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| **December Purposeful Programming** | |
| **“Celebrate 2021”**  Celebrate the lives of residents and team members during the month of December. Take time this month to celebrate and recognize the successes, the connections, the grief, and the hardships that have taken place over the past two years. Share photos and videos of remarkable events, give an extra hug, and identify ways to show them your team values each and every person. You might even give them a peek into 2022! Create opportunities for meaningful conversations for individuals to discuss what they enjoyed and what they are looking forward to in the new year. | |
| DAY | CELEBRATION IDEAS AND RESOURCES |
| Dec. 5th: **International Volunteer Day** | * Dr. Roger and Friends Facebook video (11 min): * [RAKtivism and Volunteering (Even When You’re Stuck Inside)](https://www.facebook.com/brightsideoflongevity/videos/239881353819826/%20%20%0d) * [Points of Light](https://www.pointsoflight.org/?fbclid=IwAR1WzRZVK3DLab1B5naoiedOn7e9a6SKls31Z6mkmm-SiYq5NlCXvkzxgoI) collaborates with volunteer-mobilizing organizations around the world: get involved! * Read: [Kindness in Chaos](https://mymasterpieceliving.com/17844-2/) (3 min) * [10 Great Movies about Volunteering and Giving Back](https://blogs.volunteermatch.org/10-great-movies-about-volunteering-and-giving-back) * Invite residents and team members to a join in a discussion about volunteering on a regular basis inside and outside community in 2022. For example:   + Create or join a committee   + Plant flowers in the spring or tend to the garden   + Volunteer in schools, animal shelters, or food banks   + Organize or decorate for events * **TED Talks:**   + [Volunteering: The Freedom to Do Something Important (11](https://youtu.be/wyUdqRstdOc) minutes)     - **Discussion Questions:**   1. Why do you volunteer – is it based on cause, need, mission?  2. Do you feel your service is worth $25.43 per hour? Discuss.  3. The disturbing trend is a 58% nation-wide decline in volunteer membership is due to a lack of relevance in community organizations resistant to change. How can you turn the tide?   * [Be Selfish, Volunteer](https://youtu.be/V3L5oNQHylg) (18 minutes)   + **Discussion Questions:**   1. What makes an effective volunteer?   2. What makes people healthier and happier when they volunteer?   3. From your experience, how does volunteering combat stress, and inspire confidence? * Get a group together and listen to Dr. Roger & Friends Podcast: [The Pursuit of Meaning & Purpose (Playing to Your Strengths)](https://www.spreaker.com/user/masterpiece_living/spiritual-purpose-3-july-17-2020) (36 min)   + After the podcast, discuss different pursuits that people are passionate about or bring joy and peace. |
| Dec. 10th:  **Human Rights Day** | * Set up a free **expression wall**: Set up a blank whiteboard or giant piece of paper and encourage your community to write about what human rights means to them. * Stage a public reading where people can **read passages** written by their favorite human rights activist. (This could be part of a candlelight vigil.) * **TED talks:**   + [What If a Single Human Right Could Change the World?](https://www.ted.com/talks/kristen_wenz_what_if_a_single_human_right_could_change_the_world?language=en) (8 minutes)     - **Discussion Questions:**   1. Have you or any family members been affected by not having required documentation?  2. How can documentation be provided for recent immigration waves of refugees?  3. Who becomes the most vulnerable if this situation is not addressed?   * + [Let's Get to the Root of Racial Injustice](https://youtu.be/-aCn72iXO9s) (19 minutes)     - **Discussion Questions:**   1. If education is not a cure-all, then what is?  2. What does civil rights & freedom mean to you?  3. How are perceived threats promoted?   * + [Let’s Change the Way We Think About Old Age](https://youtu.be/IV0VlrtETJU) (10 minutes)     - **Discussion Questions:**   1. What do you think is the reason older adults are overlooked?  2. To what extent is aging a self-fulfilling prophecy?  3. How do you feel about the experiment Zaria describes going back in time?   * Two articles that list the best **human rights** films:   + [Best Human Right Films of 2019](https://phr.org/our-work/resources/the-best-human-rights-films-of-2019/)   + [7 Best Human Rights Films](https://www.amnesty.org.au/7-best-human-rights-films/) * Worksheet: [Moment of Reflection: Human Rights](https://mymasterpieceliving.com/resource/moment-of-reflection-human-rights/) |
| Dec. 11th: **National App Day** | * Discover [New Word Games Apps](https://mymasterpieceliving.com/resource/new-word-games-apps/) * Have a class on the useful apps. Using this article: [The Best Apps for Older Adults in 2021](https://www.seniorliving.org/cell-phone/apps/) Showcase one app a week or month. * Read: [National App Day – Things Everyone Should Know](https://www.nationaldaystoday.com/national-app-day/). * **TED Talks:**   + [Meet a 12-Year-Old-APP Developer](https://www.ted.com/talks/thomas_suarez_a_12_year_old_app_developer?language=en)     - **Discussion Questions:**   1. What makes this generation born with technology in the cradle so unintimidated?   2. How do you think we can benefit from technology without being its victim?   3. How do you feel about learning from a 12-year-old?   + [This APP Makes It Fun to Pick Up Litter](https://www.ted.com/talks/jeff_kirschner_this_app_makes_it_fun_to_pick_up_litter/transcript?language=en)     - **Discussion Questions:**   1. How will this app improve our throwaway/disposable culture?  2. How can this technology make people accountable for waste?  3. Have you witnessed a blight on the environment that really offended you and how did that make you feel? |
| Dec. 21st:  **National Crossword Puzzle Day** | * Create your own **crossword puzzle** using words about your community, town, or state. Or have residents submit words and descriptions. * [Crossword Puzzle Generator](https://www.education.com/worksheet-generator/reading/crossword-puzzle/)      * [Washington Post Daily Crossword Puzzles](https://www.washingtonpost.com/crossword-puzzles/daily/). Print or play online. * Read: [How the Crossword Became an American Pastime](https://www.smithsonianmag.com/arts-culture/crossword-became-american-pastime-180973558/). * Read: [Crossword Puzzles Were Invented in Troubled Times](https://time.com/5811396/crossword-history/) (Here's How the 20th Century's Toughest Moments Shaped the Puzzle's History)      * **TED Talks** * [Two Nerdy Obsessions Meet- and it's Magic](https://youtu.be/_qCWAsd2GP8) (12 minutes)   + **Discussion Questions:**   1. What makes solving so important to human nature?  2. How do you benefit from working on puzzles?  3. What type of puzzles do you enjoy?   * [Puzzles: More than Just a Pastime (12 minutes)](https://youtu.be/CX6yJJh7VeY)    + **Discussion Questions:**  1. What purpose do they serve beyond entertainment? 2. What type of puzzle would you invent? 3. Do puzzles frustrate you and if so, what about them frustrates you?  * Find more brain health exercises including Sudoku puzzles on the Masterpiece website: **Resources > Brain Health Resources-Dr. Rob Winningham** |