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| **September Purposeful Programming** | |
| **Fending Off Falls**  Research suggests that roughly one in three older adults aged 65 and up will fall each year. That number increases to half when you look at the 80 and older population. **Fending Off Falls** is a new multi-session fall prevention program powered by Masterpiece. This program is structured to address multiple factors that contribute to fall risk. Topics addressed include overview of fall risk, environmental contributors, medications, vision, physical activity, and mindfulness. | |
| DAY | CELEBRATION IDEAS AND RESOURCES |
| September 1st: **Self-Improvement Day**  (Substitute for Character Day) | * Check out [Ten More Films That Highlight the Best in Humanity](https://greatergood.berkeley.edu/article/item/ten_more_films_that_highlight_the_best_in_humanity?utm_source=Greater+Good+Science+Center&utm_campaign=9e4e15c031-EMAIL_CAMPAIGN_GG_Newsletter_April_1_2021&utm_medium=email&utm_term=0_5ae73e326e-9e4e15c031-74040827) from Greater Good. * View award-winning short films (2-20 minutes) focused on different topics from ***Character & Purpose*** to **Technology & Humanity**: [Let It Ripple Films](https://www.letitripple.org/films/science-of-character/) * **Quote**: *“Tip your server. Return your shopping cart. Pick up a piece of trash. Hold the door for the person behind you. Let someone into your lane.* ***Small acts have ripple effect.*** *That’s how we change the world.”* <https://tinybuddha.com/> * Take this free [Character Strengths Survey](https://www.viacharacter.org/survey/account/register). *Our free survey provides your rank order list of character strengths with the strengths that are most core to your identity at the top. A VIA Report provides personalized, in-depth analysis of your character strengths, including actionable tips to apply them to find greater well-being.*   + After completing the survey, have everyone share their top strengths and how they can use them to benefit the community and greater community. * **TED Talks**: * [Focus on Your Strength](https://youtu.be/tlFPVhfPzNA) (17 minutes)   + *Why does negativity have such a profound impact?*   + *Why do you deny your strengths?* * [How to Build Your Well-Being to Thrive (20 minutes)](https://youtu.be/04yBH7q1Zc8)   + *Do you have the opportunity to express generosity or service within your own community, family or friends?*   + *Are you engaged in your community to your maximum benefit and if not, why not?*   + *How can you remind yourself not to dwell on negativity?* |
| September 13th:  **Positive Thinking Day** | * **TED Talks:** * [Teach Your Inner Critic a New Story](https://youtu.be/eUyK4byD6HE) (15 minutes)   + *Can your inner critic be objective?*   + *Does everyone have an inner critic?* * [The Secret of Becoming Mentally Strong](https://www.youtube.com/watch?v=TFbv757kup4) (15 minutes)   + *It is said that “Comparison is the thief of joy”. What is your first remembrance of comparison?*   + *Why does it matter to you what other people project as their reality – either in discussion or on social media?*   + *How can you react in a resilient manner to news that distresses you?* * [A Simple Trick to Improve Positive Thinking](https://www.ted.com/talks/alison_ledgerwood_a_simple_trick_to_improve_positive_thinking?language=en) (10 minutes) * *Why does failure or negativity overtake the positive in your thoughts?* * *For example, if you’re with a group of people, why do you allow an unpleasant person or encounter to dominate your thoughts?* * *How can you engage your mind to focus on the bright focus instead of the shading?* * *How can you promote or reinforce the positive in your interpretations?* * [Life's Third Act: Jane Fonda](https://www.ted.com/talks/jane_fonda_life_s_third_act?referrer=playlist-talks_to_make_you_feel_good_ab) (11 minutes) * *What does a third act imply to you in the projected 34 years added on to the average lifespan since your great grandparents’ generation?* * *Is feeling young exclusive to the younger generations? How old is your human spirit?* * *When have you felt the most pressure to “get your act together” in life?* * *How do you respond to your life today and empower your third act?* * **Dr. Roger and Friends Podcast episode**: [Great Expectations](https://www.spreaker.com/user/masterpiece_living/expectations)   + Dr. Roger, Teresa and Danielle discuss the benefits of positive thinking and living and learning to adapt to life's curveballs in a healthful way. * **Articles:**    + [When You Think You're Positive (But You're Really Not)](https://mymasterpieceliving.com/resource/when-you-think-youre-positive-but-youre-really-not/) by Danielle Palli   + [The Neuroscience of Happiness](https://greatergood.berkeley.edu/article/item/the_neuroscience_of_happiness) (Greater Good Magazine)   + [The Power of Positive Thinking](https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-power-of-positive-thinking) (John Hopkins Medicine) |
| September 18th:  **National Clean-Up Day** | * **Event: National Clean Up Day:** “… What would happen if everyone picked up at least one piece of litter on [National Clean Up Day](https://www.nationalcleanupday.org/)?” Join more than 2 million volunteers! * **Fact Sheet:** [Litter in America Fact Sheet](https://kab.org/wp-content/uploads/2019/11/LitterinAmerica_FactSheet_LitterOverview.pdf) from Keep America Beautiful (kab.org) * **Woodshop Activity:** Make a Trash Pick-Up Stick/Tongs   + <https://www.instructables.com/id/DIY-Litter-Tongs/>   + <https://www.instructables.com/id/The-Litter-Kit/> * **Activity:** [Trash Treasure Hunt](http://www.mykidsadventures.com/wp-content/uploads/2013/09/jb-cleanup-treasure-hunt-list.pdf) idea for a group challenge. * **Art interest:** View numerous interesting [Trash Art](https://www.google.com/search?q=trash+art+ideas) ideas (Google images) * **Articles:**    + [Tips for Safely Picking up Litter](https://www.wikihow.com/Pick-Up-Litter#Using-Necessary-Tools-and-Safety-Materials)   + [How Litter Hurts Birds](https://www.thespruce.com/how-litter-hurts-birds-386484) |
| September 22nd  **National Fall Prevention Awareness Day** | * [Fall Prevention Awareness Week Resources](https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-week/#:~:text=Dates%3A%20September%2021%2D25%2C,prevent%20falls%20among%20older%20adults.) (National Council on Aging) * **Go4Life Resources:**   + Exercises on **YouTube**:   + [Balance Exercises](https://www.youtube.com/watch?v=DiXTIBVo1PI) (7minutes)   + [Four Lower Body Strength Exercises](https://www.youtube.com/watch?v=TOKxtgKrGCQ)  (10 minutes)   + [Strength Training Session](https://www.youtube.com/watch?v=JejTelL05Qw) (27 min)   + **Article**: [How Older Adults Can Get Started with Exercise](https://mymasterpieceliving.com/resource/how-older-adults-can-get-started-with-exercise/)   + Track your progress from month-to-month with this worksheet. Record your activities and watch your progress: [Monthly Progress Test](https://www.nia.nih.gov/sites/default/files/monthly-progress-test-fillable.pdf) * Use this PowerPoint slide deck of [Fall Prevention 10-minute Topics](https://mymasterpieceliving.com/resource/vertical-360-10-minute-topics/) to educate, start a conversation and share ideas about fall prevention. * **Blogs by Dr. Roger**:   + [Before the Fall](https://mymasterpieceliving.com/resource/before-the-fall/) * [We Are Meant to Move!](https://mymasterpieceliving.com/resource/we-are-meant-to-move/) |