

# Week 1 Active Involvement

One important key to good health and longevity is for a person to stay actively involved with their friends and family, in their communities and at work. Those who believe that their contributions, both large and small, can make a difference in the lives of others, find personal rewards which lead to a sense of purpose and well-being. The CAREDAYS suggestions on the calendar for each day are meant to bring about positive changes in the world around you.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Inspiration for the Day</b>            "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."            – <i>Maya Angelou</i></p>	<p><b>Inspiration for the Day</b>            "The best way to find yourself is to lose yourself in the service of others."            – <i>Gandhi</i></p>	<p><b>Inspiration for the Day</b>            "I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."            – <i>Helen Keller</i></p>	<p><b>Inspiration for the Day</b>            "When you cease to make a contribution, you begin to die."            – <i>Eleanor Roosevelt</i></p>	<p><b>Inspiration for the Day</b>            "Sometimes when we are generous in small, barely detectable ways it can change someone else's life forever."            – <i>Margaret Cho</i></p>
<p><b>Active Involvement</b></p> <ul style="list-style-type: none"> <li>• Invite someone to dinner whom you would like to get to know better. It may be the beginning of a wonderful friendship.</li> <li>• Call someone you haven't talked to in years and let them know you are thinking about them.</li> <li>• Sign the back of your driver's license to become an organ donor.</li> </ul>	<p><b>Active Involvement</b></p> <ul style="list-style-type: none"> <li>• Offer to pitch in and help a co-worker who is busy.</li> <li>• Make an appointment today to give blood.</li> <li>• Buy a large bag of pet food and donate it to a local animal shelter.</li> </ul>	<p><b>Active Involvement</b></p> <ul style="list-style-type: none"> <li>• Make a habit of paying a compliment at least once a day.</li> <li>• Buy books for a day care center or school.</li> <li>• Call or visit a homebound person.</li> </ul>	<p><b>Active Involvement</b></p> <ul style="list-style-type: none"> <li>• Tell your employees how much you appreciate their work.</li> <li>• Leave an extra big tip for the waitperson today.</li> <li>• Go through your closet and fill a bag of clothes for the Salvation Army or similar organization.</li> </ul>	<p><b>Active Involvement</b></p> <ul style="list-style-type: none"> <li>• Write a note to the supervisor of someone who has been particularly helpful, outlining how they helped you.</li> <li>• Offer to baby-sit for free to give a single parent an evening off.</li> <li>• Ask your children to go through their toys and donate some of them to children who are less fortunate.</li> </ul>
<p><b>Did You Know?</b>            Someone in this country dies every three hours because of a shortage of donor organs.</p>	<p><b>Did You Know?</b>            Only 5% of the potential blood donors give blood.</p>	<p><b>Did You Know?</b>            Mark Twain once said, "I can live a whole month on one compliment."</p>	<p><b>Did You Know?</b>            www.charitywatch.org, offers letter grades for 500 major American charities. It uses an evaluation system that takes into account such factors as "the cost to raise \$100" and "percent spent on charitable purpose."</p>	<p><b>Did You Know?</b>            Individuals give 75% of all the money that charities receive. If we all give our fair share, no one will go hungry and no child will grow up in poverty.</p>

## How You Can Participate:

Customized Text Box:

**Describe your CAREDAYS fundraising plans here. Here are some examples:**

- Donate \$2.00 for each Active Involvement Activity you did this week.
- Pay \$10 for yourself or \$20 for your family to attend a company sponsored barbecue.
- Donate \$5 to wear jeans to work.
- The company will match employee contributions.
- Include names/locations of community health clinics that will be receiving funds.

**The money you contribute during CAREDAYS will serve uninsured patients at community health clinics.**

# Week 2 Nutrition and Fitness

The CARE DAYS week of Healthy Nutrition & Fitness gives you suggestions and reasons for making changes in your lifestyle that can improve your health. There is no diet or exercise program that works for everyone. One approach is to start with what you like and make small changes to see which ones have a positive effect on your health. You should consult your physician if you are going to make any dramatic changes in your physical activity or dietary habits.



