



## Sample of Wiser Now's Condensation and Enhancement of *Chase's Calendar of Events* Dates

To make planning easier for activity directors/lifestyle enrichment leaders, one programming service offered by Wiser Now to senior clients is a condensation of the typically 20-25+ events listed for each day of the year in *Chase's Calendar of Events* and the 7-10 events listed in Activity Connection's "Special Days" section. The former lists some websites, and the latter provides direct links to them as well as to exercises within their website for that month. But even reviewing 7 events for each of 30 days is daunting. With Activity Connection's blessing, Wiser Now further condenses each date for their subscribers to usually just 3 events, makes sure the offsite AC links references are truly useful, and adds additional ready-to-use exercises throughout the month.

### Condensation for *Non-Activity Connection* Subscribers: October 5

A sampling of supplements referenced has been attached to the end.

**Think Positive Thursday** – Discuss the power of positive thinking today. This is an important subject, so check out the three related Wiser Now Supplements: Improve Your Mood, Positive Attitude Metaphors, and Positive Thinking – Wonderment.

**World Teachers' Day** – Sponsored by the UN and held annually on October 5, [World Teachers' Day](#) is a day to recognize the contributions of teachers. If you have former teachers in your group, consider honoring them with a teachers' tea. Also consider honoring *today's* teachers by making "care packages" and dropping them off at a local school. This is an opportunity for positive publicity for your community and making a school connection for intergenerational programming. We have created a Wiser Now Supplement that suggests items for a teacher care package. This could also be a project for your group on Make a Difference Day (Oct 28). Also check out the MindPlay Connections title on "[School Daze](#)," for many fun school-related exercises.

**70th Anniversary of First Televised Presidential Address** – On this day in 1947, Harry S. Truman [urged Americans](#) to make certain food sacrifices to aid those starving in Europe after WWII. Because many people in the world are still starving or undernourished, consider contributing to a food bank or playing the [free rice game](#). See also World Food Day on Oct 16. This is also a good time to discuss President Eisenhower's comments on war. See the Wiser Now Supplement on him. And while you're talking about presidents, check out the Wiser Now Supplement of a trivia quiz on the White House (See Oct 13) and presidential snacks and pastimes. Also consider purchasing the MindPlay Connections title "[Firsts.](#)"

### Condensation for Activity Connection Subscribers: October 5

**A sample of Activity Connection's dates with Wiser Now enhancements** in purple follows.

**Think Positive Thursday** – Discuss the power of positive thinking today. **This is an important subject, so check out the three related Wiser Now Supplements: Improve Your Mood, Positive Attitude Metaphors, and Positive Thinking – Wonderment.**

**World Teachers' Day** – Sponsored by the UN and held annually on October 5, [World Teachers' Day](#) is a day to honor the contributions of teachers. Any former teachers in your group? Honor them with a special "Teachers' Tea" today. Make [teacher care packages](#) and drop them off at a local school. It's a great way to connect with a teacher and arrange some future intergenerational programming. **We have created a Wiser Now Supplement that suggests items for a teacher care package. This could also be a project for your group on Make a Difference Day (Oct 28). Also check out the MindPlay Connections title on "[School Daze](#)," for many fun school-related exercises.**

**70th Anniversary of First Televised Presidential Address** – On this day in 1947, Harry S. Truman addressed the nation from the White House, urging Americans to cut back on their use of grain in order to aid those starving in Europe after WWII. [Learn more](#) about this first, **and because many people in the world are still starving or undernourished, consider contributing to a food bank or playing the [free rice game](#). See also World Food Day on Oct 16. This is also a good time to discuss President Eisenhower's comments on war. See the Wiser Now Supplement on him. And while you're talking about presidents, check out the Wiser Now Supplement of a trivia quiz on the White House (See Oct 13) and presidential snacks and pastimes. Also consider purchasing the MindPlay Connections title "[Firsts](#)."**

Subscribers to **Condensed Special Days** receive:

- Condensed daily calendar with Wiser Now commentary
- All Supplements referenced

Wait, there's more!

Subscribers to **Condensed Special Days Expanded** also receive:

- An appropriate MindPlay Connections™ title
- A slide show that can be shown on a large screen TV or iPad that compliments the MindPlay Connections title and can be used for groups or individuals and which is mostly adaptable to people with dementia

Interested? Contact [Kathy@WiserNow.com](mailto:Kathy@WiserNow.com) or call 941-773-7341.

A sampling of the Supplements referenced can be seen on the following pages.



## Positive Attitude Month

We all know by now that a positive attitude is good for body and soul, but lots of people have had interesting metaphors for pointing that out. Here are a few:

- Life is a shipwreck but we must not forget to sing in the lifeboats.  
~ Voltaire
- Every thought is a seed. If you plant crab apples, don't count on harvesting Golden Delicious.  
~ Bill Meyer
- In the depth of winter I finally learned that there was in me an invincible summer.  
~ Albert Camus
- Being in a good *frame* of mind helps keep one in the *picture* of health.  
~ Author Unknown
- Sometimes life's Hell. But hey! Whatever gets the marshmallows toasty.  
~ J. Andrew Helt
- Optimist: someone who isn't sure whether life is a tragedy or a comedy but is tickled silly just to be in the play.  
~ Robert Brault



What is *your* metaphor for why a positive attitude makes life better?



## Teacher Gratitude Kits

“Teacher Survival Kits” are meant to be a useful gift for teachers rather than one more “World’s Greatest Teacher” mug. I applaud the idea, but prefer to re-label them more positively as “Teacher Appreciation Kits” or “Teacher Gratitude Kits.” We also encourage giving the kits as a gift anytime throughout the year as an act of kindness paid forward, rather than just something given for holidays or at the end of the school year.



