



# The Mosaic

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July / August 2012

## Walking With Purpose: Walk to Wellness 2012

By Teresa Amaral Beshwate, MPH

Cover Story

The annual Walk to Wellness campaign has long been a favorite among Masterpiece Living partners. The campaign does more than inspire walking. It promotes friendly competition across the country, inspires the sharing of innovative ideas and offers the opportunity to spotlight older adults in the media. The 2012 campaign proved to be the most successful yet, with over 2,650 participants who walked nearly 228,000 miles, the equivalent of circling the earth 9 times! The coveted top prize - the Golden Sneaker - is awarded to Masonic Homes of California/Acacia Creek for the second year running, while La Loma Village walked away with the esteemed Silver Sneaker award.

Hot Health Topic

Community Spotlight

While Walk to Wellness 2012 outpaced previous campaigns in terms of participation, it also took on a new element: walking with purpose. There is no doubt that walking offers countless health benefits, so walking alone is not without tremendous purpose. Yet Walk to Wellness 2012 encouraged participants to discover *additional* purpose, and Masterpiece partners stepped up to the challenge - each in unique and creative ways.

Who's Livin' It?

News

Whether it was bridging generation gaps at ABHOW's Piedmont Gardens, where residents formed walking teams with a nearby 7th grade class, or encouraging staff members and residents to get active together at Somerby of Mobile, Walk to Wellness took on the higher purpose of relationship building.

Recipe

Llanfair and Holland Home offered an outdoor spiritual prayer walk. Residents and staff walked and prayed together for the public justice system, children & young people, those who have suffered from natural disasters, people with disabilities and family members and residents. Holland Home created an intellectually challenging component by adding a walking scavenger hunt.

ABHOW's Judson Park residents named their favorite causes, from breast cancer awareness to autism research to the Special Olympics, and each cause was a team. Residents could create a team or join an existing one, and Judson Park made a donation to the winning team, which was autism research.

University Village residents' purpose was expanding their library offerings. The community provided matching donations for steps walked toward this cause. ABHOW's The Terraces of Phoenix residents' steps were also matched with donations of shoes to local foster home children courtesy of the community's salon partner, Salon PS. "Being able to sponsor such a meaningful event with The Terraces of Phoenix was fantastic," commented Kristin Hinkson, Regional Manager for Salon PS, "We thank The Terraces for letting us sponsor Walk to Wellness and hope to do so again for many similar events going forward," Presbyterian Senior Living's Glen Meadows saw Walk to Wellness as way to provide prospective residents the opportunity to become better acquainted with the community, utilize its walking trails and experience the successful aging lifestyle.

At Somerby of Alpharetta, the campaign spilled over into the broader community, inspiring many to get moving. Tying the campaign to their outreach efforts, the community motivated local physician offices to participate and provided pedometers and tracking sheets to offices. Participation included staff members as well as patients and lasted for a 2 week period. At the end of the campaign, totals were calculated and the winning office received a catered lunch.

La Posada in Palm Beach Gardens, FL, also made an impact outside of the community by partnering with Walgreens for city-wide walking initiative.

Presbyterian Senior Living's Westminster Village enjoyed media coverage in the Dover Post newspaper. The newspaper published an article and a photo of the community's Walk to Wellness kickoff.

As if walking alone doesn't provide enough benefits, thanks to the creativity of Masterpiece partners, the Walk to Wellness campaign built relationships, expanded libraries, increased awareness, raised funds, provided shoes for foster children and helped to change societal views of aging. Now that is walking with purpose.

## Hot Health Topic

By: Teresa Amaral Beshwate, MPH

### Deep Social Connections Key to Successful Aging

A study from the *Archives of Internal Medicine* released recently showed the significant health impact loneliness has on older adults. Lonely subjects were more likely to experience decline in activities of daily living, develop difficulties with upper extremity tasks and experience decline in mobility. Loneliness was also associated with an increased risk of death.

