mARCH 2022 Resources

resources curated and created by masterpiece

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| February Campaign: **Living It** **Living It** is a four-week campaign to inspire and challenge individuals to try new pursuits in four areas of focus for healthy longevity. These are the social, intellectual, physical, and peace and fulfillment areas of focus for 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.1st Quarter Suggested Program: **A Generational Journey: Women**This three-session program discusses the role of women throughout a lifespan. The program includes a look at societal and cultural expectations placed on women from their early years, into motherhood and through older adulthood. It takes a candid look at the media and health and beauty industries’ views on aging and challenges perceptions that women should resist aging. Finally, this program reviews the historical role of the “crones” or “holy ones” and “wise ones” and reclaims the title of “crone” – which is currently branded with a negative connotation, to encourage the elder women of society to share their wisdom with younger generations.    |
| National Days | Curated Resources and Ideas |
| March 18th: **World Sleep Day** | * **National Institute on Aging:**
	+ Schedule a class to watch this recorded live webinar on Facebook: [The #ScienceOfSleep and Older Adults Q&A](https://www.facebook.com/watch/live/?ref=watch_permalink&v=806868803344471) (19 minutes)
	+ Use this resource for specific topics related to older adults and sleep: [A Good Night’s Sleep](https://www.nia.nih.gov/health/good-nights-sleep?utm_source=nia-eblast&utm_medium=email&utm_campaign=sleepoutreach-20210824)
* Offer a technology session to introduce a few **Sleep Apps**. Most of the options in this article are free! [The 10 Best Sleep Apps](https://www.medicalnewstoday.com/articles/317816#Relax-Melodies)
* How about a **bedtime story for adults**? Share one of these stories on your community app or internal channel: [7 Snuggly Bedtime Stories for Adults (to help you fall asleep)](https://www.sleep365.com/blogs/news/7-snuggly-bedtime-stories-for-adults-to-help-you-fall-asleep)
* Share these two Masterpiece **meditations** for comforting practices:
	+ [Progressive Muscle Relaxation](https://www.spreaker.com/user/masterpiece_living/mindful-tense-release-activity) (11 minutes)
	+ [Autogenic Relaxation](https://www.spreaker.com/user/masterpiece_living/autogenic-relaxation) (10 minutes)
* **TED Talk:**
	+ [Sleep is Your Superpower](https://www.youtube.com/watch?v=5MuIMqhT8DM) (19 minutes)
		- **Discussion questions:**
			* How do you lull yourself to sleep or wind down?
			* How can you be empowered through sleep and prevent immune deficiency?
			* How does sleep deprivation affect your health and compromise people you interact with?
			* How does sleep or lack of it affect your ability to learn or recollect?
			* If sleep is being compromised as you age, how can you improve your quality of deep sleep?
* Get crafty with **sleep masks**!
	+ Plain masks may be purchased in bulk and simple decorations applied. Make sure the decorations are flat and simple so that they do not catch on the pillow fabric while sleeping. Here are a few ideas: [34 Dreamiest DIY Sleep Masks](https://diyjoy.com/diy-sleep-masks/)

 * This article includes the pattern and ideas to decorate: [Make Your Own Eye Mask!](https://abeautifulmess.com/make-your-own-eye-mask/) Or a no-sew option: [DIY No-Sew Sleeping Mask](https://blog.potterybarn.com/diy-no-sew-sleeping-mask/)
* Share a few of these **sleep facts**: [22 Facts About Sleep That Will Surprise You](https://health.clevelandclinic.org/22-facts-about-sleep-that-will-surprise-you/)
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| March 19th:**National Let’s Laugh Day** | * Take a **Laughter Yoga Class** together:
* Here is an example of a pre-recorded online session with certified laughter yoga teacher Celeste Greene: [Online Laughter Club: Laughter Yoga Exercise Routine](https://www.youtube.com/watch?v=nUxs1Dbm8lg) (16 minutes).
* To join these classes: [Free Online Laughter Yoga Classes on Zoom](https://celestegreenelaughs.com/free-online-laughter-classes/)
* Ask residents and team members to make a list of their favorite **comedians,** for example: **Bob Hope, George Burns, Robin Williams, Eddie Murphy, Jerry Seinfeld, Ellen DeGeneres**, etc. Plan to watch them as a group and discuss how comedy has changed over the years. What is humorous to you and why?
* Do you have funny residents? Engage them in a **comedy night**.
* Get a group together to watch a comedy series from the beginning. For example: **Dick Van Dyke Show, I Love Lucy, Cheers, Frasier, Modern Family, The Big Bang Theory, Marvelous Mrs. Maisel**, etc.
* Post this **podcast episode** on the benefits of humor to the internal channel or community app: [Our Best Defense Against the Universe (and Ourselves)](https://www.spreaker.com/user/birdland_media_works/humor-final-2021) (5 minutes)
* Share this **article:** [Getting Serious About Humor and Play.](https://mymasterpieceliving.com/getting-serious-about-humor-and-play/)
* **TED Talks:**
* [Why We Should Take Laughter More Seriously](https://youtu.be/TKYwGYrVm0o) (13 minutes)
	+ **Discussion Questions**
* Has laughter served as an icebreaker for you in an uncomfortable situation and can you share that experience?
* Have you witnessed someone with **geliophobia** (fear of laughter) and how did that make you feel?
* When family and friends gather, laughter can deepen a bonding relationship. How has laughter been able to provide that experience with companions for you?
* [Is Laughter the Best Medicine?](https://youtu.be/I6ATQ1K7Jy0) (16 minutes)
* **Discussion Questions**
* How is the lack of laughter oppressive?
* How can a hospital clown give control back to the patient?
* How has laughter worked as a painkiller for you?
* Share these **benefits of laughing**: [Laughter is the Best Medicine](https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm)
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