

# OSCAR

## Hospitality

### World Hello Day

World Hello Day encourages us to take the opportunity to greet people, and to recognize how important simple communication is in our daily lives.

### History of World Hello Day

World Hello Day was first created in 1973 in order to show people that conflicts can and should be resolved through communication, and not violence. The idea is that clear, honest communication breeds peace.

World Hello Day was created as a response to the Yom Kippur War that had just finished in October of 1973, during which thousands of both soldiers & innocent civilians were killed. The peace discussion at the end of the war was the first time that Arab and Israeli officials met for direct public discussion in 25 years.

### Who created World Hello Day

The concept of World Hello Day was created by Brian McCormack, a Ph.D. Graduate of Arizona State University, and Michael McCormack, a graduate of Harvard. Since its creation, World Hello Day has been celebrated in 180 countries, as citizens of each of these countries take advantage of this time to express their concerns for world peace.

Thirty-one winners of the Nobel Peace Prize have stated that World Hello Day carries substantial value as an instrument for preserving peace, and as an occasion that makes it possible for anyone in the world, individual, organization or government, to contribute to the process of creating peace.



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### How to Celebrate World Hello Day with the elderly people in your care

1. Participating in World Hello Day is quite simple: all you have to do is **say hello to at least 10 people** during that one day. This is supposed to send a message of openness and goodwill to others, and the creators of the holiday hoped this small gesture alone would demonstrate how communication can be instrumental in resolving disputes and preventing conflicts.



2. Encourage all staff & visitors at your facility to also say hello to 10 people while on the premises!

3. Learn to say hello in different languages!



4. Think about a person in your life that is important to you, but that you have fallen out with. Time tends to be a great healer, so if enough time has passed from your conflict for you to be able to analyze the situation and all of its aspects, seeing your own faults and wrongdoings as well as those of the other party, maybe it's time to put the conflict behind you?



5. Encourage the elderly people in our care to reach out to their friends and family to say hello. Assist them with a phone call, writing a letter or card, sending an email greeting or recording a video message.

#### Resources:

<https://www.daysoftheyear.com/days/hello-day/>