Companies That Care

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Health Tip of the Day</b>            Stay hydrated. It is recommended that you drink 6-8 glasses of water per day. The feeling of hunger is often your body telling you that you are thirsty.</p>	<p><b>Health Tip of the Day</b>            If you are trying to cut calories, don't skip meals. Research shows that if you don't eat at regular intervals throughout the day, you risk disrupting your blood sugar and insulin levels, which in the end can promote fat storage and lower your metabolism. People actually gain weight by skipping meals.</p>	<p><b>Health Tip of the Day</b>            As we age we lose muscle mass and strength. Strength training can help preserve and increase your muscle mass, reduce body fat and burn calories. Hand-held weights or homemade weights (water bottle filled with water or sand, soup can) and handgrips are simple strength building tools that can be used at your desk.</p>	<p><b>Health Tip of the Day</b>            Exercise can help reduce depression and anxiety by increasing feel-good endorphins. Exercise releases tension in muscles, helps you sleep better and reduces levels of the stress hormone, cortisol.</p>	<p><b>Health Tip of the Day</b>            Yogurt that contains live and active cultures has many health benefits. It contains lacto bacteria, which help to digest lactose, and help to absorb valuable nutrients. Lacto bacteria inhibit the growth of harmful bacteria and fungi and therefore boosts your immunity. They even produce hydrogen peroxide, which has a natural antibiotic effect.</p>
<p><b>Nutrition and Fitness</b></p> <ul style="list-style-type: none"> <li>Plan to use a pedometer for the week. Set a goal of a % increase of steps per day.</li> <li>Make a fruit smoothie for breakfast.</li> <li>Eat a smaller portion than usual for lunch or dinner. If dining out, split a meal in half and take the rest home for another meal.</li> </ul>	<p><b>Nutrition and Fitness</b></p> <ul style="list-style-type: none"> <li>Walk for 30 minutes at the mall during your lunch hour.</li> <li>Do some housework at a brisk pace; you will be amazed at how much you can accomplish when exercise is the goal.</li> <li>Stop eating after dinner. Calories consumed at night don't get worked off while you sleep.</li> </ul>	<p><b>Nutrition and Fitness</b></p> <ul style="list-style-type: none"> <li>Pledge to drink water at work instead of coffee or soda. Add a lemon wedge for a refreshing flavor.</li> <li>Bring in a hand-held exercise tool, such as a 3lb dumbbell or hand grip and use it each time you are on the phone.</li> <li>Stand while talking on the phone in the office.</li> </ul>	<p><b>Nutrition and Fitness</b></p> <ul style="list-style-type: none"> <li>Read labels on foods in your pantry and freezer to educate yourself on the salt content.</li> <li>Take a jump rope in your suitcase when you travel so you can work out in your hotel room.</li> <li>Get a group together for a healthy potluck luncheon at work.</li> </ul>	<p><b>Nutrition and Fitness</b></p> <ul style="list-style-type: none"> <li>Skip the donuts; bring bran muffins to the office today.</li> <li>Walk around your building today during a break. A change of scenery can be rejuvenating.</li> <li>Find out what your blood pressure is by using a BP machine at a drug store.</li> </ul>
<p><b>Did You Know?</b>            Studies suggest that walking at a brisk pace for three or more hours a week can reduce your risk for heart disease by 65%.</p>	<p><b>Did You Know?</b>            The number one cause of blindness in the United States is diabetes.</p>	<p><b>Did You Know?</b>            The most common non-contagious disease in the world is tooth decay.</p>	<p><b>Did You Know?</b>            The average American/Canadian family drinks 600 cans of soda per year.</p>	<p><b>Did You Know?</b>            It takes about 12 weeks after starting an exercise program to see measurable changes in your body.</p>

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- Donate \$2.00 for each Nutrition and Fitness Activity you did this week.
- Pay \$10 for yourself or \$20 for your family to attend a company sponsored barbecue.
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# Week 3 Lifelong Learning

Current research says lifelong learning can add years to your life and life to your years! Lifelong learners are likely to have less incidence of Alzheimer's disease. Research suggests that if the mind continues to be stimulated and challenged it will continue to grow and develop. Indeed people who are involved in adult learning programs report many positive benefits to their overall health, well-being and quality of life.



