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| **March Purposeful Programming** | |
| Masterpiece encourages you to offer Brain Health University during the month of March. The ***Brain Health University Virtual Course*** is an eight-unit virtual course created by Masterpiece exploring practices that aid brain health and support an independent lifestyle. This virtual course is led by Dr. Rob Winningham (Dr. Rob), leading expert and full Professor and Chair of the Psychology division at Western Oregon University. This turn-key program can be offered in-person or virtually as participants view the videos and are then guided through the group conversation by a facilitator. Find Brain Health University Resources on the Masterpiece website: Login/Resources/Programs by Masterpiece/Brain Health University | |
| **DAY** | **CELEBRATION IDEAS AND RESOURCES** |
| March 1st:  **World Compliment Day** | * “Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” ― Leo F. Buscaglia  Find this quote and more featuring the topic of compliments here: <https://www.brainyquote.com/topics/compliment-quotes> * Learn about the love languages and how you can show love to the special people in your lives. <https://www.5lovelanguages.com/> * Participate in a meditation that focuses on the love languages. Love Languages Meditation: <https://bit.ly/3g2dvfb> * Tim Rath suggests that every interaction is either filling the other person’s bucket or emptying the bucket based on how you choose to interact. Read *How Full Is Your Bucket* and/or use it as this month’s book club read. (Book): <https://amzn.to/39vLmvU> * Article - Study Shows Getting a Compliment Has the Same Effect on the Brain as Getting Cash: <https://bit.ly/36yEBaG> * Learn how to sandwich advice or feedback with compliments in this blog: <https://personalexcellence.co/blog/constructive-criticism/> |
| March 12th:  **Plant a Flower Day** | * Read or share these blog articles about the [Therapeutic Benefits of Gardening](https://www.gardentech.com/blog/gardening-and-healthy-living/get-your-therapy-in-the-garden) and thoughts on [Why Do We Garden?](https://www.theguardian.com/lifeandstyle/2014/mar/21/garden-city-why) * Take a tour in the U.S. Botanic Gardens: <https://www.usbg.gov/take-virtual-tour> * Invite a Horticultural Therapist to speak on the benefits of this type of therapy to cognition, memory, socialization, coordination and balance, and more. * Discover the meaning of flowers: <https://bit.ly/33Cadug> * Plant a tree as a tribute: <https://bit.ly/3ofDzq6> * Create a tribute garden: <https://bit.ly/3g0g69v> |
| March 22nd:  **National Goof Off Day** | * Host an improv group and use some of these ideas: <https://www.theatrefolk.com/blog/improv-games-for-collaboration/> * Listen to an Armchair Adventure (virtually) with your grandkids (or create your own to share): <https://bit.ly/38M6z2r> * Check out this list of [100 All-Time-Greatest-Comedy Films](https://www.imdb.com/list/ls000551766/) * Read about the *Importance of Play for Adults:* <https://bit.ly/36xxaR1> * Have a virtual game night on zoom: <https://wapo.st/37wY4YH> |
| March 30th:  **Take a Walk in the Park Day** | * Listen to Dr. Roger and Friends on The Bright Side of Longevity talk about: Taking a Bath in the Forest! (podcast): <https://www.spreaker.com/user/11175410/nature-p1> * Explore these online park resources:   + [Explore Our Parks](https://www.parksconservancy.org/explore-our-parks)   + [The Practice of Forest Therapy](https://www.natureandforesttherapy.org/about/the-practice-of-forest-therapy)   + [What Do Seniors Need in Parks?](https://www.smartcitiesdive.com/ex/sustainablecitiescollective/what-do-seniors-need-parks/1070996/) * Learn about the “what, why, and how” of forest bathing: [A Beginners Guide to Forest Bathing](https://healingforest.org/2020/01/27/forest-bathing-guide/) * Take a [Virtual Tour of Yellowstone](https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm) |