



The Mosaic

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“We can’t afford not to take our health into our own hands...”

Redefining Senior Moments *by Christa Bitner, M.S.*

Ageism is the last acceptable form of discrimination in our country. You might be thinking, “Of course I’m not ageist; I love older adults!” Or, “This doesn’t apply to me; I *am* an older adult!” Unfortunately, ageism is so much a part of mainstream society, we likely do not recognize all the ways it influences our language and behaviors.

For instance, consider the current thinking about retirees – once they finish working, they are no longer considered contributors to society, and are viewed as a burden to precious resources. What about within retirement communities, where levels of living are separated? Do you find yourself judging those who live “over there” in assisted living? And how many times have you said, “Pardon me, I’m having a senior moment”?

Age discrimination is not just about how the younger generations behave toward the older generations. It impacts every single person in our society, by infiltrating our subconscious views of aging. This



ultimately results in the very harmful ways we judge our own aging journey; this is sometimes referred to as internalized ageism. Each of us tends to be our own worst critic. Unfortunately, when this is fueled by negative views from society, it can result in disastrous effects. We see the symptoms of those struggling with age discrimination – both external and internal. Key indicators include hopelessness, depression, lack of meaning and purpose, withdrawal from activities, isolation from social interactions. We also see it in the hesitation to ask for support, in “not wanting to be a burden”, and not viewing the ways in which we support others as being noteworthy. At minimum, it is limiting ourselves to what older adults “should” and “shouldn’t” do.
-Continued inside-

Hot Health Topic: You Can’t Afford Not To

by Emily Warren, M.A. and Shana Sons

Health and financial burdens in America are mounting. Nearly 91 percent of Americans over the age of 65 have at least one chronic condition; 73 percent have two or more*. Medicare spending has reached an all-time high at 536 billion dollars**. These numbers will continue to increase unless we take action.

We can’t afford not to take our health

into our own hands, to take control of our aging experience, to do something about the unnecessary decline that Americans are experiencing from chronic illness. The good news is that Stanford University has created a Chronic Disease Self-Management Program (CDSMP) to help us take action. This program is evidence-based, meta-analysis tested, and offers.
- Continued inside -

Community Spotlight: Grandview Terrace Goes Gluten Free by *Danielle Palli*

When a new Grandview Terrace resident with celiac disease (an autoimmune condition that affects the small intestine) explained that she could have no gluten in her diet, a team of compassionate leaders got together to begin an exhaustive effort to create a gluten-free menu. They have since become Arizona's first and only continuing care retirement community to earn a gluten-free certification from the National Foundation for Celiac Awareness (NFCA). Additionally, the new gluten-free initiative has received the Innovation in Care and Services award from LeadingAge Arizona. And, as a result, Executive Chef Ron Mendyka (who oversaw the kitchen staff throughout the process) was awarded Outstanding Mentor for 2013.

Grandview Terrace is now a GREAT kitchen (Gluten-Free Resource Kitchen) by the NFCA's high standards. Those who received certification went through five months of extensive training and were educated about how to avoid cross-contamination with other foods containing gluten, as well as best practices for food storage, preparation and handling. The result was the unveiling of a six-week rotating menu this past August. Created by Chef Ron, the menu been so appealing that even those without a gluten intolerance appreciate it.

What's the big deal about gluten? For someone with Celiac disease, gluten can damage the small intestine and interfere with the body's ability to absorb nutrients. Even individuals who do not suffer from Celiac disease can benefit from a gluten-reduced diet.

Reducing gluten intake also reduces inflammation in the body (the leading cause of disease). A low gluten diet has also been known to help alleviate allergies, aid in digestion, lesson the frequency of headaches, lower cholesterol and naturally lower sugar and fat intake (since many gluten products contain oil and sugar).

We asked the Director of Dining Services and Life Enrichment Department, Terry Wallace, how this affects the Masterpiece Living Community. "Being able to serve residents who have Celiac allows them to enjoy all aspects of the four components of successful aging. If these individuals do not have the proper food, prepared correctly, they will become very ill and not be able to go about their regular activities. As far as gluten for healthy living, yes, reducing gluten is a good idea for everyone; but if you do not have a Celiac condition, your body does need a small amount of gluten. Our menus have always had many options for those who want to reduce gluten intake. The difference for someone with Celiac disease is their food must be cooked in a separate area away from other foods. The important consideration with Celiac disease is cross contamination."

For Chef Ron, the challenges included hours spent researching recipes and re-arranging the kitchen to ensure a separate area for gluten-free items to be prepared, away from other foods. When asked about his Outstanding Mentor award, Chef Ron told the Mosaic, "I was mentored by some great chefs and have worked my way up in the culinary field. It has always been my desire to mentor others in their career just as I was mentored ... It is just as rewarding to me as it is to them. I do this because it's my passion."

Congratulations Terry Wallace, Ron Mendyka, Kevin Bright, Leslie Langacre, Bhakti Gosalia and the team at Grandview Terrace for your GREAT kitchen!