Companies That Care

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<p><b>Inspiration for the Day</b>            Start the week with a "cup half full" approach, believing "I really can do this" however big or small the task.</p>	<p><b>Inspiration for the Day</b>            Let curiosity be your guide.</p>	<p><b>Inspiration for the Day</b>            Push the boundaries of your life – move outside of your personal comfort zone.</p>	<p><b>Inspiration for the Day</b>            "Somewhere, something incredible is waiting to be known."            – Carl Sagan</p>	<p><b>Inspiration for the Day</b>            Focus on the positives in your life today.</p>
<p><b>Lifelong Learning</b></p> <ul style="list-style-type: none"> <li>• Get a book on tape and listen to it on your commute to work.</li> <li>• Choose a word from the dictionary that you don't usually use and use it.</li> </ul>	<p><b>Lifelong Learning</b></p> <ul style="list-style-type: none"> <li>• Do the daily crossword or Sudoku puzzle.</li> <li>• Watch the Discovery Channel.</li> </ul>	<p><b>Lifelong Learning</b></p> <ul style="list-style-type: none"> <li>• Educate yourself on the names of all the countries on the African continent.</li> <li>• Mentor a new colleague at work or learn something about someone else's job.</li> </ul>	<p><b>Lifelong Learning</b></p> <ul style="list-style-type: none"> <li>• Research your dream holiday destination on the internet.</li> <li>• Listen to National Public Radio today, either on your commute or at home.</li> </ul>	<p><b>Lifelong Learning</b></p> <ul style="list-style-type: none"> <li>• Interview an elderly relative or friend and find out a piece of their history.</li> <li>• Learn or teach someone how to play bridge, poker or do a card trick.</li> </ul>
<p><b>Did You Know?</b>            Research indicates that the average person reads less than one book per year.</p>	<p><b>Did You Know?</b>            Studies suggest that solving challenging mind games like Sudoku puzzles inhibit or prevent the development of Alzheimer's disease and memory loss.</p>	<p><b>Did You Know?</b>            The average person changes careers five times in a lifetime.</p>	<p><b>Did You Know?</b>            It is well established that those who regularly practice their learning skills maintain their learning efficiency over their life span.</p>	<p><b>Did You Know?</b>            It is urban legend that we only use 10% of our brains. Brain imaging research shows nearly all of the brain is used, although not at any one time.</p>

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- Donate \$5 to wear jeans to work.
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# Week 4 Fun and Laughter

Sit with children as they play and you will hear a joyful sound, the sound of laughter. Children naturally make fun even out of unpleasant work. What do they know that we have forgotten? Fun and laughter improve work quality and mental health by increasing creativity and willingness to help, breaking up conflict and tension and fulfilling a need for mastery and control. This week, during CARE DAYS, bring out your ability to laugh, dust it off, and go for the gold ... the gold sounds like someone having a good time!



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Chuckle for the Day</b> A reporter interviewed a 104-year-old man. "And what do you think is the best thing about being 104?" the reporter asked. "No peer pressure," he replied.</p>	<p><b>Chuckle for the Day</b> "All of us have moments in our lives that test our courage. Taking children into a house with white carpet is one of them." — Erma Bombeck</p>	<p><b>Chuckle for the Day</b> Blessed are those who can laugh at themselves, for they shall never cease to be amused. — Source unknown</p>	<p><b>Chuckle for the Day</b> If one's mouth always wears a smile, one will always feel young. — Chinese proverb</p>	<p><b>Chuckle for the Day</b> "They say marriages are made in heaven. So are thunder and lightning." — Clint Eastwood</p>
<p><b>Fun and Laughter</b></p> <ul style="list-style-type: none"> <li>• Share some new jokes with your colleagues today.</li> <li>• Enjoy an hour of popcorn and kicking back with a good comedy.</li> </ul>	<p><b>Fun and Laughter</b></p> <ul style="list-style-type: none"> <li>• Read the comics before you come to work today.</li> <li>• It's Scavenger Hunt Day! See if your supervisor has a scavenger hunt prepared for you. If not, get together with some colleagues and plan one.</li> </ul>	<p><b>Fun and Laughter</b></p> <ul style="list-style-type: none"> <li>• Try to make someone laugh today – see how contagious it can be.</li> <li>• Bring in some board games and play a game with your co-workers at lunch or on break.</li> </ul>	<p><b>Fun and Laughter</b></p> <ul style="list-style-type: none"> <li>• Learn about your co-workers ethnic or cultural heritage today. Share something of your own.</li> <li>• Rent "The Office" from a local video store and gather employees into a conference room to watch an episode or two.</li> </ul>	<p><b>Fun and Laughter</b></p> <ul style="list-style-type: none"> <li>• "Think Hot!" Wear a Hawaiian shirt today.</li> <li>• Bring in some blenders and fresh fruit and have a Smoothie Day.</li> </ul>
<p><b>Did You Know?</b> Every time you laugh you burn calories.</p>	<p><b>Did You Know?</b> The average preschooler laughs or smiles 400 times a day. That number drops to only 15 times a day by the time people reach age 35.</p>	<p><b>Did You Know?</b> People smile only 35% as much as they think they do.</p>	<p><b>Did You Know?</b> Laughing increases oxygen intake, thereby replenishing and invigorating cells. It also increases the pain threshold, boosts immunity, and relieves stress.</p>	<p><b>Did You Know?</b> Studies show that the strongest factor in overall marital happiness is the amount of fun in relationships.</p>

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