May 2022 Resources

resources curated and created by masterpiece

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| May Campaign: **Movement Matters** is a month-long campaign centered on increased movement and overall wellbeing. The goal is to motivate individuals within your organization to move more and sustain their increased movement throughout the year. What is your motivation to move more this month?2nd Quarter Suggested Program: **Aging Through the Ages** This four-session video program explores the history of aging and the evolving role of older adults through time. In this program, participants will take a brief look at the Hunter-Gatherer and Agrarian Ages, the Industrial Revolution, the Technology Age, as well as a glimpse into our future. Each recorded video session will illustrate the evolutionary challenges during these various periods in time, what we – as a species – learned, how our older adults contributed to society and the overall view of aging. | |
| National Days | Curated Resources and Ideas |
| May 24th:    **National Scavenger Hunt Day** | * Healthy longevity ideas benefit people of all ages, use this YouTube video, [How to Plan a Treasure Hunt](https://youtu.be/jqZxDQ4zQ5k) (5 minutes) to gather ideas to **create an intergenerational scavenger hunt.** Could they partner for the hunt? Have one generation lead the other in simple dance steps or a stretching exercise at one station, complete a simple word search of active exercises/sports/games at another station, or select cut fruits and vegetables to design a smiley face snack plate at another station (option: use cut paper fruits and vegetables for this task). Here are a few other **planning questions** to create a fun scavenger hunt:   + What type of scavenger hunts have you participated in and enjoyed?   + What themes can you think of for a scavenger hunt?   + How could this be a good team building exercise? * Use **a theme** connected to healthy longevity. It could be tied to places in the community that support healthy living (i.e., fitness center, dining, pool, walking trails, nature areas, and social spots like a coffee shop or dance hall). Base the hunt on the [10 Tips for Healthy Longevity](https://mymasterpieceliving.com/wp-content/uploads/2019/04/Ten-Tips-for-Healthy-Longevity.docx) from Dr. Roger Landry’s Live Long, Die Short book. * **A “Selfie” Scavenger Hunt:** A fun way to get the entire community active and discover new places in town. Create a list of objects and places ([such as this one](https://etsy.me/3M7ipYb), and have participants either take a selfie at each spot or set up teams to take photos of one another. The first team to capture images of all the objects identified wins! * **Host a Social Scavenger Hunt or Social Bingo:** Use this [Social Bingo](https://mymasterpieceliving.com/wp-content/uploads/2016/01/Social-Bingo-3.docx) document or create your own card or list. Have several participants submit a few little-known facts about themselves for inclusion or provide information about those within your organization. Participants ask each other questions and fill out their Bingo cards. * **Puzzler Scavenger Hunt:** Use either 3-D puzzles that can be assembled easily or simple jigsaw puzzles with only a few pieces. Set up teams as you hide two or more sets of the broken pieces at designated areas of your organization. Provide each team with a list of clues so that teams can choose to collect pieces in any order. The first team to collect and assemble their puzzle, wins! [Note: You may want to set up two adjacent hunts or a single hunt where people are instructed to only collect one piece at each location.] * Invite individuals to use their **skills** in creative thinking, creative writing, or artwork. Create rhymes and riddles for the clues and artwork for the clue cards. In addition, there are likely people who enjoy history or would just be curious to learn the origin of scavenger hunts and share the information they learn to the promote of the event. * **Watch the 1936 Movie:** [**My Man Godfrey**](https://www.youtube.com/watch?v=09COqlcC0-4) (Comedy; 90-minute Run Time)   + **Synopsis:** Fifth Avenue socialite Irene Bullock needs a "forgotten man" to win a scavenger hunt, and no one fits that description more than Godfrey Park, who resides in a dump by the East River. Irene hires Godfrey as a servant for her riotously unhinged family, to the chagrin of her spoiled sister, Cornelia, who tries her best to get Godfrey fired. As Irene falls for her new butler, Godfrey turns the tables and teaches the frivolous Bullocks a lesson or two.   + **Discuss** social themes of the time. How have they changed today? In what ways are they the same? * Share this article: [Getting Serious About Humor and Play](https://mymasterpieceliving.com/wp-content/uploads/2020/07/Getting-Serious-About-Humor-and-Play.docx) by: Cera Meintzer and Danielle Palli |
| May 30th:  **National Creativity Day** | **TED Talks**   * [4 Lessons in Creativity](https://youtu.be/sY0Pf_pfqCI) (17 minutes)   **Discussion Questions:**   * Julie Burstein talks about the rules of creativity – be open to experience, embrace challenge, let go and embrace loss or the gap between reality and what we hope for. How are you able to express that in your own creative outlet? * Which of these stories about the filmmaker Mira Nair, writer Richard Ford, sculptor Richard Serra and photographer Joel Meyerowitz resonated the most with you and why? * What is the lesson in the Raku pottery as an analogy for your life? * [Your Elusive Creative Genius](https://youtu.be/4HBJa279i8M) (19 minutes)   **Discussion Questions:**   * Creativity thrives on vulnerability. What are the other risks? * Do you believe that creativity is a divine gift? If so, do you have an example? * How do you tap into your creative side? * What can you contribute as your creative handprint? * [Where Does Creativity Hide?](https://youtu.be/8D0pwe4vaQo) (24 minutes)   **Discussion Questions:**   * How does the uncertainty of life challenge you? * Randomness, luck, accidents – how can an artist capture those variables in their work? * What compels creativity – does it have a life of its own and just needs to be birthed? * [Don’t Fear Failure, Unlock Your Inner Creativity and Say Yes](https://youtu.be/06M8qY7Q74Y) (19 minutes)   **Discussion Questions:**   * How can you achieve a “moon shot”? * What is your fear roadblock? * Are you able to power through failure and what mindset would you need? * Inspire each other and make **vision boards** together or collaborate and create one for the community! Gather tips from this article from the Oprah Magazine:  [How to Make a Vision Board](https://www.oprahmag.com/life/a29959841/how-to-make-a-vision-board/)      * [Creativity During COVID-19](https://mymasterpieceliving.com/wp-content/uploads/2020/05/Creativity-During-COVID-19.docx) article by: Cera Meintzer and Danielle Palli      * **Dr. Roger & Friends** Podcast Episodes: * [Creativity During COVID](https://www.youtube.com/watch?v=nk1Z8SO4p-8)  (10 minutes) * [Armchair Adventures: An Intergenerational Journey into the Imagination](https://www.youtube.com/watch?v=HHSmRK2NqII) (32 minutes)      * Use these [creativity photos](https://mymasterpieceliving.com/wp-content/uploads/2021/02/Creativity.pdf) to challenge teams to find as many creative and unique ways to use the items as possible (e.g., Creating art and photographing it, invent a game, tell a story using the objects, etc.) |