



The Mosaic

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New Trails, Faster Horses and Lyceum 2012

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I am reenergized, re-motivated and re-educated,” writes a Lyceum 2011 attendee. Imagine the synergy when like-minded, passionate professionals gather each year to network with visionaries, experience the latest innovative approaches and gain valuable insights and actionable ideas. Veteran attendees are well aware: the Lyceum is synonymous with being challenged and stimulated. And true to Aristotle’s school founded in 335 B.C. just outside Athens, our version of the Lyceum is both innovative and nontraditional - far more experience than conference.

Located in 20 states across the country, Masterpiece partners are not-for-profit and for profit, corporations and stand-alone’s, senior centers, continuing care retirement communities and cities. We are urban and rural, faith-based and secular. Our buildings range from architectural drawings to century old structures. We are fitness professionals, recreation therapists, authors, social workers, chaplains, public health professionals and so much more.

This notable diversity is also our greatest strength. The Masterpiece Network’s collective wisdom is power, but only because of the generous sharing of both knowledge and resources for the common good. Despite our diversity, we share two key similarities: our goal to improve the aging experience in this country; and our disinterest in status quo. Like the 19th century pioneers who made the arduous trek west toward new frontiers, we are leaders in shaping the future.

We’ve made great strides, the origins of which are often tied to one or more Lyceum experience. As Lyceum 2012 quickly approaches, it is time to celebrate successes, yet rethink the future. The authentically western Wig Wam resort in Arizona is a fitting gathering place for those willing to think and act differently and reshape the aging experience altogether. As we continue to raise the bar for age-related human potential, new trails need blazing. Henry Ford once said, “If I had asked people what they wanted, they would have said faster horses.” Undoubtedly, “faster horses” won’t help us meet the expectations of the new older adult, or dramatically impact the aging experience in our country. Lyceum 2012 attendees will be challenged to blaze new trails, discover the alternatives to “faster horses” and lead the way to a brighter future. And they are also very likely to return home with newfound energy and motivation.

Hot Health Topic

Vitality Validated! The Numbers Don't Lie...



An Investigation of self-reported health in successful aging cultures

By Neal Miller, MA

Scholarly research consistently demonstrates that how a person views their own overall health is highly related to future health outcomes. The SF-8/36 survey has shown to be a valid and reliable method for assessing self-reported overall health, and these questions are a part of the Masterpiece Living Lifestyle Review. The Masterpiece Living data team recently looked at how residents' self-rated health scores in the Masterpiece network compare to that of national averages for individuals 75 years and older living in their own homes.

The analysis observed over 200 residents who were tracked over a two year period. The data team examined two aspects of self-rated health: First, how Masterpiece Living community's average score for self-reported health compare to national average scores for older adults; and second, whether the average annual score for each self-reported question differed over the course of the two years studied.

Analyses of the data show that average scores for Masterpiece Living communities on 4 of the 8 self-reported health questions were significantly higher than national averages for older adults not living in a Masterpiece Living-partnered community. Residents reported higher scores for overall health, energy levels, social functioning and emotional health.

Additionally, analyses show that no significant differences were observed for any of the self-reported health measures over the course of the two years. This demonstrates that residents within the Masterpiece Living network sustain high levels of perceived health and functioning rather than patterns of decline.

The results of this study suggest that residents within the Masterpiece Living network are very likely enjoying the health and longevity which research has linked to favorable self-rated health in older adults. Masterpiece attributes these findings to the cultures of growth and potential created and constantly cultivated at Masterpiece-partnered communities. These cultures stem from the unwavering belief on the part of all community staff members that older adults can grow, and that it's never too late to begin a lifestyle of successful aging.

Community Spotlight: Senior Celebration at University Village, FL An Inspiring Visit from AARP and the United Nations

By: Danielle Palli



It seemed simple, at first. University Village was gearing up for the annual Senior Celebration event as part of their Masterpiece Community Development Plan. The purpose of this event is threefold: to reinforce the community's mission of providing the best possible environment for successful aging; to review the key intellectual, social, spiritual and physical factors necessary for a healthy lifestyle; and to highlight tools the community offers to support this endeavor.

"We were aware that the United Nations has been doing a lot of work in aging and had created a day of observance called International Day of Older Persons," University Village Executive Director, Tim Parker, told us. "We used it as our theme. This allowed us to consider global, national as well as personal issues of aging in our key note addresses."

With the help of Dr. Mukunda Rao, University Village resident and former United Nations Secretariat affiliate, Parker and his team now had the participation of Yao N'Goran (United Nations) Tess Canja (National AARP) and Jeff Johnson (State AARP). Additional key note speakers included: University Village Board President, Terrell Sessums; Hillsborough County Commissioner, Les Miller and the Director of Masterpiece Living Institute, Dr. David Gobble.

Dr. Rao and his wife moved to University Village two years ago. Their life's work has been dedicated to social and human development, including social policy and global aging issues. "Both of us have extensive background and involvement as university professors and practitioners in the social arena," Dr. Rao explained. "In this context, we found that the overall umbrella of the Masterpiece Living concept is much in tune with our own experiences in national and global programs on active, productive and positive aging."

Before long, this social network grew - and so did Senior Celebration. One day became seven as this ever-expanding initiative found new ways to enlighten and engage residents who were already very active in this community.

