

Pioneer



Connection

Issue 23-07

August 2023





2023 National ITPA Service Project

“Be kind whenever possible. It is always possible.” Dalai Lama

It's been a while since club and chapter member Pioneers have been asked to participate in a joint national ITPA project. We're excited to announce the opportunity for all Pioneers to work together on a fourth quarter national project. This project requires no travel, no costs, little planning, and can be done wherever you are. Working together, apart, we can make a big difference in our communities.

So what exactly are we asking you to do, you might ask. We're asking you to participate in the Mayo Clinic's **Kickstart Kindness** project.

Aesop, the ancient Greek storyteller, is credited with saying, “No act of kindness, no matter how small, is ever wasted.” Kindness is more than just an act or a behavior. And kindness has a number of benefits both for the giver and the receiver. Kindness has been shown to increase self-esteem, empathy and compassion, and can improve the mood, not only on the person to whom the kindness is bestowed, but also just as much or more so for the person bestowing the kindness.

People who give of themselves in a balanced manner tend to be healthier and live longer.

Physiologically, kindness can positively change your brain. Being kind boosts serotonin and dopamine, which are neurotransmitters in the brain that give

you feelings of satisfaction and well-being, and cause the pleasure/reward centers in your brain to light up. Endorphins, which are your body's natural pain killer, also can be released.”

Source: *“The Art of Kindness”* by Steve Siegle, a licensed professional counselor in Psychiatry & Psychology

The Mayo Clinic Health System has a website devoted to helping individuals kickstart their own kindness project. Rather than trying to reinvent the wheel for our own kindness project, we are asking you individually to register your participation at the Mayo Clinic website <https://www.mayoclinichealthsystem.org/wellness/kindness>. Scroll to the bottom of that page and click on **“Register today”**, fill out the form and select the **“Sign Up”** option at the bottom of the form. You will receive a welcome email from Mayo Clinic that will include a check list to help encourage and incent you on your kindness journey. That check list is also attached (see Page XX). Then, you'll receive weekly email updates from Mayo Clinic to help and encourage you as you work with other Pioneers across the nation to *kickstart kindness*.

Just imagine the impact we can have when we all work together to spread a little kindness between now and the end of the year!



KICKSTART KINDNESS



Print or save this interactive checklist to your computer. Check off the activities as you complete them. Remember to extend kindness to the community and environment; your co-workers, family, friends, home, neighborhood and school; and yourself. *Be sure to follow COVID-19 safety recommendations when completing activities.*

- | | | |
|--|--|---|
| <input type="checkbox"/> Acknowledge success. | <input type="checkbox"/> Leave a kind note for a family member to find. | <input type="checkbox"/> Send letters, cards or packages to military personnel. |
| <input type="checkbox"/> Ask an older person to reminisce about the "good old days." | <input type="checkbox"/> Leave a kind note in a library book for someone to find. | <input type="checkbox"/> Send someone flowers. |
| <input type="checkbox"/> Ask for a nonprofit donation rather than a birthday or anniversary gift. | <input type="checkbox"/> Leave a thank-you or treat to your letter carrier or delivery person. | <input type="checkbox"/> Serve breakfast in bed. |
| <input type="checkbox"/> Be courteous to services workers, such as waiters, waitresses and cashiers. | <input type="checkbox"/> Let someone check out in front of you at the grocery store. | <input type="checkbox"/> Set goals. |
| <input type="checkbox"/> Be encouraging. | <input type="checkbox"/> Limit your use of paper. | <input type="checkbox"/> Share and take turns. |
| <input type="checkbox"/> Bring a welcome gift or treat to a new neighbor. | <input type="checkbox"/> Make a fresh pot of coffee. | <input type="checkbox"/> Shop from a locally owned business. |
| <input type="checkbox"/> Bring healthy treats to share at school or work. | <input type="checkbox"/> Meditate. | <input type="checkbox"/> Shovel the driveway, sidewalk or walkway for someone. |
| <input type="checkbox"/> Bring treats to a firehouse or police station. | <input type="checkbox"/> Mow someone's lawn. | <input type="checkbox"/> Show a new student around school. |
| <input type="checkbox"/> Call someone just to see how he or she is doing. | <input type="checkbox"/> Offer to babysit children for free. | <input type="checkbox"/> Sign up for a class. |
| <input type="checkbox"/> Carpool when you can. | <input type="checkbox"/> Offer to get someone's mail while they are away. | <input type="checkbox"/> Smile at people as you pass. |
| <input type="checkbox"/> Celebrate birthdays at work. | <input type="checkbox"/> Offer to shop for groceries for someone in need. | <input type="checkbox"/> Stand up to bullying. |
| <input type="checkbox"/> Clean up shared spaces. | <input type="checkbox"/> Offer to take someone's grocery cart to the cart return. | <input type="checkbox"/> Start a new hobby. |
| <input type="checkbox"/> Complete someone's chores. | <input type="checkbox"/> Offer to take a photo for a group when you see that one member can't be in the photo. | <input type="checkbox"/> Stop comparing yourself to others. |
| <input type="checkbox"/> Donate hair through organizations like Locks of Love. | <input type="checkbox"/> Offer to watch someone's pet while they go on vacation. | <input type="checkbox"/> Take a bubble bath. |
| <input type="checkbox"/> Donate old clothes. | <input type="checkbox"/> Organize a charity drive in your workplace. | <input type="checkbox"/> Take someone to lunch. |
| <input type="checkbox"/> Donate to a local nonprofit. | <input type="checkbox"/> Organize a family reunion. | <input type="checkbox"/> Take a meal to someone. |
| <input type="checkbox"/> Drink water. | <input type="checkbox"/> Organize a meal for someone who is sick. | <input type="checkbox"/> Tape money to a parking meter as a gift for the next person. |
| <input type="checkbox"/> Eat healthy. | <input type="checkbox"/> Organize a neighborhood block party. | <input type="checkbox"/> Tape money to a vending machine as a gift for the next person. |
| <input type="checkbox"/> Enjoy nature. | <input type="checkbox"/> Organize an activity with co-workers. | <input type="checkbox"/> Teach someone a new skill. |
| <input type="checkbox"/> Exercise. | <input type="checkbox"/> Pay for someone's meal or coffee. | <input type="checkbox"/> Tell a co-worker's boss about the co-worker's success. |
| <input type="checkbox"/> Forgive someone. | <input type="checkbox"/> Pick up trash. | <input type="checkbox"/> Tell the manager or supervisor when you receive good service. |
| <input type="checkbox"/> Get to know a new co-worker, classmate or neighbor. | <input type="checkbox"/> Plan time for personal connections during virtual meetings. | <input type="checkbox"/> Thank co-workers for their contribution to the organization. |
| <input type="checkbox"/> Give a compliment. | <input type="checkbox"/> Plant a tree. | <input type="checkbox"/> Thank your teacher and other school staff. |
| <input type="checkbox"/> Give recognition at school, in a meeting or on a Kudosboard. | <input type="checkbox"/> Put your phone away and listen with intent when someone is speaking to you. | <input type="checkbox"/> Use positive self-talk. |
| <input type="checkbox"/> Greet people while at school, work and in the community. | <input type="checkbox"/> Rake leaves for someone. | <input type="checkbox"/> Use reusable mugs, water bottles or grocery bags. |
| <input type="checkbox"/> Grow a garden. | <input type="checkbox"/> Read. | <input type="checkbox"/> Visit a nursing home or write letters to the people in the home. |
| <input type="checkbox"/> Help someone who is struggling in subject you are good at. | <input type="checkbox"/> Reduce, reuse and recycle. | <input type="checkbox"/> Visit an older person. |
| <input type="checkbox"/> Help without being asked to help. | <input type="checkbox"/> Rest. | <input type="checkbox"/> Volunteer in your community. |
| <input type="checkbox"/> Hold the door or elevator. | <input type="checkbox"/> Say "please" and "thank you." | <input type="checkbox"/> Vote. |
| <input type="checkbox"/> Hold virtual check-ins or coffee chats. | <input type="checkbox"/> Send a card or a note to someone telling him or her why he or she is special. | <input type="checkbox"/> Walk or bike instead of driving. |
| <input type="checkbox"/> Include others in your play and projects. | <input type="checkbox"/> Send a kind note to someone. | <input type="checkbox"/> Walk or run a 5k for a sponsored cause. |
| <input type="checkbox"/> Invite someone to sit with you at lunch. | | <input type="checkbox"/> Write a fun note on the sidewalk with chalk. |
| <input type="checkbox"/> Journal. | | <input type="checkbox"/> Write a letter to someone who had a positive impact on you. |
| <input type="checkbox"/> Leave a generous tip at a restaurant. | | |



