

Hey, lighten up — jest for the health of it

By Carolyn DeMarco
staff writer

WHO SAID "Laughter is the best medicine?"

Health and humor consultant Ted Braude of Royal Oak may not have been the first, but he's spreading the word now.

Braude, a psychotherapist and certified social worker, is a member of the American Association for Therapeutic Humor.

He brings the message of how to use humor to promote healing — mentally, physically, spiritually.

SOME HUMOR comes from outside stimuli and situations or laughing at yourself or others, said Braude who frequently wears oversized clown glasses, a Boy Scout buckle on his belt and mismatched socks when he greets clients.

Still other humor comes from an approach to life that involves looking for the humorous side of life to make it easier to get through. He invites others to cultivate a sense of humor that involves attitude, perception, imagination, physical exercise, and make up your own.

"ATTITUDE is seeing the world not as it is but as we are," he said. "How you experience life is how you respond to life."

"It's not what you see is what you get but what you get is what you're capable of seeing. . . . Take yourself lightly even though what you do is serious."

Perception is looking at something and deciding how to experience it, Braude said.

"It helps us get through life in an orderly fashion."

Playful perception is cleaning up dog excrement in the back yard and pretending it's an archaeological dig, or fantasizing that washing dishes is a beloved hobby, he said.

IMAGINATION is a key, Braude said. Studies have shown that when we relive in our minds an incident that makes us angry, our bodies react as if it were real.

"Why not use that to our advan-

tage? Find some fun and relive it. You're in charge of scripts. Think about something that was fun and the humor reruns. Replay the fun stuff and get some bonnies from it." Braude encourages his audience to repeatedly stand, breathe and smile to activate the brain. "If that's (physically) your cup of tea, that's one road to developing a sense of humor." "Like a muscle, if you use it, it gets stronger."

MOST ADULTS have forgotten how to play, "but it's something that everyone's done, usually before adolescence. We didn't lose it. It's still there."

He advocates juggling, yo-yos and/or surrounding one's self with toys to create a playful, humorous environment.

"Play is a way of developing humor. If you have young children, let them lead you in play."

HOW DOES humor relate to ministering to the chronically ill?

Jeanne Temmerman of Birmingham, a eucharistic minister who volunteers once a week to bring the eucharist to Catholics at St. Joseph Mercy Hospital, said she's going to sort that out.

"I think it's really something I can apply in my everyday living."

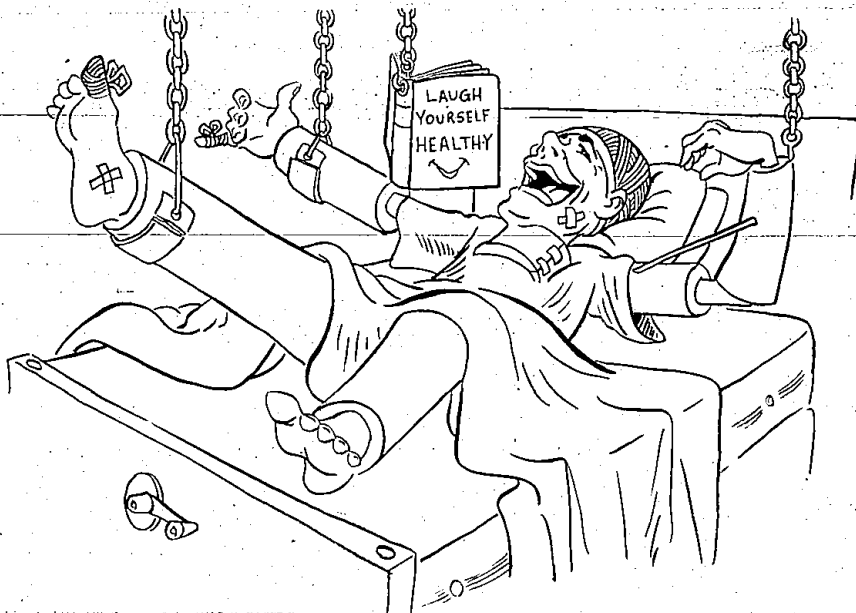
Nancy Perry, a registered music therapist at Fox Center in the hospital, works with people suffering from severe depression.

"I think it applies," she said. "In recreational therapy the big focus is enjoying life and the importance of balance. I'm using humor already."

A CHAPLAIN at Grace Hospital, Suzanne Fabick of Troy said she's trying to determine when humor is or isn't appropriate in dealing with dying patients.

"I think they need something to get them through it, something to help them celebrate the little joys," she said.

The Rev. Gretchen C. Denlon, interim pastor of Universal Presbyterian Church in Rochester, said, "Introducing outside humor given the serious nature of their problems



sometimes seems an intrusion, a violation. I have to work on that."

HUMOR IS appreciated by the ill people that Louis Tarnis of Bloomfield Hills visits as a member of St. Hugo of the Hills Catholic Church.

"When you give, you get back," Tarnis said.

"You can tell by the way they en-

brace you when you leave, even the bedridden ones. They want a hug. And they like a good joke."

Dorothy England visits shut-ins for St. Francis in Rochester.

"I don't make an effort to use humor, not consciously. It's more or less just pleasantries."

"It's good to know there's a phys-

ical reason for humor. It takes the burden off. It makes me concentrating on my sermon, and I cut myself shaving."

RABBI RICHARD WEISS, head of the recently disbanded Temple Beth Jacob in Pontiac, and survivor of five heart bypass operations, said his congregation was especially fond of humor.

"I was on my way to temple when I was stopped and asked about the Band-Aid I wore on my cheek," he

said. "I explained, 'I was concentrating on my sermon, and I cut myself shaving.'"

"She said, 'Your congregation would prefer that you concentrate on your shaving and cut your sermons.'"