Redefining Senior Moments, *continued from page 1*

To whose views are we subscribing?

Lyceum 2013 keynote speakers Larry Minnix, Dr. Bill Thomas, and Kay Van Norman challenged the network to lead the movement in fighting against ageism. Let's consider what you, as an individual or as an organization can do to increase awareness and take action!

Individuals:

- Examine your language and behaviors for signs of ageism, including your "inner voice" regarding your own aging experience.
- Try the ageism litmus test: Kay Van Norman teaches us to replace a gender or ethnicity with the word "old" or "senior" in a sentence, and consider whether the sentence is acceptable.
- Dr. Bill Thomas challenge: Do you use the word "still," as in "He's still hiking at age 88." This small word brings a large dose of ageism into a single sentence.
- Talk about your observations and fears about aging with a supportive group of peers
- Be inclusive to ALL individuals, regardless of physical or cognitive ability, and be brave enough to challenge those who are not.

Organizations:

- Participate in this year's photo contest: Redefining Senior Moments
- Join ABHOW's Rosewood and Judson Park, Somerby, and others in integrating levels of living, striving for "one community"
- Stay tuned for the upcoming Masterpiece Living Centers for Successful Aging criteria to enhance your organization
- Join Holly Creek, Westminster Village, Acacia Creek and others in facilitating a human capital survey to identify the skills, talents, and experience of residents and support them in creating opportunities to share them with others.
- Intergenerational opportunities - Four Pointes Center for Successful Aging has noted the dramatic transformation that occurs in younger generations during interactions with its Members. In a matter of an hour, an individual's stereotypes of aging can be shattered. The look on the person's face tells the story. Four Pointes calls it "shock and awe", and the team is planning for much more shock and awe in the coming months.
- Get out there and Discover Your Community! Participate in the 2013 International Council on Active Aging's Active Aging Week to change society's views of aging.

Flourless Chocolate Cake, *continued from page 2*

Servings: 16

Preparation Time: 1 hr 15 min

Ingredients:

½ C water

¼ tsp salt

¾ C white sugar

18 oz. bittersweet chocolate

1 C unsalted butter

6 medium eggs

As part of their NFCA certification, the culinary team at Grandview Terrace created this decadent recipe and has graciously allowed us to share it with the network! A small portion of dessert can be an occasional compliment to a balanced diet and the rich flavor of this one ensures satisfaction with just a few bites!



Directions: Preheat oven to 300 degrees. Grease one 10-inch round cake pan.

Combine water, salt and sugar in small sauce pan over medium heat. Stir until dissolved and set aside. In a double boiler or microwave melt chocolate. Pour chocolate into mixing bowl. Cut butter into small pieces and beat into melted chocolate one piece at a time, add hot sugar water. Slowly beat in eggs, one at a time. Pour batter into greased pan. Place cake pan in larger pan, adding boiling water to larger pan until it reaches halfway up the smaller cake pan. Bake the cake in the water bath at 300 degrees for 45 minutes. The center will seem wet. Chill cake overnight in pan. To unmold, dip cake pan in hot water for 10-15 seconds, invert onto platter.

You Can't Afford Not To, *continued from page 1*

20 years of applied experience. CDSMP has not only proven a reduction in time spent in the hospital and number of emergency room visits, but it helped participants build the confidence and skills needed to manage their chronic conditions.

Let's step into the shoes of a participant...

You are welcomed into a room and invited to take a seat at a round table. The group facilitator, who is also someone with a chronic condition, is sitting amongst the participants. You begin by sharing about your experience regarding chronic illness, either yours or a loved one's. It may be anything from arthritis, to asthma, to cancer, or heart disease. It's always up to you if you want to share, but you connect instantly with others in the group. When you discuss some of the side effects of the condition, you realize that even if the conditions are different, the symptoms might be similar; anxiety, fatigue, depression, insomnia, pain. After six sessions of skill building, education and support, you complete the course having taken control. You are communicating with your physicians more effectively, experiencing fewer symptoms and you are enjoying new and strengthened relationships with peers. "It's like magic!" said Shana Sons a 5 year veteran facilitator and avid supporter of the program.

The CDSMP has proven outcomes of better health, reduced healthcare spending and improved quality of

life. While the name "Chronic Disease Self-Management Program" may not be awe-inspiring, the results certainly are. Given the known issues - prevalent chronic disease, diminished quality of life, and out-of-control healthcare spending - we as a country can't afford not to address these issues. Given the new direction of healthcare and the demand to stay cutting edge, your organization can't afford not to provide resources for those living with chronic illness. Given the fact that those who don't take their health into their own hands will assuredly see decline, you as an individual can't afford not to take advantage of programs such as CDSM. We have reached a critical time. The option and resources are available. What will you do?

