

## Sounds of Happiness

It isn't easy to make a 40-foot, 45-ton, untrained whale do what you want it to do, even if it's for its own good. That's what well-wishing friends found out when a humpback whale, affectionately named Humphrey, made a wrong turn during his migration along the California coast in 1985. The wayward mammal became a national celebrity when he turned in to San Francisco Bay, swam under the Golden Gate Bridge, and managed to navigate 70 miles up the Sacramento River.

For more than three weeks, Humphrey defied all efforts to get him back to salt water. Finally, marine biologists tried to lure him with the recorded sounds of feeding humpbacks. It worked. Humphrey responded to the "happy humpbacks" and followed "them" back to the Pacific.

The lure of happy sounds works not only with lost whales but also with people. In the centers of Life Care and Century Park, many of our residents are lost in thought, troubled by physical or emotional distresses, and eager for some relief. Oftentimes, the work of our activities directors is exactly the prescription to deliver them from their doldrums.

When we have creative and energetic activities programs – and we do – our centers are happy places. And that attracts even more residents who want to be in those environments.

--Beecher Hunter