The study found that loneliness is not the same as being alone. Over sixty percent of older adult participants who reported being lonely were married. Professionals in the aging field and researchers alike can attest that older adults report feelings of loneliness even when surrounded by others. It is the depth of relationships that counts, and Masterpiece Living partners have devised creative approaches targeted at building deep social connections.

Rather than scratching the surface with small talk during mealtimes, some Masterpiece partners utilize conversation starters to spark new and interesting dialogue. Dining tables are designated for newcomers, and hosts are designated to welcome others. Individuals build deep connections over the displaying of hobbies, collectibles and interests. Human scavenger hunts prompt participants to seek out individuals with certain talents, interests, or backgrounds. The power of peer to peer interaction is leveraged with the partnering of active, engaged individuals with those who have fewer connections. Small, invitation-only parties encourage attendees to select a few individuals who they would like to know better. From social bingo to personal visits, Masterpiece partners are ever striving to create those deep social connections, both between and within generations, that are instrumental to a successful aging journey.

## Community Spotlight: Sarasota Bay Club Getting into the Creative Spirit

By: Danielle Palli

You don't need to live in Sarasota to get into the creative spirit, but it certainly helps. Located near the Van Wezel Performing Arts Hall, the Asolo Theater and the Ringling Museum of Art, the Sarasota Bay Club's waterfront location is at the center of a mecca filled with art, scenery and culture. Residents of Sarasota Bay Club are encouraged to share their talents with others, be it acting, singing, floral design, poetry, music, gardening, knitting, painting and even stand-up comedy. Not limited to residents, many staff members will be spending up to one hour per month teaching one of their hobbies to eager-to-learn residents. Recently, the maintenance team even decided to put together an indoor putting green - just for fun!



We asked Jill Ross, Masterpiece Living (MPL) Lifestyle Director and Certified Therapeutic Recreation Specialist (CTRS), what she felt makes her community so special. "Everyone gets involved here," she answered. "We've had new residents come here feeling isolated or depressed, and within a few short months, their whole outlook has changed. I remember one man coming up to me and saying, 'I thought I was coming to a retirement home to die, but I'm living again for the first time'." It's a group effort, and the Champion team is integral in taking the time to meet with new residents, including them in special projects and events.



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## Continued...Sarasota Bay Club

One of the community's favorite activities is the Murder Mystery Cocktail Show, where Jill works with resident actors to collaborate on the script through methods such as creative writing sessions, character analysis, costuming and rehearsals. At show time, performers are seated among theatergoers throughout the dining room and must remain in character throughout show while guests write down clues that follow the "murder." After dinner, residents guess "who dunnit?" Those who guess correctly win a prize.



Other imaginative endeavors include the Memoir Writing group, the self-named "Inchoate Poets," the Play Reader's Theater Group (no memorization required!) and the annual Variety Show - all of who have scheduled performances throughout the year. For inquisitive types, the Think Tank is an ongoing event where residents and guest speakers discuss everything from economics to medical practices and politics to current affairs.

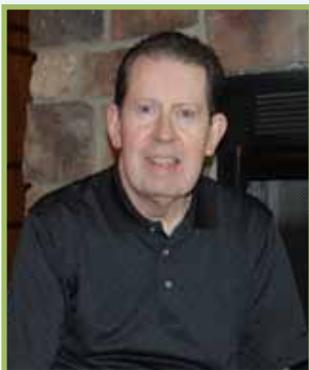
The Mosaic also noticed how the residents of Sarasota Bay Club take their talents to the streets by volunteering for organizations such as Toys for Foster Children (affiliated with the Safe Children Coalition). Here, the Woodworking group crafts toys while a group of resident painters decorate them. Residents also do much to support homeless and abused children and teens through packing food and knitting blankets, and they help raise money for the All Faith's Food Bank.

If Masterpiece ever awarded a "Creative Spirit" award, we're pretty certain the Sarasota Bay Community would take home the prize...In fact; they'd probably help design and decorate it!

