February 2022 Resources

resources curated and created by masterpiece

|  |
| --- |
| 1st Quarter Campaign: **Living It** is a four-week campaign to inspire and challenge residents and team members to try new pursuits in four areas of focus of healthy longevity. These are the social, intellectual, physical, and peace and fulfillment areas of focus of wellbeing. Focusing on one area a week, participants are encouraged to try four new pursuits each week. Use this [Engagement Questionnaire](https://mymasterpieceliving.com/resource/engagement-survey/) or [Human Capital Questionnaire](https://mymasterpieceliving.com/resource/human-capital-survey-2/)  to discover the human capital in your community and use the talents, expertise, and knowledge of team members and residents to maximize the experience. |
| National Days | Curated Resources and Ideas |
| February 7th: **Send a Card to a Friend Day** | * Add a “stationary hour” to the calendar inviting people to come by and write a card to a friend/team member/resident/family member each day of this week, sharing something about yourself and highlight why you enjoy their friendship.

 * Is there someone in your life who helped you become who you are today that you have not thanked yet? Write them a letter, call, or send them an email. If they are someone you cannot contact, write a journal entry about what their support meant to you.
* Try writing an “unsent letter.” This could be a letter to yourself, forgiving yourself for past regrets, or to someone with whom you want to forgive for a past wrong, express anger toward, or even reflect sadness about – whatever emotions you are feeling. This letter is for your eyes only. Learn more about the benefits of journaling and the unsent letter, here: Article – Discover 8 Journaling Techniques for Better Mental Health <https://bit.ly/3wQXpgQ>
* **TED Talks:**
	+ [The Power of Written Communication in a Technological Age](https://www.youtube.com/watch?v=AoZ7qxHXmpI) (16 minutes)

**Discussion Questions:*** + - What is your “letter writing story”?
		- What do you feel is lost in technology communication besides intimacy?
		- “If you don’t find time, time will find you.” What does that mean to you?
	+ [Don't Write Like a Robot. Prove You are Human](https://www.youtube.com/watch?v=1DxE4EAefO8) (16 minutes)

**Discussion Questions:** * + - How can you produce genuine communication?
		- What does a personal greeting card mean to you?
		- What traditions are worth holding on to?
* **Article** – Benefits of Journaling (and the Lost Art of Letter Writing): <https://bit.ly/3lJgPxR>
* **Article** –The Benefits of Writing Letters During the Pandemic: <https://bit.ly/3cdmJnV>
 |
| February 11th:**International Day of Women in Science** | * Plan an intergenerational movie night and pick one of these top movies of women in science**:** [10 Films That Celebrate Women in Science](https://videolibrarian.com/articles/lists/10-films-that-celebrate-women-in-science/)
* Lead a **Science Project Class** and pick one or two of these [14 Simple Scientific Experiments That Even Adults Will Find Astonishing](https://brightside.me/article/eight-awesome-scientific-experiments-for-kids-85405/)
* Visit a local elementary school for an Intergenerational [STEM challenge](https://www.feelgoodteaching.com/bone-bridge-stem).
* Hold a book club in February focusing on a women in STEM. [Here](https://mitpress.mit.edu/blog/celebrating-international-day-women-and-girls-science) are some books recommended by MIT Press.
* Hold a lecture series inviting a local female scientist to talk on an area of their expertise. OR invite a resident who may have worked (or have an interest) in the science field to talk about their experience in the past, and how the field is changing today.
* **TED Talks:**
	+ [Teach Girls Bravery Not Perfection](https://www.youtube.com/watch?v=fC9da6eqaqg) (12 minutes)

**Discussion Questions:*** + - How can you promote bravery?
		- How can bravery make a difference?
		- How can diversity improve the employment stage?
	+ [Making Women in Science Visible](https://www.ted.com/talks/rachel_ignotofsky_making_women_in_science_visible) (15 minutes)

**Discussion Questions:*** + - What are the reasons women have been excluded from the sciences – is there any rational biological or cultural explanation?
		- How can you encourage progress in scientific careers with your young family members?
		- Who was your academic/career role model?
		- What are some ideas to share information about successful women in science to the younger generations?
	+ [6 Essential Lessons for Women Leaders](https://www.youtube.com/watch?v=xg5uD-D1QvY) (9 minutes)

**Discussion Questions:*** + - Why are women perceived based on appearance and can it be interpreted as devaluing the humanity of a person or a control mechanism?
		- Are strong and soft contradictory character traits? Explain.
		- How can future generations change the tide of misconceptions?
 |