World Kindness Day was formed to promote kindness throughout the world. The international holiday is observed annually on November 13 as part of the World Kindness Movement.

World Kindness Day was first introduced as a day of observation by the World Kindness Movement. In 2019, the World Kindness Movement was registered as an official NGO under Swiss law. The unofficial holiday is celebrated in the United States, Canada, Japan, Australia and the United Arab Emirates.



On World Kindness Day, people from around the world come together to create a chain reaction of compassion by performing random acts of kindness. It's pretty exciting that World Kindness Day will be observed during our ongoing Kickstart Kindness project.

The World Kindness Movement hopes to attain official recognition of World Kindness Day by the United Nations. If successful, World Kindness Day will join the ranks of recognized days of observance such as International Day of Peace, Human Rights Day, and World Health Day.

To learn more about World Kindness Day, visit <https://nationaltoday.com/world-kindness-day/>

How to Report Your Project Participation

While our national project won't be submitted for an annual award, we do want to record everyone's participation, because, after all, serving our community by helping others is what we're all about. **And...**participants are eligible to win prizes!!!! And who doesn't love prizes?

The project period runs through year-end. Please record your participation in this project during that timeframe. Then, e-mail your completed checklist or a report of how you otherwise participated in this project to our president, JoAnn Esposito, no later than March 1, 2024. You can simply take a photo of your completed check list and e-mail it to JoAnn at: espogirl56@yahoo.com

If preferred, you can mail your check list to JoAnn at the following address:

JoAnn Esposito
7 Silver Terrace
Ocala, FL 34472

If your kindness acts are not on the check list, please provide a brief summary of the kindness you demonstrated. You can check in with your report periodically, or just keep your own list and submit your report by the end of the year, to include a summary of the estimated hours you donated to this project, so that we can include your participation when we announce the results and the prize winners at our 2024 national assembly.

P.S. World Kindness Day is an international holiday that was formed in 1998, to promote kindness throughout the world and is observed annually on November 13 as part of the World Kindness Movement. It is observed in many countries including the United States, Canada, Japan, Australia and the U.A.E. World Kindness Day presents us with the opportunity to reflect upon one of the most important and unifying human principles. On a day devoted to the positive potential of both large and small acts of kindness, try to promote and diffuse this crucial quality that brings people of every kind together.

UNEXPECTED
KINDNESS IS THE
MOST POWERFUL,
LEAST COSTLY, AND
MOST UNDERRATED
AGENT OF HUMAN
CHANGE

BOB KERREY

DoingGoodTogether.org