The Chronic Disease Self-Management program is largely grant funded and is accessible throughout the United States and around the world. For more information on how to participate in or lead or offer the Chronic Disease Self-Management Program please ask a member of the Masterpiece Living team or visit: <http://patienteducation.stanford.edu/programs/cdsmp.html> or http://www.cdc.gov/arthritis/interventions/self_manage.htm

*Source: Medical Expenditure Panel Survey, 2006

**Source: <http://kff.org/medicare/fact-sheet/medicare-spending-and-financing-fact-sheet/>

News: You Heard it Here!**SAVE THE DATE: LYCEUM 2014****APRIL 1-3, 2014 IN FT. WORTH, TX.****THANK YOU TO THE STAYTON AT MUSEUM WAY FOR HOSTING!**

Stay tuned for the unveiling of Masterpiece Living's
Centers for Successful Aging, in August!

*Congratulations to Clark-Lindsey Village in Urbana, Illinois
for a successful launch in June!*



Who's Livin' It? by Danielle Palli

Meet Coline "Toto" McGehee: Keen Mind, Contagious Laugh, Fearless Heart



"Her laugh is contagious. People love to be around her," Activities Director for Brazos Towers at Bayou Manor, Cecelia Sherretts, told us about resident Coline McGehee. "She is just a friend to all, a great mother, grandmother and great grandmother of nine. It has been our blessing to have her make her home with us."

Coline McGehee, known to all as "Toto" (thanks to her two-and-a-half-year-old cousin at the time who couldn't pronounce "Coline"), has been a resident of Brazos Towers for more than thirteen years and says she's loved every minute of it.

Coline adopted the name "Toto" from the Wizard of Oz because she enjoyed both the movie and the dog!

Toto has served on the Resident Council for eleven years, and is currently a Caring Friends member. She admits to being addicted to online FreeCell, Sudoku and jigsaw puzzles, reading and the symphony. She steps in to teach water aerobics classes when needed and is an active member for the St. Philip Presbyterian Church in San Philipe, where she participates in church classes and services and "Dinner for Eight" spiritual meet-ups. While she describes the Bayou Manor community as very family-oriented and active, the same could be said about Toto. At 89 years young, she is a whirlwind.

Originally from North Carolina, Toto met her husband while studying for her Master's Degree in

Christian Studies and he was studying at the Seminary across the street. She laughed when she told us about how she always wanted to work in the church; and boy, did she get her wish! As a minister's wife, she supported her husband in his management of seven different churches in forty years. When asked what her experience was like, Toto explained, "Being a minister's wife is unique to each minister's wife. People tend to have certain expectations of you, and there is pressure to fit an ideal that somebody might have for you. But we had such a wonderful life together." To young, would-be minister's wives, she advises, "Love your husband and try to help him."

Toto is excited about Masterpiece Living's recent introduction to her community and approaches the lifestyle review and new classes with "heightened anticipation." She cannot wait to see how it will be integrated into their existing activities, and how MPL will help residents establish goals for mapping their personal development in the four components of successful aging. Her personal favorites are classes that teach about the various muscle groups of the body because she likes to know exactly what muscles she's strengthening as she's using them.

With a keen mind and a fearless heart, we are told, "She does not blink an eye when it comes to many subjects that would make many people gasp ... She is always smiling. Nothing seems to phase her."



Brazos Tower at Bayou Manor in Houston, TX



Walk to Wellness

Walk to Wellness results are in!

Our 1st place winner is La Loma Village at Litchfield Park, AZ with 140,915 steps to population!
2nd place goes to Masonic Homes of Union City/Acacia Creek of Union City, CA with 92,486 steps to population!

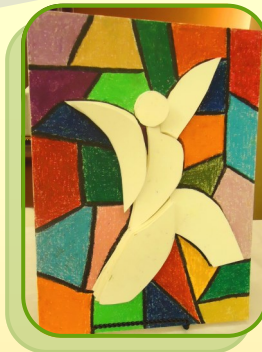
Our Marty Awards will be given to the following:

Innovative Program with a Purpose: Judson Park—Their theme was Walk for Yourselfes and the Seattle Children's Hospital.

Incorporating the 4 Components: Masonic Homes of Kentucky—They are striving to just keep on walking, aging successfully and enjoying healthier and happier lives!

Creating a Sustainable Program: Four Pointes Center for Successful Aging—They focused on a component each week that would support making walking a habit instead of a chore.

Congratulations to the entire Masterpiece Living Network for logging 328,650,995 steps!



Querencia at Barton Creek recently held an art contest for their residents and the only rule was to incorporate the Masterpiece Living logo. Here is beautiful piece from the contest!

Redefining Senior Moments Photo Contest



Remember to submit photos by Aug. 5th.
Photo releases for everyone pictured must be sent with the photo submission in order for photo to be eligible (releases can be faxed to 720-287-0623) Photos must be high resolution, digital format. One photo per community will be accepted. Please pick your favorite. Send photos and any questions to Stasi Clark. sclark@mymasterpieceliving.com.

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