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| **July Purposeful Programming**  |
| **Longevity in Action** is a program presenting **12** **stand-alone sessions** with each session including a turnkey facilitator guide and worksheet for thoughts, self-reflection, and action steps. **Longevity in Action** explores concepts of wellbeing that were introduced in Dr. Roger Landry’s dynamic book, *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*. This new program is about bouncing back after physically, mentally, and emotionally stressful situations and is achieved by a lifestyle that builds up physical, mental, social, and spiritual strength.   |
| **DAY** | **CELEBRATION IDEAS AND RESOURCES** |
| **July 1st: International Joke Day** | * Share your favorite joke tellers – [Rodney Dangerfield](https://youtu.be/MecU2keW54I) - [Phyllis Diller](https://youtu.be/kQb_aNJNLuY) – your choice?
* How to deliver a joke. Learn from a [master.](https://youtu.be/dmi691C4jYE)
* TED Talk (10 minutes): [Jokes are my superpower: Danny Zuker](https://www.bing.com/videos/search?q=youtube+Ted+Talks+joke+telling&docid=608004843336840758&mid=D87ECDAB75D5A5BEA49AD87ECDAB75D5A5BEA49A&view=detail&FORM=VIRE)
* [The Happy Secret to Better Work](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare). Gather team members and residents to watch one of TED Talks funniest videos from psychologist Shawn Anchor.
* Trivia questions for the TED Talk:
	+ *How much of your happiness is predicted by the way your brain processes the world?* **[Answer**: 90%]
	+ *75% of Job Success is determined by what three factors?* [**Answers**: optimism, social support, seeing stress as a challenge, not a threat.]
	+ *What were the 5 tools for creating more happiness mentioned in this talk?* (**Answers**: gratitude, journaling, exercise, meditation, random acts of kindness)
* Tune into the [Daily Joke](https://www.himalaya.com/comedy-podcasts/daily-joke-1247093) podcast. All episodes are a minute or less.
* Use this article: [Is There Such a Thing As a National Sense of Humour?](https://theconversation.com/is-there-such-a-thing-as-a-national-sense-of-humour-76814)

 to start a “coffee talk” conversation about cultural differences in humor and what residents have observed in their experiences. * Sign up for [Steve Martin Teaches Comedy](https://www.masterclass.com/classes/steve-martin-teaches-comedy) Master class. There is a monthly fee of $15 (billed annually).
* Make someone laugh!
	+ Print and share these [Riddles](https://mymasterpieceliving.com/resource/riddles/) and [Jokes](https://mymasterpieceliving.com/resource/jokes/).
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| **July 7th:** **National Chocolate Day** | * Show this 10-minute YouTube video: [Making Chocolate: Cacao Tree To Chocolate Bar](https://www.youtube.com/watch?v=V-4FsJ6-bzc)
* Have a chocolate party including:
	+ [No-Bake Freezer Chocolate Recipe](https://mymasterpieceliving.com/resource/no-bake-freezer-chocolate/)
	+ [Chocolate Word Search](https://mymasterpieceliving.com/resource/chocolate-word-search/)
	+ A viewing of the original *Charlie and the Chocolate Factory* or *Chocolat.*
	+ Share the [7 Proven Health Benefits of Dark Chocolate](https://www.healthline.com/nutrition/7-health-benefits-dark-chocolate#TOC_TITLE_HDR_3)
* Partner with dining team to come up with their favorite recipe to share or try one of these [recipes](https://www.tasteofhome.com/collection/dark-chocolate-recipes/).
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| **July 11th:** **Cheer Up the Lonely Day** | * Create an event using **Teepa Snow’s** free online sessions to connect and engage! [Brain Connection Café and Bingo Creativity Café](https://teepasnow.com/services/online-learning/webinars/brain-connection-cafe/) are open to anyone, including those living with dementia.
* Create an art project for team members and residents making [stamped clay bowls](https://www.gatheringbeauty.com/blog/2014/06/diy-stamped-clay-bowls.html) and everyone plans to give it to another person with a positive quote.
* **Positive Psychology’s list:** [The Power of Gratitude TED Talks and videos](https://positivepsychology.com/gratitude-ted-talks-videos/)
* Have family members, friends, or TMs call residents using the life story questions from Lives Well Lived. If permissioned, post stories in the newsletter.
	+ **Sky Bergman’s** [Lives Well Lived Questions](https://mymasterpieceliving.com/training/lives-well-lived-sky-bergmans-interview-questions/)
* Bring the community together with a [Collaborative Art Ideas](https://mymasterpieceliving.com/resource/collaborative-art-ideas/). Share where the art piece will be displayed after everyone (TMs and residents) completes their piece.
* Enjoy and share life’s small moments that bring you joy. Motivate others to do the same with this five-minute video: [Seeking Out the Simple Pleasures in Life](https://youtu.be/qp_N27WwYVc).
* Connect with others using [These Websites Connect You With Pen Pals Around the World](https://www.travelandleisure.com/travel-tips/offbeat/how-to-find-a-pen-pal-online).
* TED Talk (5 minutes) [How to get rid of loneliness and become happy](https://youtu.be/vZT-bB66iIk)
	+ Discussion questions:
		- When does loneliness become harmful?
		- Can loneliness serve any useful purpose?
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| **July 31st: National Avocado Day** | * Have avocado classes using these topics:
	+ Discuss the [benefits of avocado](https://www.naturalfoodseries.com/15-benefits-avocado/)
	+ [25 Ways to Use Avocado in Your Next Meal](https://www.thespruceeats.com/avocado-recipes-4164909).
	+ [9 Ways to Use an Avocado Pit](https://www.treehugger.com/ways-to-use-an-avocado-pit-4868814).
	+ 10-minute video: [7 Never-Before-Seen Ways To Use Avocados](https://youtu.be/U3z6pMZ_SFo)
	+ You’ve heard of wine and cheese, but what about the [right wine](https://www.winemag.com/2020/07/25/best-wine-pairing-avocado/) to go with your avocado.
	+ Try a few simple recipes:
		- [Avocado Raspberry Pops](https://californiaavocado.com/recipe/california-avocado-raspberry-pops/)
		- [Greens and Grains Superfood Smoothie](https://californiaavocado.com/recipe/greens-and-grains-superfood-smoothie/)
		- [No-Bake Avocado Cheesecake](https://www.foodnetwork.com/recipes/food-network-kitchen/no-bake-avocado-cheesecake-4481794)
* [This company](https://www.mentalfloss.com/article/641814/biophase-avocado-cutlery) found a sustainable way to use discarded avocado pits. Utensils, anyone?
* Did you know? There are more than [50 varieties of Avocados](https://www.finedininglovers.com/article/how-many-avocado-varieties-do-you-know-here-are-over-50) in the world!
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