these cells to “turn it up a notch”.
- Eustress or good stress is created by laughter.

[http://www.afunnybusiness.ca/laughter\\_facts.htm](http://www.afunnybusiness.ca/laughter_facts.htm)