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| **October Purposeful Programming**  |
| **Ease the Stress**Stress is a part of everyday life, but the way we respond to stressors is unique for each of us. **Ease the Stress** is a program powered by Masterpiece that explores how different reactions impact our overall health. It starts by learning about how our bodies naturally react to stress. Participants take time to reflect on what we experience when stressed, our typical stress response, and discover meaningful ways to manage life’s ups and downs. |
| DAY  | CELEBRATION IDEAS AND RESOURCES  |
| **October 2nd World Smile Day** | * **Smile Day** - World Smile Day devotes a day to smiles and spreading random acts of kindness. History, timeline, activities, and facts: [World Smile Day](http://worldsmileday.com/index.php)
* **TED Talk**: [The Hidden Power of Smiling](https://youtu.be/2ovO5rCGNNY)
	+ Discussion Questions:
		- Do you compensate when people can’t see your smile?
		- What does an immediate smile from a stranger mean to you?
* **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.
	+ Remember the Duchenne smile and smile with your eyes! Take photos of residents and team members’ smiling eyes and post in a collage.
	+ 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.
	+ 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)
* **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
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| **October 4th-10th** **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 including themes, resources and awards. <https://www.activeagingweek.com/>
* **TED Talks:**
* [Preventing Dementia and Enhancing Brain Health](https://youtu.be/tlb2qzEbvns)
	+ Discussion Questions:
		- How pro-active are you in your wellness plan and goal-setting?
		- Are you making a difference with your lifestyle?
* [Exercise and Nutrition for Middle-age and Older Individuals](https://youtu.be/I0BJU0iGTH0)
	+ Discussion Questions:
		- Have you developed a safe exercise program?
		- Are you in a food rut?
* Use [The Active Aging Week Challenge](https://mymasterpieceliving.com/resource/active-aging-week-challenge/) created by the Masterpiece team 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!
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| **October 20th****World Osteoporosis Day** | * Check out [World Osteoporosis Day](http://worldosteoporosisday.org/) website for resources, events and education.
* Download the free [Your Guide to a Bone Healthy Diet](https://www.nof.org/healthy-bones-guide/) from the National Osteoporosis Foundation (and use their simple calculator to see if you’re getting enough calcium in your diet).
* Try these [Effective Exercises for Osteoporosis](https://www.health.harvard.edu/pain/effective-exercises-for-osteoporosis) from Harvard Health.
* Practice the [30-Second Chair Stand](https://vimeo.com/569939763/7427c4fbbd) to build strength, stability and endurance.

 * Start a podcast class or introduce residents to [Bone Talk](https://www.bonetalk.org/) on your internal channel. Bone Talk is *a podcast that shares inspiring conversations. We will examine issues around osteoporosis from diverse perspectives including patients, healthcare providers, caregivers, policy makers, researchers, advocates and innovators.*
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| **October 22nd****National Nut Day** | * Share these [Facts About Nuts](https://mymasterpieceliving.com/resource/facts-about-nuts/)!
* Lead a class discussing the information in this article: [Healthiest Nuts for Your Body](https://www.health.com/weight-loss/the-healthiest-nuts-for-your-body) and pick the ingredients to [Make Your Own Trail Mix](https://www.foodnetwork.com/healthyeats/recipes/2010/09/make-your-own-trail-mix).
* Listen to the [Nuts and Heart Health podcast episode and read the supporting Nuts for Heart Health article](https://www.hsph.harvard.edu/nutritionsource/nuts-for-the-heart/).
* 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/)
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