



The Mosaic

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Cover Story

Lyceum 2011, an Experience to Remember

Each February, a group of like-minded professionals converge to rethink aging - to challenge societal views and redefine possibilities, to immerse themselves in the latest research and build bridges from research to common knowledge to practice. This gathering is known as the Lyceum, named after Aristotle's renowned center for innovative ideas and non-traditional thought. Deemed a "counter-culture" by Dr. Robert Kahn, Lyceum attendees are leading the way to changing aging in our society, yet the Lyceum promises to challenge even their current views, for as author Anais Nin so eloquently wrote, "We don't see things as they are. We see things as we are."

Research tells us that we must continue to view aging differently, to reexamine our personal paradigms and create new expectations for human growth and potential in our workplaces, communities and society. While scientific research continues to shatter stereotypes, the Masterpiece network outcomes are proof of our successful transformations of research into practice - a testament to our efforts at creating cultures of growth and potential. We must view our successes as both a reason to celebrate and a challenge to continuously raise the bar.

Step away from your day-to-day and be a part of the inspirational and challenging experience that is Lyceum 2011 in beautiful Berkeley, California.



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Hot Health Topic

Blasting the Holiday Blues with Light and Love

By Jane Parker M.S. LMHC

The busy holiday times of November and December provide all sorts of lovely distractions with lights, special food, visitors and presents. For just a little while people are happier and friendlier, families pay attention to each other and the world is dressed up to celebrate.

All too soon the trees are thrown to the curb, the decorations packed away and when it is all over we feel deflated. We're back to the same old life and for some that might be a dull, discouraging and lonely place. Even the news continues to be full of disasters and unemployment. We heave a big sigh and wonder if it is true that nothing ever changes. Reality seems hopeless.

None of this is new, if you've lived long enough, so why do we feel a gloomy disappointment every January. Why can't we capture the magic and energy of the holidays and infuse every day with something special? Let's look at what it would take to raise our spirits anytime of the year.

There are two key ingredients which will make a difference: adding light and giving love. Both will energize you. Work on getting and giving a daily dose of these and you'll find reality has a silver lining.

Let's start with light. There are so many possibilities to add light to your day. Make it personal for your circumstances but here are some ideas to get you started:

- Literally add some light with a new lamp, a candle, a pretty night light. Light a candle in the middle of the day.
- Don't wait until spring. Buy some colorful and inexpensive artificial flowers.
- Think sparkle. Do you have jewelry you're not wearing or shiny china and silverware you're not using? Can you find a sun catcher or prism to hang in the window?
- Add color with pillows, paint or scarves. Add color to your meal with fruits and vegetables. Add color by playing in a hobby you have been ignoring. Note I said playing not accomplishing something. Your goal is to enjoy yourself.
- Add a glow to your eyes and get moving. Take a brisk walk however long, inside or outside. Put on some music and dance. Standing or sitting just wiggle something! Become the conductor of your favorite symphony. Watch a musical.

The lead character of the Broadway musical Mame knew we needed to bring some glitter into our everyday lives. Auntie Mame belts out "We Need a Little Christmas" long before the season began and just as everyone is feeling a little sadder and a little older. You know it is working if something makes you smile or you find your body relaxing with contentment.

The second ingredient is giving love by nurturing relationships. We can really sabotage this aspect by waiting for others to contact us or worrying about bothering people but it's time to put aside your hurt feelings and make it a priority each and everyday to reach out and connect with people. Smile and wave at others or ask them how they are. It takes seconds. Write a note, make a phone call or send a silly card for no reason except you're thinking of them.

Everyday experiment with these ideas and no excuses, even the smallest amount makes a difference. So all year around give yourself the gift of brightening your surroundings and give others the gift of connecting. Light and love, that's what it takes.

Jane Parker is a licensed mental health counselor in Bradenton, Florida who loves working with people ready to make a change. In her experience transformation is always an option. She has degrees from York University and Queens University in Canada and her Masters degree in mental health counseling was earned at Nova Southeastern University in Tampa. Check out her website at www.newviewcounseling.com.

Community Spotlight: The Rosewood Senior Living Community Creating Strength, Awareness and a Little Bit of Attitude



"We're helping to change the old way of thinking," Reverend Terry Barnett told Masterpiece Living. Rev. Terry is the Chaplain, Director of Pastoral Care and Lifestyle Coordinator at Rosewood, an ABHOW Community in Bakersfield, CA. "It's all about attitude. Residents are taking on the 'can do' attitude and realizing that they're not too old to do many of the things they would like to do."

As Rosewood approaches its first year as a Masterpiece community, already 65% of the independent residents have participated in the Lifestyle Inventory and are putting Masterpiece language and concepts to practice. Particular to this community is that its residents had the opportunity to go through the exact same training as the staff. This led to a collaborative effort between residents and employees of Rosewood, and the community offers an array of classes, including Posit Science, exercises classes, walking groups and a drama club. Within the next few months, they plan to introduce more stress-relief, stretching and strength-building classes.

Continued on next page...

Who's Livin' It?

Embracing Nature, Embracing Life: an Interview with Janice McGibbon



Early mornings, you may find her scoping out the terrain of one of the areas hiking trails, picking the best route for her group. On Monday, Wednesday and Friday she's headed to Steve's chair exercise classes. Don't forget the Monday and Friday Pilates; she takes those classes too. Wednesday it's line dancing or - perhaps - a book club meeting. (She belongs to three.) Thursday, you will find her teaching a tai chi class at The Terraces of Los Gatos GRA room. By Friday, she's leading a team of enthusiastic hikers on a 3-mile journey appropriate for their fitness level.

