



Newsletter

On the Right Track

June 2018

Smile, it's June!

June hosts the first day of summer and longest day of the year, starts the season for cook-outs, celebrations and re-opening of farmers markets among many other reasons to smile; it's no coincidence June is National Smile Month. Finding motives to smile or laugh is a simple yet powerful way to maintain well-being. Here are some reasons why:

Physiological effects of laughing:

- Exercises muscles
- Stimulates respiratory and circulatory systems
- Enhances immune and cognitive function
- Boosts pain and tolerance threshold¹

Psychological effects of laughing:

- Elevates mood, self-esteem, hope, energy, friendliness
- Strengthens memory and creativity
- Improves social interactions and quality of life¹

[National Smile Month](#) is a campaign to promote good oral health. Main messages for a healthy smile include:

- Brush at least twice a day with a fluoride toothpaste
- Floss daily (especially at night)
- Limit food and beverages high in sugar
- Visit your dentist regularly²

Certain nutrients also keep teeth and gums healthy:

- **Calcium** supports strong bones and teeth:
Sources: Dairy, salmon, almonds, dark leafy vegetables
- **Phosphorus** sources support teeth:
Sources: Eggs, fish, lean meat and dairy
- **Vitamin C** supports healthy gums:
Sources: Citrus fruit, tomatoes, peppers, broccoli, spinach³

"A smile is happiness you'll find right under your nose"
-Tom Wilson

Resources:

1. Yim J. Therapeutic Benefits of Laughter in Mental Health: A Theoretical Review. *Tohoku J Exp Med.* 2016; 239 (3): 243-249. doi: 10.1620/tjem.239.243.
2. National Smile Month. Oral Health Foundation. <https://www.dentalhealth.org/what-is-national-smile-month>. Accessed June 1, 2018.
3. Wolfram T. Healthy Nutrition for Healthy Teeth. *Eatright.* <https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/healthy-nutrition-for-healthy-teeth>. Published January 23, 2017. Accessed June 4, 2018.

Upcoming Events



Walking Wednesdays

Starting June 6th

1 PM (Employee lunch hour)

- **Purchase Street:** Meet at front entrance
- **Howland Place:** See Sylvia or Mo for details

Picnic in the Park

Thursday, June 14th

Clasky Common Park

12:30 - 1:30 PM (Employee lunch hour)

Pack your lunch + a blanket or chair

The Wellness Committee will provide dessert

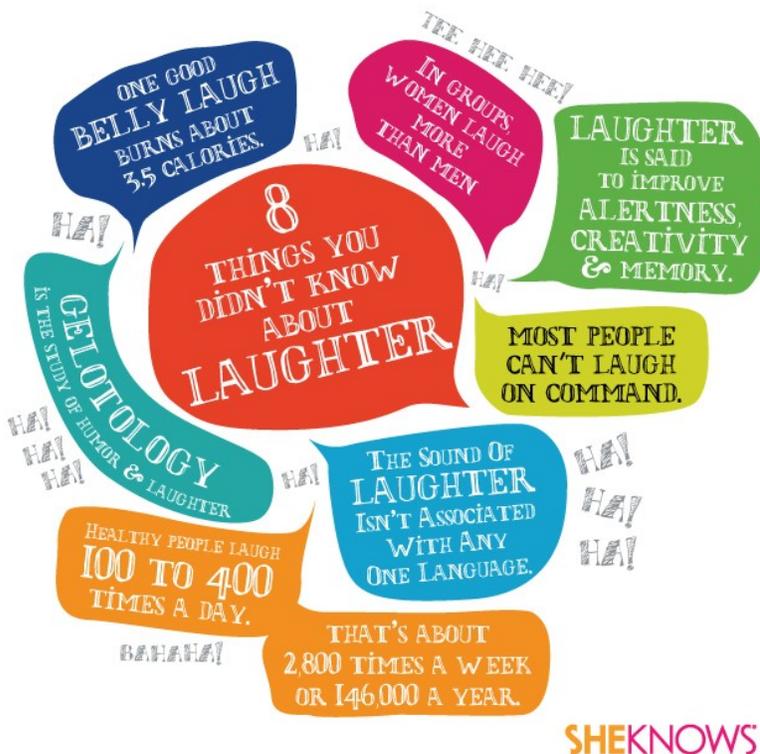


Image source:

<http://www.sheknows.com/health-and-wellness/articles/1139007/benefits-of-laughing>