



The Mosaic

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Successful Aging for All

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The concept of aging successfully is becoming more and more widespread. A recent study of more than 1,000 retirement communities revealed four main points: that residents seek programs and services that will help them age well; health and wellness programs are top priorities; programming must focus on meaningful pursuits and intellectual challenge; and above all, residents want customized services, choices and value. These findings come as no surprise to Masterpiece communities, many of whom blazed this trail. The same study revealed that the number of older adult communities offering wellness programs will double in the next five years. Masterpiece

communities are ahead of this trend as well, offering more than just stand-alone wellness programs, but rather taking comprehensive measures to create cultures of growth and potential.

Yet the Masterpiece network doesn't rest, because in our ongoing journey of redefining possibilities in aging, we find that new trails need blazing. Namely, what does successful aging mean in higher levels of living? Does impairment inhibit one's ability to achieve their personal potential? Theodore Roosevelt's famous quote, "Do what you can, with what you have, where you are," provides an answer. Masterpiece communities have been applying the Masterpiece concepts in Assisted Living, Skilled Nursing and Memory Support environments for more than two years, reestablishing paradigms, reexamining practices, refining cultures, and raising the bar. Outcomes include increases in resident-led programming, improvements in fall risk and reduction in falls requiring hospitalization, improvements in memory, increases in volunteerism, and boosts in fitness levels, just to name a few.

Stories of successful aging in higher levels of living prompt new thinking about human potential. This issue of the Mosaic offers a double dose of inspiration: the bright light that is The Inn at LaPosada and a comedic dynamo named Helen Henton. These stories of seizing the moment and achieving potential beg the question: what comes next?

As the Masterpiece network persists in blazing this trail, we learn more with each passing year, and together we continue to redefine aging. Because as Theodore Roosevelt *also* famously said, "This country will not be a permanently good place for any of us to live in unless we make it a reasonably good place for *all* of us to live in."

Hot Health Topic

Finding Better Rest: Don't Sleep on the Problem

By Neal Miller, MA



The older we get, the less sleep we need. Most older adults take naps during the day. Only medication will promote better sleep. These are all common misconceptions about sleep and aging.

In fact, research shows that as people age they need the same amount of sleep as they did when they were younger. Those who say they only need or get a couple hours of sleep at night generally make up for that sleep by napping during the day. Daytime napping is actually less common among older adults than most believe, as only 35% of older adults nap during the day.

There is no doubt that sleep is an important part of everyday life and getting too much or too little can be a major problem. Sleep becomes even more relevant during the summer months as many find falling asleep and staying asleep more difficult.

You might be asking yourself, "Why don't I sleep as well as I used to?" The fact is, as we age, sleep patterns change. Sleep studies have shown that with aging comes less time in deeper stages of sleep and more time in lighter stages of sleep. This is why older adults may find it difficult to fall asleep and become easily awakened even with the slightest environmental disturbance. The most common factors that affect sleep as we age are frequent trips to the bathroom, physical discomfort and pain-especially arthritis, and physical health.

The good news about changing sleep patterns is that with simple modifications, anyone can improve sleep quality and quantity. Prescription sleep medications or over-the-counter sleep aids should never be a first option, as this type of intervention should occur only after attempting behavior modifications and consulting a physician. The most effective methods for improving sleep as we age are modifying daily routines and improving sleep environments.

Engaging in regular exercise, limiting fluid consumption, especially caffeine and alcohol three hours before bedtime, avoiding daytime napping and managing stress effectively can promote more sound sleeping. Modifications to your sleep environment are especially important to combat age-related sleep changes and are relevant for better sleep in the summer months as well. As the days grow longer in the summer, it is important to block the light from coming through windows while you sleep. Using heavy curtains and room-darkening blinds are effective. Also important is minimizing noise, so ensuring windows are shut reduces outdoor disturbances. Lastly, make sure the room temperature is conducive for sleep.

By making these simple changes to your daily routine and sleep environment, most people find that their sleep quality and quantity improves. Not only are these modifications more effective than medications in sustaining positive sleep patterns, but they are also much more cost effective. For more information on sleep, please visit the National Sleep Foundation website at www.sleepfoundation.org/ or <http://yoursleep.aasmnet.org/>.

Community Spotlight: La Posada Lifecare Community

A Beacon of Light

By: Danielle Palli

This time last year, the first solar-powered plane made a successful 24-hour flight. The Giants beat the Rangers in the World Series and the Child Nutrition Bill meant healthier lunches in schools, making 2010 an exciting time in history.

For those of us involved in the Masterpiece Living initiative, one of our great triumphs occurred in August, 2010, when The Inn at La Posada hosted its inaugural event at the Jupiter Inlet lighthouse. More than 20 of the 35 assisted-living residents attended a picnic at the historic site, which has become their symbolic beacon of light for successful aging.