The person we're talking about is Janice McGibbon. A resident of The Terraces of Los Gatos for nearly three years, Janice describes herself as a joiner. However, unlike many who may join a club and quickly lose interest, Janice believes that once you make that decision to belong to a group, you need to be an active participant.

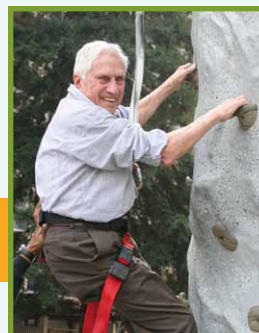
"She's involved with everything," Steve Cheregosha, Lifestyle & Masterpiece Living Coordinator, tells us. "She's such a great help to me, and the residents love her. Janice has around ten residents in her weekly tai chi class, she takes people hiking and she volunteers on the dining committee."

Steve went on to recount the time when Janice won the affection of a stray feral - no easy task when trying to feed, catch and take an unwilling visitor to the vet. "She spent months getting the cat to trust her. She took it to the vet and paid for all of its shots and medical care. After all that, she adopted the cat out to one of the residents."

A member of the Sierra Club since 1979, Janice takes care of all creatures great and small, not just herself and not just those around her.

"One of the principles emphasized in the Masterpiece Living lifestyle is looking for ways to contribute to the community. You find something you're good at and lead a project. I've been a hiker for more than 30 years and have studied Tai Chi Chih for 19, so now I lead hikes and a teach Tai Chi Chih. I also used to work as an Administrative Dietician, so joining the dining committee seemed natural."

A world traveler, a nature lover, a mother of three, an opera enthusiast, a voracious reader and a Masterpiece Living Champion, there's no question that Janice McGibbon is *Livin' it*.



Community Spotlight: Continued



Has it made a difference?

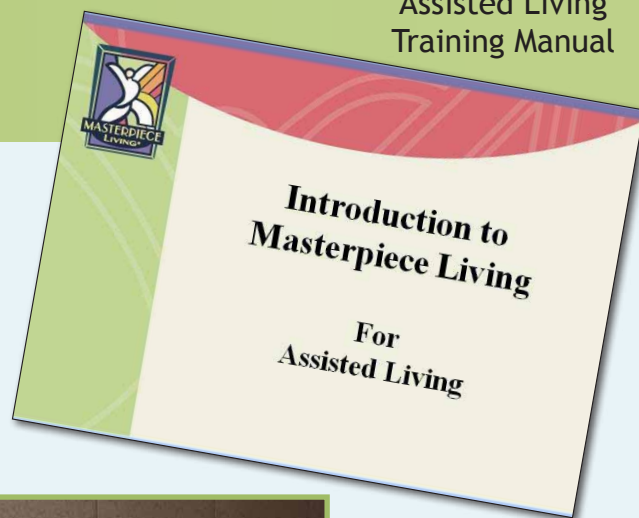
"Already I'm noticing a change in attitude, strength and awareness," Rev. Terry continued. He recounted an observation of how many residents declined dramatically after suffering a fall-related injury. One resident took that to heart and told the chaplain that she planned on becoming less of a fall risk. Little by little she developed her strength and balance through exercise classes, and even went from using a walker to becoming confident enough to actively move around without one. "She overcame emotional and psychological barriers, became more confident, independent and less fearful."

In addition to physical development, Rosewood graduated its first Posit Science class in December and has noticed an increase in community involvement and attendance in church - in however one defines the word. For some, their church may be a Christian-based home where they attend weekly services. Others find their spiritual center gardening or communing with nature. One of the unique aspects of Masterpiece Living is that it offers the flexibility for people to choose what path works best for them. This has helped broaden the overall physical, intellectual social and spiritual perspective.

"Masterpiece Living allowed us to create a framework to integrate much of what we were already doing," Rev. Terry concluded. "It's helping us to motivate people and to come up with new ideas."

NEWS:

- Don't miss Lyceum 2011 in Berkeley, CA February 1-3.
- New release! Introduction to Masterpiece Living for Assisted Living is a hot off the presses training module. Contact your rep for more information.
- Overlook Masonic Health Center in Charlton, MA launched Masterpiece Living in late 2010.



2010 Lyceum
Photos



:: Masterpiece Living Recipe :: Pan-Braised Swordfish with Feta

- 4 swordfish steaks, each 5 ounces, and 3/4- to 1-inch thick
- 1/4 teaspoon freshly ground black pepper
- 1 red onion, thinly sliced
- 1 cup vegetable stock or broth
- 2 tablespoons red wine vinegar
- 2 tablespoons crumbled feta cheese
- 1 tablespoon capers, rinsed

- 3/4 teaspoon salt
- 1 1/2 teaspoons olive oil or canola oil
- 2 cloves garlic, minced
- 1/2 cup golden raisins
- 1 small lemon, thinly sliced
- 1 tablespoon chopped fresh marjoram or oregano

Sprinkle the swordfish steaks on both sides with 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper. In a large, nonstick frying pan, heat 1 teaspoon of the oil over medium-high heat. Add the fish to the pan and sear on both sides until lightly browned, about 2 minutes on each side. Transfer to a plate and keep warm.

Reduce the heat to medium and add the remaining 1/2 teaspoon oil to the pan. Add the onion and garlic and saute for 1 minute. Stir in the stock, raisins and vinegar. Return the swordfish to the pan and top with the lemon slices. Cover and simmer until the fish is opaque throughout when tested with the tip of a knife, 3 to 4 minutes.

Remove the lemon slices from the fish and set aside. Transfer the swordfish steaks to warmed individual plates. Stir the feta, the remaining 1/2 teaspoon salt and 1/8 teaspoon pepper, the marjoram, and the capers into the pan juices. Remove from the heat. Spoon some sauce over each swordfish steak and top with the reserved lemon slices. Serve immediately.