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| **October Purposeful Programming** | |
| DAY | CELEBRATION IDEAS AND RESOURCES |
| **October 2nd World Smile Day**  harvey ball smiley face | * **Smile Day** - World smile day devotes a day to smiles and spreading random acts of kindness. History, timeline, activities, and facts: [World Smile Day](https://nationaltoday.com/world-smile-day/) * **Community ideas**:   + Ask residents and team members to submit jokes, cartoons and short stories that can make people smile. Compile and distribute on Smile Day.   + In these days of mask wearing, remember the Duchenne smile and smile with your eyes! Take photos of residents and team members’ smiling eyes and post in a collage.   + Preorder fabric with smiley faces for home sewn masks. [Joann's smiley faces](https://www.joann.com/smiley-faces/66874.html) or order pre-made smiley masks on [Etsy Smiley Face Masks](https://www.etsy.com/market/smiley_face_mask)   + Draw a smile on disposable masks and distribute to team members/resident.   + Decorate healthy breakfast muffins with smiley faces: [Etsy: Royal Icing Smiley Faces](https://www.etsy.com/listing/263957820/24-royal-icing-smiley-faces-for-cake)   + Display smiley face balloons in unexpected places.   + Offer an art drop-in or travelling art cart so residents and team members can paint rocks with cheerful colors, designs, and affirmative messages. Scatter these around a walking path and promote a smile walk on Friday.   + Play comedies on internal TV channel this week. [Best Classic Comedy Films](https://www.commonsensemedia.org/lists/best-classic-comedy-films)   + Download a playlist of classic/new songs about smiling and play on the patio encouraging people to enjoy the outdoors.     - [Stories Behind 7 Famous Songs About Smiling](https://www.mentalfloss.com/article/559402/stories-behind-famous-songs-about-smiling)     - [20 Best Happy Songs](https://www.oprahmag.com/entertainment/g23118484/best-happy-songs/)     - [When You’re Smiling the Whole World Smiles with You](https://www.youtube.com/watch?v=yfsmmk93H3I) * Individual activities: * Paint a small stone with a smiley face and place it in an area you will enjoy looking at. * Practice the Duchenne Smile (smile with your eyes). It is most pronounced when you are wearing a mask. * Write notes of gratitude this week – noting Smile Day 2020 is on Friday Oct 2. * Look up cute baby animal videos online (YouTube has many) and smile away! * Draw a large smiley face and place in your window for others to see. * Commit a random act of kindness today/each day this week. * Think of memories that make you smile and share it with another person. * View a favorite sitcom or funny movie. * Investigate ways to volunteer and to help others. * **Articles**:   + [Who Really Invented the Smiley Face?](https://www.smithsonianmag.com/arts-culture/who-really-invented-the-smiley-face-2058483/) Smithsonian Magazine   + [There’s Magic in Your Smile – How Smiling Affects Your Brain.](https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201206/there-s-magic-in-your-smile)  Psychology Today   + [Smiling with Your Eyes: What Exactly is a Duchenne Smile?](https://www.healthline.com/health/duchenne-smile#muscles-used) Healthline * **TED Talk**: [The Hidden Power of Smiling by Ron Gutman](https://www.ted.com/talks/ron_gutman_the_hidden_power_of_smiling?language=en) (7 minutes) |
| **October 5th-11th**  **Active Aging Week** | International Council on Active Aging®, an association that leads, connects and defines the active-aging industry, supports organizations and professionals that develop wellness environments and services for adults over 50.  * + As a partner of MPL, here is your ICAA membership login information:     - ICAA website: <https://www.icaa.cc/login.php>       * Member number: **5556**       * Password: **masterpiece** * ICAA hosts **Active Aging Week**, click on the link to learn more about the campaign included themes, resources and awards. <https://www.activeagingweek.com/> * **Daily Wellness** Resources by <https://www.mather.com/alerts/resources>   + Printable wellness worksheets (they only go until the end of June but the date shouldn’t matter, great ideas for all 4 components! * A reminder for different ways to move: [Ideas to Keep You Moving](https://mymasterpieceliving.com/resource/ideas-to-keep-you-moving/) * Use MPL’s [SIPS Challenge](https://mymasterpieceliving.com/resource/sips-challenge/) to inspire engagement and fun! * **The Conqueror Challenges** <https://www.theconqueror.events/> Explore this website which offers virtual challenges at a small fee. Set up a team or participate on your own. Hike the Camino de Santiago, swim the English Channel or walk the Inca Trail. Receive your medal at the finish! |
| **October 16th**  **World Food Day** | * **World Food Day** promotes global awareness and action for those who suffer from hunger and the need to ensure healthy diets for all.   The Food and Agriculture Organization of the UN (FAO) designated 16 October as World Food Day in 1979. <http://www.fao.org/world-food-day>   * **Videos:**  **Podcast** (26 min): [Food Waste is #Solvable](https://www.rockefellerfoundation.org/podcast/food-waste-solvable/)**Documentary**: [Forks Over Knives](http://www.imdb.com/title/tt1567233/?ref_=nv_sr_1) (2 hours) A documentary that examines the claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods.  * + **Documentary**: [More Than Honey](https://www.imdb.com/title/tt2263058/?ref_=fn_al_tt_1) (1 ½ hours) An in-depth look at honeybee colonies in California, Switzerland, China and Australia   + **5-minute YouTube video** by Dan Buettner on the Rachael Ray Show     - [What The Longest Living People Eat Every Day](https://www.youtube.com/watch?v=I4MjGC-XX90&utm_source=BLUE+ZONES+Newsletter&utm_campaign=7bc286c134-JULY-2020-2&utm_medium=email&utm_term=0_9642311849-7bc286c134-199690857&mc_cid=7bc286c134&mc_eid=959e194062) * **Articles:**   + [Know Your Food Groups](https://mymasterpieceliving.com/resource/know-your-food-groups/) from National Institute of Aging   + [Your 5-Step Nutritional Plan](https://mymasterpieceliving.com/resource/5-step-nutritional-plan/) by Dr. Roger Landry   + [Blue Zones Diet: Food Secrets of the World’s Longest-Lived People](https://www.bluezones.com/2020/07/blue-zones-diet-food-secrets-of-the-worlds-longest-lived-people/?utm_source=BLUE+ZONES+Newsletter&utm_campaign=7bc286c134-JULY-2020-2&utm_medium=email&utm_term=0_9642311849-7bc286c134-199690857&mc_cid=7bc286c134&mc_eid=959e194062) * Run a version of MPL’s **Nourish** program. |
| **October 22nd**  **National Nut Day** | * Share these [Facts About Nuts](https://mymasterpieceliving.com/resource/facts-about-nuts/)! * Try these **no-bake** recipes with residents and team members:   + [Lemon-Kissed Blondie Bites](https://mymasterpieceliving.com/resource/lemon-kissed-blondie-bites/)   + [Cranberry Nut Energy Bites](https://mymasterpieceliving.com/resource/cranberry-nut-energy-bites/)   + [Freezer Chocolate](https://mymasterpieceliving.com/resource/no-bake-freezer-chocolate/)   + [Energy Balls](https://mymasterpieceliving.com/resource/no-bake-energy-balls-recipe/)   + [Carrot Cake Bars](https://mymasterpieceliving.com/resource/no-bake-carrot-cake-bars/) |