



# The Mosaic

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## Pledging Allegiance to Successful Aging

Cover Story

What happens when a community takes a close look at its culture and language and begins to truly model a university environment of growth and potential? And how might a community create a systematic and collaborative approach to successful aging that partners residents with associates and enlists the full hands-on support of the Executive Director and leadership team? For Somerby of Mobile, the answers to those questions involve a month-long pledge campaign.

“The approach provides a great deal of positive energy, inspiring both residents and associates to work together and inspire one another to live more purposefully and healthfully,” explains Masterpiece Coordinator Lindsey Marcum.

Pledge Month is a flurry of events related to physical health, intellectual challenge, social connectivity and spiritual fulfillment. Week one is pledge week. Each department assumes responsibility for one day of pledge week by garnering participation and manning “pledge tables” where residents sign up for not only the Masterpiece Reviews but also to be part of the successful aging culture at Somerby of Mobile. During week 2 of pledge month, the emphasis is on the Mobility Review and residents also submit their completed Lifestyle Reviews. In week 3 managers, trained in lifestyle coaching, partner with residents to complete Health Assessments - which the community found to be a great opportunity for relationship building. During week 4, residents gather in Feedback Groups to establish their successful aging goals and strategies, which, with the residents permission, are disseminated to the resident’s coach. (Each manager coaches about 7 residents.) This allows the manager/coach the opportunity to provide ongoing encouragement and support throughout the year. But it doesn’t stop there. Residents are also challenged to take part in all of the Programs by Masterpiece before the end of 2011: Walk to Wellness, Neurobics, My Stress Solution and Vertical.

“Pledging means that residents and associates examine their current lifestyle, build on it, grow, and remember that it’s never too late to age more successfully,” explains Executive Director Jane Scrivner. “Some residents pledged when they heard they would be part of a cultural change for older adults that will improve the lives of others, children and grandchildren. This it is about global change.” The high participation was a pleasant surprise, and combining the leadership team with residents created a synergy and positive atmosphere around change and participation in reviews. “Our ability to improve people’s lifestyles will be through synergy and the leadership team taking time out to follow their group of residents’ lives, goals, and provide encouragement. We have a total commitment to Masterpiece Living,” adds Scrivner, “we will never go back to the old way.”

Hot Health Topic

Community Spotlight

Who’s Livin’ It?

News

Recipe

# Hot Health Topic

## Spirituality and Health: Measurable Outcomes

By Jim Kok, Executive Director Chaplain Services, Holly Creek, Christian Living Communities, CO

*A recent Time magazine cover asked the question, What if There's No Hell? What may be most surprising is not the subject matter of the article, but the fact that a national news magazine was featuring a story about a deeply religious/spiritual matter.*



What this cover story illustrates is an increasing openness to talking about religious/spiritual issues. This openness is also seen in the field of scientific research, particularly in the areas of psychology, health, and well-being. Dr. Harold G. Koenig, Professor of Psychiatry and Behavioral Sciences at the Duke University Medical School, in his 2008 testimony before the U.S. House of Representatives, shared the results of his own online research. Searching the American Psychological Association's research database, using the keywords "spirituality" and "religion", he discovered 6,282 scientific articles having to do with these subjects between the years 1806 and 1999. While that may seem to be a significant number, an identical search confined to just the years 2000-2008 discovered 7,145 scientific articles. Koenig concludes, "Thus, more research on religion, spirituality and health has been published in the past 7-8 years than was published in the nearly 200 years before that."

In the same 2008 testimony, Koenig reported positive outcomes related to spiritual/ religious involvement that can be found in some of these recent journal articles:

- Less depression or faster recovery from depression.
- More positive emotions (greater well-being, happiness, optimism, hope, meaning and purpose in life) and higher quality of life.
- Less cardiovascular disease, improved outcomes following cardiac surgery, lower rates of stroke, less cardiovascular reactivity and lower blood pressure, better immune/ endocrine functioning, improved outcomes for patients with HIV/AIDS, lower risk of developing or better outcomes from cancer, and less susceptibility to infection.

Maybe more to point, especially as we consider the components of Masterpiece Living, Koenig reports the following positive results of spiritual/religious involvement as it relates specifically to the aging process:

- Greater longevity and lower mortality.
- Slower progression of cognitive impairment with aging, and perhaps an association with slower progression of Alzheimer's disease.
- Less functional disability with increasing age, and faster functional recovery following surgery.
- Lower rates of health services use (medical), both acute hospitalization and long-term care.