And how about considering other groups of people who need appreciation? What would you put in a nurse’s, fireman’s, caregiver’s, first responder’s, or policeman’s kit? Who else might you please by showing gratitude for them?

As various online websites note, you needn’t spend a lot of money. Dollar stores have lots of inexpensive, but useful items as well as a variety of containers to put them in – which might be a gift in itself. Nor do you need to fill a huge basket. A gift of

8 – 10 items is plenty. Do consider home-made gifts – a hand-knitted scarf or mini-loaf of banana bread, for example – and brighten them with ribbons, silk flowers, cellophane wrap or other decorative items.

The better you know the person you are giving to, the more likely you can choose items most pleasing to her or him, but here is a list of possible items to consider including:

- Airborne mix or chewables
- Almonds
- Band-aids
- Chapstick
- Comb or small brush
- Cough drops
- Coupons for coffee or food place
- Crystal Light on-the-go drink mixes
- Dark chocolate
- Febreze (travel size)
- Granola bars (Kind brand bars are perfect)
- Hand lotion
- Hand sanitizer
- Hot chocolate mix
- Individual coffee or tea packets
- Kleenex
- Mini lint roller
- Mini sewing kit
- Mints
- Notebook and pen
- Pony tail holders
- Post-it notes
- Safety pins
- Water bottle or tumbler with lid
- Wet wipes

Source: <http://www.givinguponperfect.com/2013/08/making-a-teacher-survival-kit/>



## An uncommon general



Dwight D. Eisenhower, the 34<sup>th</sup> President of the United States was born October 14<sup>th</sup>, 1890. As a general who among other World War II accomplishments was the Supreme Commander of the troops invading France on D-Day in 1944, he had a unique military experience whose quotes seem worthy of consideration in troubled times.

- I hate war as only a soldier who has lived it can, only as one who has seen its brutality, its futility, its stupidity.
- [W]e must guard against the acquisition of unwarranted influence, whether sought or unsought, by the military-industrial complex. The potential for the disastrous rise of misplaced power exists and will persist.
- Every gun that is made, every warship launched, every rocket fired, signifies in the final sense a theft from those who hunger and are not fed, those who are cold and are not clothed.
- I like to believe that people in the long run are going to do more to promote peace than our governments. Indeed, I think that people want peace so much that one of these days governments had better get out of the way and let them have it.
- This world of ours... must avoid becoming a community of dreadful fear and hate, and be, instead, a proud confederation of mutual trust and respect.
- [M]ay we never confuse honest dissent with disloyal subversion.



What do you think of the above statements?

## Not all politicians are serious

While President Eisenhower's statements are great discussion-starters, occasionally politicians provide comic relief. Watch [this](#) YouTube video of a statesman in Switzerland who simply couldn't stop laughing as he spoke at the podium. Don't you fervently wish we had some of his giggle juice in our government chambers at the moment?





## Trivia quiz: Presidential Snacks and Pastimes

Presidents are not above guilty food pleasures.

### Can you match the favorite snack to the President?

- |                          |                               |
|--------------------------|-------------------------------|
| 1. George Washington     | a. Almonds                    |
| 2. Thomas Jefferson      | b. Big Macs                   |
| 3. William Howard Taft   | c. Cottage cheese and ketchup |
| 4. Franklin D. Roosevelt | d. Fruitcake                  |
| 5. Richard Nixon         | e. Hazelnuts                  |
| 6. Ronald Reagan         | f. Jelly beans                |
| 7. George H.W. Bush      | g. Pork rinds                 |
| 8. Bill Clinton          | h. Pretzels                   |
| 9. George W. Bush        | i. Salted chocolate caramels  |
| 10. Barrack Obama        | j. Vanilla ice cream          |

### Can you match the pastime to the President?

Even presidents cannot work all the time. Over the years, our leaders have added various forms of recreation to the White House and its grounds. Some have come and gone, but they served the presidents well during their time.

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1. Billiard room              | a. Bill Clinton (1990s)          |
| 2. Bowling alley              | b. Dwight Eisenhower (1950s)     |
| 3. Jogging track              | c. Gerald Ford (1970s)           |
| 4. Putting green              | d. Ulysses S. Grant (1870s)      |
| 5. Swimming pool – indoors    | e. Richard Nixon (1960s)         |
| 6. Swimming pool – outdoors   | f. Barrack Obama (2009+)         |
| 7. Temporary basketball court | g. Franklin D. Roosevelt (1940s) |
| 8. Tennis court               | h. Theodore Roosevelt (1910)     |

Answers to snacks:

- |      |      |      |      |       |
|------|------|------|------|-------|
| 1. e | 3. a | 5. c | 7. g | 9. h  |
| 2. j | 4. d | 6. f | 8. b | 10. i |

It's interesting to note that our heaviest president, William Howard Taft, who weighed in at 332 pounds, chose the healthiest snack for warding off his hunger pains.

Bill Clinton was famous for his McDonald's runs while in office, but since then has become a highly food-conscious vegan.

Source: <https://www.everydayhealth.com/diet-and-nutrition-pictures/us-presidents-favorite-snacks.aspx>

Answers to pastimes:

1. d      2. e      3. a      4. b      5. g      6. c      7. f      8. h

A movie theatre was added by Franklin D. Roosevelt in 1942, converted from a long cloak room and improved by presidents since then. Movies were first shown in the White House beginning about 1915 with Woodrow Wilson's term, but there was no dedicated viewing room before 1942.

President Obama's basketball court consisted of movable hoops put on the tennis court.



### *Did you know?*

Martha Washington was the first woman to be pictured on a U.S. postage stamp. The 8-cent stamp was issued in November 1902. She would later appear on stamps of other denominations.