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Continued...Senior Celebration at University Village, FL



While presentations surrounding social connectedness, global awareness and the progressive changes happening with older communities in the US were designed to inform, there was still plenty of time left for fun - pure and simple. Conductorcise with Maestro David Dworkin had residents dancing in the aisles (literally) and leading music with their batons. The week also included group-participation in a large drum circle, a laughter yoga workshop and Cardioke! (Who says you can't sing and exercise at the same time?)



University Village is living life in balance, and as Tim Parker would describe it, "It's fantastic because, collectively, we made it so." Parker, himself, leads a group sing-along at the community. Dr. Rao and his wife orchestrate cultural events (such as coordinating visits to a Hindu temple and Art in the Park), and more than 60% of the activities at UV are resident led.



Among the staff, the Mosaic would also like to recognize a few more of the behind-the-scenes people who made Senior Celebration possible. Namely: Michelle Cronin (Director of Lifestyles), Shana Sons (Masterpiece Living Coordinator), Tara Bower (Lifestyles Manager) and Aarene Alessi (Marketing and Senior Living Specialist).

Thanks to the efforts of University Village, the culture of successful aging is now spreading its wings on a global level.

Who's Livin' It?

By: Danielle Palli

La Posada's Masterpiece Living Champions: Corinne Barr, Rhea Greyson and George Rittersbach



Need a large dose of enthusiasm in your life?

Meet Corinne Barr, Rhea Greyson and George Rittersbach, members of La Posada's Masterpiece Living Champions. They each approach the Masterpiece culture by utilizing their own diverse interests, thereby effectively motivating and reaching their community in fun and exciting ways.



Corrine Barr enjoys fitness and is actively involved in many of the classes offered at La Posada. She can also be found interviewing residents for the weekly Living the Life newsletter. Profile pieces are her forte and she loves getting to know about people's families, hobbies and what life means to them. The added benefit is that knowing people's interests helps her recommend activities for residents and the people in her community that share them. When asked what differences she had noticed in her own wellbeing as a direct result of Masterpiece Living, she acknowledged, "My back is stronger. My balance is better, and you know what else? I love that I can remember people's names. I never used to be able to do that."

"Me, too!" Rhea Greyson nodded in agreement, having formerly been a "great with faces, bad with names" type of person. Rhea's bubbly personality makes her a great asset to the annual variety show and choral program. She also contributes to the week-

ly newsletter (Where the Chips Fall was one of her recent articles), is an avid card player and has served on the resident-leadership committee. "I'm Gal Friday," she explained. "Though, I guess I've been promoted because now people refer to me as the coordinator!" It is her willingness to try new things, jump at any challenge and encourage people to join in that makes her both a team player and the resident cheerleader.

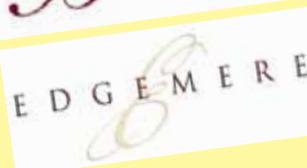
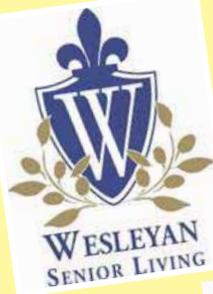
George Rittersbach is a natural leader. He currently serves on the FLICRA board and through that keeps his community informed about changes in legislature and benefits that affect older adults. He regularly researches and writes articles for the new monthly Masterpiece Lifestyle bulletin in addition to his existing involvement with the Living the Life newsletter. His idea of leisure is a round of golf or a challenging card game. "One of the things all three of us have noticed about the people in our community," he told the Mosaic, "is how they have become more involved, more alive and are healthier and happier."

"Absolutely," Corrine and Rhea wholeheartedly agreed. Our team of champions - Corrine, Rhea and George - help their community thrive by keeping residents informed. They're "keeping it fresh" when it comes to reminding people about the benefits of Masterpiece Living. Who's Livin' It? Well, if they have their way, the entire community at La Posada!

NEWS:

Welcome new communities!

- Wesleyan Senior Living, Elyria, Ohio
- Senior Quality Lifestyles Corporation's
 - The Buckingham, Houston, TX
 - Edgemere, Dallas, TX
 - Mirador, Corpus Christi, TX
 - Querencia at Barton Creek, Austin, TX
 - The Stayton at Museum Way, Fort Worth, TX

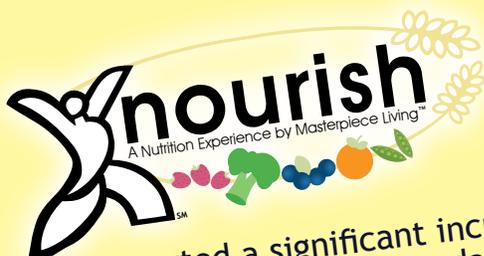


- Milwaukee Protestant Homes'
 - Eastcastle Place, Milwaukee, WI
 - Newcastle Place, and Mequon WI

- North Ottawa County Council on Aging Grand Haven Senior Center, Grand Haven, MI



North Ottawa County
Council on Aging



also reported a significant increase in levels of energy from applying what they learned from Nourish to their everyday lives.

Nourish: A Nutrition Experience by Masterpiece was released in early December. The pilot findings suggest that after four weeks, participants reported an increased level of confidence in understanding food recommendations for older adults and confidence in their ability to understand nutrition labels. Residents

:: Masterpiece Living Recipe :: Pineapple Creamy Treat

Ingredients:

- 1 cup organic ricotta cheese
- 1 Tablespoon unheated honey
- ½ teaspoon vanilla extract
- 1 cup pineapple

Instructions: Mix ricotta, honey and vanilla extract. Top with pineapple.