Master The Moment
invitation from Leadership

Dear Residents, Team Members, and Family Members at [Community name],

I am excited to invite you to participate in the **Master the Moment** campaignwith me! It will take place in November from [date your community is running campaign].

**Master the Moment** is designed to encourage and challenge all of us to capture and reflect on small moments that bring us joy and gratitude. By being mindful and savoring small joys, we learn to appreciate everyday aspects of life, allowing us to positively impact our health and wellbeing.

Participating in the campaign is simple and involves just a few small steps. The most important step is to pause and seek moments that bring you joy.  This may be watching your grandchildren play, taking in the aroma of your favorite food, noticing the smile from a friend, reflecting on a gift given with love or replaying a memory of a place, or person that makes you smile and warms your heart. The list is limitless – anything that brings you joy! Next …

* **Capture the moment.** Take a photo or video, write a poem or short story, use art to sketch, paint or make a collage … or any other way you choose to represent your joy.
* **Share your joy with the Masterpiece network!** We all can benefit and take pleasure sharing our moments with others. Therefore, throughout the month of November, I invite you to post one or more of your small moments through the links listed in the campaign flyer. Masterpiece will gather entries from all participating communities like ours at the end of the month and create a collective slideshow to share the many unique moments of gratitude, happiness, and peace. I look forward to viewing this slideshow with you after the campaign.

 You are also welcome to drop off or email your “moments” here at our community by [insert instructions here].

 **Join us for the kickoff celebration on [**share date here**]!**

 I am looking forward to participating in this campaign with you,

 [Executive Director]