

# Comfort Keepers Shelton, CT and National Day of Joy

*The National Day of Joy was celebrated by Comfort Keepers Shelton and across the nation.*

SHELTON, CONNECTICUT, UNITED STATES OF AMERICA, July 1, 2019 /EINPresswire.com/ -- [Comfort Keepers Shelton](#), CT and National Day of Joy

Comfort Keepers® and their Caregivers across the Country are celebrated — National Day of Joy. The National Day of Joy, sponsored by Comfort Keepers, is about finding joy in everyday moments. Comfort Keepers Shelton is a locally owned and operated franchise that provides adults with 24/7 elder care. Comfort Keepers provides reliable dependable home care performed by in home health care professionals that are caring and compassionate.

Too often, the pursuit of joy is relegated to the background of people's lives as they tackle their day-to-day responsibilities. But finding joy, no matter your age, is vital for maintaining your physical health, mental health, and overall well-being.

At a time when the daily news is dominated by crisis, division and cynicism, the National Day of Joy is designed to be an antidote to negativity. It's a day for taking time, whether it's five minutes, an hour or a whole day, to focus on the things that bring you joy, and help others experience it too.

Experiencing joy also has beneficial mental and physical health effects, as it releases dopamine and serotonin, important neurotransmitters that help regulate movement, learning, mood, and emotional responses. Experiencing joy on a more regular basis can help to reduce negative feelings and emotions and improve overall well-being.

Comfort Keepers, a provider of [in-home care for seniors](#) and other adults, recently questioned almost 5400 respondents across the Country only to find what many of us already know:

The survey shows that the need for joy is universal, but what brings joy to each of us varies by the individual. Here are some of our favorite answers the question What was your most joyful moment?

Here is what they related to us:



The birth of my children  
Laughing with friends  
Returning home safely each day  
My service dog  
R&R on a warm summer day  
Smelling the air right after it rains in the spring  
My grandchildren and flowers  
The day I married my husband 49 years ago

Family is the most crucial factor when it comes to experiencing joy. People of all ages need sunshine in their lives to improve mood and outlook. Once grandchildren enter the picture, they are the center of the senior's focus.

As we age, our overall level of joy increases while the perception that there is enough joy in the world decreases. Reading is a critical component of joy for seniors.

Seniors also find joy in getting out in the sun and remembering old times, whether that be listening to old records or looking through photo albums. Traveling is extremely important to people of all ages, including those who live in states with a large number of tourist destinations.

Comfort Keepers Shelton is so committed to promoting joy and inspiring others to make the world a more joyful place, that the company registered the last Wednesday in June as the National Day of Joy. So be joyful and participate by doing something that makes you happy, and share your activity on social media using #DayofJoy.

Please comment using #Day of Joy and like our Facebook page. To entire survey results can be found at the National National Day of Joy page. At Comfort Keepers Shelton, senior care is designed to meet a senior's unique care needs. Our caregivers focus their responsibility not only on a senior's physical well-being, but, with Comfort Keepers, their social, mental, and emotional well-being are also nurtured and cared for. Whether your loved one needs assistance with grooming and bathing, or they need companionship and conversation, our in-home senior care services are there to provide them with the care and support they need and deserve. At Comfort Keepers, our caregivers can provide care from as little as 3 hours a week up to 24 hours a day. Comfort Keepers Shelton is a trusted Home Care Agency for seniors in Shelton, CT and the Surrounding Areas.



"Making memorable moments at the Stratford Baldwin Center on this National Day of Joy!" said Sheri Ganter.



Seniors celebrating National Day of Joy in Shelton CT

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