## Who's Livin' It?

By: Danielle Palli

## An Interview with Glen Meadow's Most Active Volunteer: Meet Eric Smith



When Eric Smith and his wife, Ellen, walked into the Glen Meadows community three years ago, they knew they had found their new home. "It was like walking into a French country inn," Eric told the Mosaic. "And everyone was so positive and accepting." He and Ellen had researched more than 20 different retirement communities before making the decision to move in to the Masterpiece Living-partnered community.

For Eric, successful aging has particular significance in his life. "I have Parkinson's disease and Mitral Valve Prolapse; but I don't give in to them. I'm a fighter." Instead, Eric jokes that he's busier in his retirement than he ever was in his former career in human resources. In addition to his volunteer contribution to the Glen Meadows HR department (assembling new hire and benefit packets) he was also instrumental in re-designing and editing the monthly newsletter and is currently a singer in the Glen Meadows Chamber Choir.

Eric approaches successful aging pursuits in a unique and personal way. He exercises and stretches regularly to help combat the stiffness and muscular instability associated with Parkinson's, exercises which also foster cardiovascular health. The rhythmic movements needed to participate in the weekly drum circle, as well as the focus and control required for watercolor painting and drawing classes, aid in strengthening and maintaining physical coordination.

"Every person's experience with Parkinson's is different." Eric said. "No one reacts to medications in the same way, and our symptoms can be very different." For Eric, there may have been a bit of trial and error involved; but the result was developing a calendar of programs and classes that were not only good for his health, but ones that brought him joy. "We're very blessed and very happy," he said.

Robert Hunter, Activity Director for Glen Meadows described Eric Smith as a "model for other residents" and told the Mosaic how both Eric and Ellen are actively involved in more than just resident events, but in behind-the-scenes support as well. We jokingly asked Robert if he was considering hiring Eric to be on staff, but to date, the only request Eric's made for all of his volunteer contributions was a rolling file cabinet to help organize HR paperwork.

Eric Smith regularly makes a significant difference in the lives of those living and working within the Glen Meadows community and still finds time to cultivate his own creative talents. As this month's Masterpiece champion, he's livin' it!

# NEWS:

Walk to Wellness awards

Golden Sneaker: Masonic Homes of CA/Acacia Creek

Silver Sneaker: La Loma Village



The Walk to Wellness Marty awards will be announced soon!



## Masterpiece Living welcomes newest team member

### Helen Rickman, MA, Operations Specialist

With a love for the curious & innovative, Helen brings to the Masterpiece team an eclectic background of design, technology and aging services.

Helen holds a Masters of Arts in Gerontology from Bethel University, working with older Somali English language learners in Minneapolis as her thesis project. Helen worked at Ecumen, a large non-profit senior housing & services organization, as the Project & Data Analytics Manager. Prior to that, she served as a Sr. Technology & Client Relations Specialist for Liberty Enterprises (now Harland-Clarke). Additionally, Helen has a Bachelor of Fine Arts degree in Design and was a corporate & advertising photographer for 22 years.

With a desire to affect positive change both personally & professionally, Helen hopes to put a new spin on what aging can be!

*Helen can be reached at [herrickman@mymasterpieceliving.com](mailto:herrickman@mymasterpieceliving.com)*

- Save the Date for the 5th Annual Masterpiece Living Lyceum, February 6-8, 2013 in Atlanta, Georgia.
- Photo contest submission due August 1.
- Living It! campaign begins September 3.



## Recipe :: Healthy Hummus

2 (15.5-ounce) cans no salt-added chickpeas (garbanzo beans), rinse and drained

2 garlic cloves, crushed

½ cup water

¼ cup tahini (sesame seed paste)

3 tablespoons fresh lemon juice

2 tablespoons extra-virgin olive oil

¾ tsp salt (optional)

¼ tsp black pepper

*Blend in food processor.*