La Posada is among the first higher-level-living communities to embrace Masterpiece and bring the initiative to new levels. In fewer than nine months, its staff leaders surpassed the ambitious goals set for themselves. "We had a list of goals for developing group-led activities, encouraging volunteerism and creating staff-led programs," Lifestyle Coordinator Michael Kiedel told us. "For example, one of our residents, George Saxton, is a 97-year-old history buff who is leading our history program." The program's facilitator covers a different part of the world each session and encourages those attending to share stories about travel adventures they may have had in that country.

"And," La Posada Administrator Laurie Allen excitedly chimed in. "As part of our community outreach, students from the Palm Beach Gardens High School painted our stairwell, including portraits of some of our residents. We also have a young student from the Dreyfus School of Art performing concerts here regularly." The decorative stairwells have been successful in encouraging use of the stairs.



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Other ongoing activities you'll find here include daily physical exercises, Neurobics by Masterpiece™ workouts and Wii games such as tennis and bowling. La Posada also offers one of the most all-inclusive havens for spiritual development, hosting weekly services that represent many different faiths.

It is important to note that within this assisted living environment, residents are encouraged to participate in social activities and become more proactive about their own physical, mental, spiritual and emotional well-being, despite pre-existing impairment.

"We want to nurture each resident and employee in an environment promoting growth and mutual respect," Kathryn Smith, Director of Operations for The McCoy Company (a partner of Masterpiece Living), told the Mosaic. "I truly believe there is an expanded attitude of respect and a common goal to help each and every resident seek and find their potential."

Let it be noted, this day in history, La Posada inspired great potential for higher levels of living.



Who's Livin' It?

By: Danielle Palli

Embracing Life with a Smile and a Song: an Interview with Helen Henton



If you receive a Snow White-sounding call on your birthday and the lady on the other end is singing made-up words to a pretend song, it's probably Helen. If you are a B-9 short of "bingo!" when you get a nudge from the woman sitting next to you, pointing to the B-9 on your scorecard - well, that's Helen too. And, if you're stuck in bed with a cold one day, and someone arrives to read to you...You get the idea.

Helen Henton is quite the whirlwind and lets nothing get in her way - not even her wheelchair. "I'm all right!" Helen jokes. She's referring to more than just her sunny disposition. More than 30 years ago she suffered two strokes, nine days apart, which caused her to lose use of her left arm, leg and eye. For the past six years, Helen has been wheelchair bound, with only mobility along the right side of her body. But that doesn't stop this Health Care resident from maintaining an active life the Masterpiece Living way!

In her younger years, Helen worked as an accountant, so it's no wonder that she was able to recall living at ABHOW's Rosewood Community in Bakersfield, California for exactly "One point five years and three days."

Always helping wherever she sees a need in the community, she's also quick-witted and great at remembering names, dates and important events. With her sense of humor, we told her she may very well have a second career in stand-up comedy.

Today, Helen is the Resident Council President at Rosewood, serves on the board at her church, runs the weekly book club and still makes it to bingo four times a week and does her weight-training daily. On top of that, she never misses the bus heading out on the town for a day of shopping and lunch at a local café.

"I'm a rag tag, beat up, worn out, big-butted, stuck-in-a-wheelchair woman!" She sings, triumphantly.

Remember, we told you she was a comedian.

"But, you're happy?" we asked.

"I am." She answered warmly. "I love everything about being here [Rosewood]. I choose to be happy, and do what I can. When I die, I want people to remember that I was kind, remembered people and always loved my heavenly Father."

Helen Henton embraces life no matter what the challenge, and does so - quite literally - with a smile and a song. There's no doubt about it...She's livin' it!

NEWS:

- The results are in for Walk to Wellness!
- Congratulations to the following:

2011 Golden Sneaker winner
Masonic Homes of California
263 participants, averaged 137,794 steps each

2011 Silver Sneaker winner
The Overlook Life Care Community
342 participants, averaged 126,218 steps each

Special Mentions: The Walk to Wellness Marty Awards go to...
Someryby of Mobile for Highest Resident Participation Percentage
Holland Home, Breton Woods for Highest Staff Participation Percentage

The Masterpiece Living Network walked a record-breaking 411,019,364 steps! This is equivalent to 205,510 miles or 8.3 times around the circumference of the Earth!!!

1062 Residents and 940 Staff participated!! 2002 participants in total network-wide.

- Save the Date! Lyceum 2012 will be in sunny Arizona January 31st
- - February 2nd. Please keep in mind with budget planning.

- Pilot opportunities! Two new Programs by
- Masterpiece will be released soon. Get a sneak peak of World of Wellness and Nourish and provide us feedback. Let your Masterpiece rep know if you're interested.



:: Nutritional Tip :: By Kelly Steinke, MSW

It is important to stay well hydrated - especially during the hot summer months. Enjoy a refreshing glass of naturally flavored water with these easy steps:

- Cut up slices of oranges and cucumbers
- Place slices in pitcher of water
- Allow a few hours for the fruit and veggie to flavor the water
- Serve cold and store in the refrigerator

When finished with the water, enjoy eating the chilled fruit and veggies as well.