Humor consultant Ted Braude is available as a speaker or workshop leader. For more information, call him at 825-6463.

around Farmington

All announcements for this column must be mailed to Around Farmington, Farmington Observer, 21898 Farmington Road, Farmington 48326.

Deadline is noon Monday for Thursday publication and noon Thursday for the Monday publication. Requests for announcements will not be taken over the telephone.

DOG OBEDIENCE

Wednesday, July 3: All breed dog obedience classes taught by members of Detroit German Shepherd Dog Obedience Training Club in American Legion Hall, 31775 Grand River. Advanced classes begin at 7 p.m.; open and utility classes begin at 8 p.m. Dogs must be at least 6 months old. Fee is \$75 for 12 ses-

sions. For registration or inquiries call Diane Sachs, 476-2477.

RUMPELTILTSKIN

Wednesday, July 3: "Rumpelstiltskin" performed by the String Puppet Theatre at 11 a.m., noon, and 1 p.m. under the green and white striped tent on Grand River and Grove Street, between Farmington Road and Power. No charge. Event sponsored by Downtown Development Authority.

FURNISHING TRENDS

Wednesday, July 3: Seminar on home furnishing trends at 2:30 p.m. in Ray Interiors, 33300 Slocum, downtown Farmington. No charge.

FOOT EXAMS

Wednesday, July 3: Foot examina-

tions given for \$1 which will be donated to Farmington Families in Action now through July 31 by Dr. Norman Brand, 38471 10 Mile Road. Appointments made by calling the office, 476-0500.

HERITAGE QUILTS

Saturday and Sunday, July 6-7: Heritage quilts and coverlets (circa 1850-1930) on display from noon to 4 p.m. each day in the Spicer House, Heritage Park. No charge.

HEALTH SCREENINGS

Monday, July 8: Blood Pressure and Vision Screenings given from 1-4 p.m. in the lobby of Botsford General Hospital, 29050 Grand River. No charge.

CHILDREN'S MUSIC

Wednesday, July 10: Anne Shaheen invites youngsters to share in her program called "Quality Children's

Music," sing and take part in finger plays at 11 a.m., noon and 1 p.m. under the green and white striped tent at Grand River and Grove Street, between Power and Farmington Road. No charge. Event sponsored by Downtown Development Authority.

FURNISHING TRENDS

Wednesday, July 10: Seminar on current home furnishing trends at 2:30 p.m. in Ray Interiors, 33300 Slocum in downtown Farmington. No charge.

BINGO

Thursday through Saturday, July 11-13: Bingo games sponsored by Farmington High School Music Patrons from 4-10 p.m. Thursday; from 4-11 p.m. Friday and from noon to 11 p.m. Saturday in the tent on Grand River, east of Farmington Road. Final game every night is Winner Take All.

Affording the best is not the question...finding the best is.



A first...
Apartment living in a
Skilled Nursing Facility

For the discriminating person
requiring an elegant environment



**Bortz
Health Care**

Family owned and operated for over 33 years
Medicare approved

CALL
363-4121

For Our Limousine To Pick You Up
For A Personal Tour

6470 Alden Drive, Orchard Lake



First Service USA
"We give a hoot,
so we won't rooie!"

COUPON
6015 EAST
10 MILE ROAD
JUST EAST
OF BLOOMFIELD
HILLS
WARREN
HOURS:
Mon-Sat.
9-5 p.m.
NEWLY REMODELED
**FREE
HALL RENTAL
SAVINGS UP TO 150***
(through the month of December)
FRIDAYS ONLY
families in town to better health,
wedding or Any Occasion
759-6500
COUPON



Finding a
Doctor
In a new
community
isn't easy...

And most newcomers say that's one of their first requirements after they move in. Getting To Know You is the newcomer specialist who helps new families pick the health professionals they need. If you want to help new families in town to better health, pick Getting To Know You.

GETTING TO KNOW YOU

WELCOMING NEWCOMERS NATIONWIDE

For sponsorship details, call (800) 645-6376
In New York State (800) 632-9400

Wonderful Wicker
Underpriced
by Henry Link
Also Wicker Bedrooms,
Dining Rooms and
Living Rooms.
Charles
"We Discount Luxury"
CHARLES FURNITURE WAREHOUSE
222 E. Harrison • Royal Oak • 399-8320
6 Blocks N. of 10 Mile, 4 Block E. off Main
OPEN MON.-SAT. 10-5 • FRIDAY TIL 8 P.M.
4 P.M. - 12 MIDDAY - 12 NOON TO 4 P.M.

Frank H. Boos Gallery
AUCTIONEERS & APPRAISERS
JULY AUCTION
Property belonging to: Mrs. Nancy M. Ruedemann, Reno, Nevada; an Oakland County educational institution; a prominent pioneer family, Grosse Pointe, Michigan; a prominent Toledo, Ohio collector; and over sixty other owners.
Highlighted by: a previously unknown Carl Milles bronze given by the artist as a gift to a friend; a large selection of fine sterling silver (including six tea and coffee services); 18th and 19th century American and English furniture; a large selection of fine estate jewelry and much more.
PREVIEW
Thursday, July 11, 1991 12 Noon - 5 p.m.
Friday, July 12, 1991 12 Noon - 5 p.m.
Saturday, July 13, 1991 10 am - 5 pm
AUCTION:
Thursday, July 18, 1991 10 am (pre-see)
Wednesday, July 17, 1991 8 pm (pre-see)
Thursday, July 19, 1991 9 pm (pre-see)
Illustrated catalogue, \$18.00, \$20.00 postpaid
420 Enterprise Court, Bloomfield Hills 48302
(313) 332-1500 Fax 332-6370
We are the auctioneers and appraisers with integrity, honesty and over half a century of experience.