

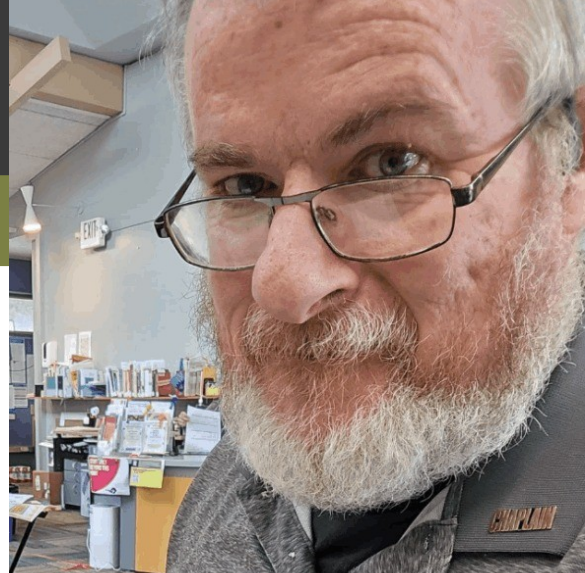
Chaplain Garnet R. Chaney

The Laughing Chaplain · Laughing Church · Certified Laughter Yoga Trainer



Garnet shares, "Seniors should not spend their last years waiting in silence and social isolation."

Deep laughter as an exercise is a way we can give them comfort, connection, relief from the weight of the day, and a reason to look up — and their caregivers can use the same tool when the work is heavy."



Garnet R. Chaney serves as the Laughing Chaplain, bringing therapeutic laughter to seniors in nursing homes, post-acute rehabs, and hospitals. He also serves as a volunteer chaplain in Marin County hospitals.

After three strokes and time confined to a nursing home, he experienced firsthand how guided laughter with gentle movement can relieve pain, ease discomfort, lift mood, and pull people out of isolation.

For more than a year he has led sessions in San Rafael and Petaluma, California, and he offers spiritual and psychological first aid to staff and family caregivers who carry the load every day.

He is the author of four books on therapeutic laughter and often demonstrates it as an exercise in the community, inviting others to become laughter leaders.

Nurses, social workers, and activity directors want these sessions for their residents. Partners who walk with Laughing Church make it possible to train more caregivers and leaders.



BE PART OF THE VISION

Through Laughing Church, Garnet is training Certified Laughter Yoga Leaders so sessions are led by caregivers and staff. This season he goes to Mumbai for Certified Laughter Yoga Master Trainer (CLYMT) certification with Dr. Madan Kataria.

Airfare and lodging are already sponsored. What remains is the training fee and the months of local work around that trip, including October and November working in area nursing homes before he leaves.

Our goal through February 2027: complete CLYMT training in India, train 10 Certified Laughter Yoga Leaders, serve two nursing homes, and reach 60 seniors with regular weekly therapeutic laughter by their caregivers.

Our ministry goal for this season is \$9,500: \$3,500 for the CLYMT training and \$1,500 a month for November through February so that work can move forward. Ministry partners give at many levels — monthly, annually, or a special gift. There is room for you at any level. We cannot do this alone.

☐ **Yes, I/we want to walk with the Laughing Chaplain, Garnet R. Chaney, and Laughing Church.**

Please accept our gift of \$_____ per month / \$_____ per year / a special gift of \$_____.

Partners give at many levels. Give at the level that feels right.

☐ **Yes, I/we want to help reach this season's goal: India CLYMT, 10 Leaders, 2 nursing homes, 60 seniors a week.**

Please accept our gift of \$_____ toward this goal.

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

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Give online: venmo.com/u/TheGarnet

Mail checks payable to Garnet R. Chaney

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