I believe it was Plato who said, "as you ought not to attempt to cure the eyes without the head or the head without the body, so neither are you to attempt to cure the body without the soul. For the part can never be well unless the whole is well." Today's researchers are discovering the truth spoken all those years ago, that there is a vital connection between our spirituality, both what we believe and how we practice that belief, and our physical health and sense of well-being.

## Community Spotlight: Grandview Terrace, AZ

### Top Five Creative Ways to Enhance the Masterpiece Living Experience

If the community at Grandview Terrace had argued that it was living the Masterpiece life long before they officially adopted the initiative in April of 2010, they would have had a valid dispute. After all, they were already offering yoga, tai chi and water aerobics. The residents were active volunteers both within the walls of Grandview and among the outside community. Many practiced some form of spiritual awareness (either in personal study or by attending a local church) and did their best to keep mentally active.



But what is so special about Grandview Terrace, is the way in which they set the bar just a little bit higher for themselves. When they participated in the Masterpiece Living Mobility Review, many residents took their results...to the gym. They began to exercise more regularly. When the staff was looking for ways to encourage stronger employee and resident-led projects, they got creative. And when the residents wanted to follow the Masterpiece Living approach and spearhead an initiative, they dug into their intellectual toolboxes of talent and began teaching classes.

We decided that the best way to describe what's working - and working well - at Grandview is to draft a list of the top five creative ways that every community can enhance their Masterpiece Living experience.

Drum roll please...

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### 1. Host a Talent Show.

Both residents and staff will love putting their dancing, singing and comedic acting abilities to use.

### 2. Hold a Pet Parade.

Roll out the red carpet and dress your dogs and cats up in style. Awards can be given for best trick and best costume, and residents will love having their “famous” pets introduced when they arrive like Joan Rivers featuring a celebrity.

### 3. Start a Pen-Pal Program.

For six weeks, each resident writes a letter - one per week - to a secret staff member. It can be about any day-to-day happenings of interest. At the end of week six, the resident has lunch with that staff member, revealing his or her surprise identity.

### 4. Send M&Ms for Masterpiece Living Moments.

When someone is “caught in the act” of demonstrating one of the four Masterpiece Living pillars, they get a little note of appreciation in their mailbox. Sometimes, they even get a small bag of M&Ms for that Masterpiece Moment.

### 5. Teach a Special Skill.

Whether it's teaching knitting, English as a second language, needlework, investing or computers, anyone can hold a class and share their knowledge.

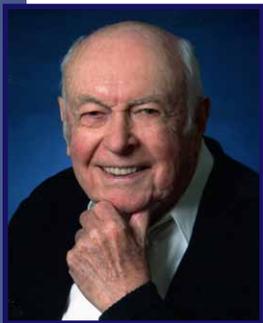
Other great ideas include resident-hosted game and movie nights, free consulting from one person to another when advice is needed or participating in a lecture series - topics can include everything, such as history, economics and hot health tips.

With these 5 as examples, Grandview Terrace continues to raise the bar in creating a culture of Successful Aging.



## Who's Livin' It?

### “Stirring the Pot” for More Than 94 Years: an Interview with Lester Dray



There's not a whole lot that brings Lester Dray down. A self-proclaimed, cockeyed optimist, he refuses to let anything spoil his mood. This he learned from his wife of 65 years, Sybil. While she passed away almost two years ago, Lester continues to participate in events such as Woman's Day at the La Loma community in Arizona. “I'm the No. 1 feminist, as trained by Sybil!” He exclaimed, cheerfully. He credits his late wife for instilling in him a positive attitude about all things.

A former military man of 26 years (6 years of active duty and 20 in the Reserves), distribution manager for Shell for nearly 30 and a professor of international business for 15, he explained to his college students that you're never too old to learn - or try - something new.

Lester's (or, Les, as he prefers to be called) life at 94-years-old is possibly more active now than it was before retirement. As a community champion, he supports St. Mary's food bank collection

initiatives, reads to children at the Barbara B. Robey Elementary School and helps local community leaders create a budget, while still finding time to play the Minuet in G (something he learned at age 10) on the piano at La Loma Village and sing in the church choir.

“I like to call it ‘stirring the pot’,” he laughed.

And, that he does. Les doesn't stop at telling someone, “I'll bet you'd feel good if you would try the water aerobics class.” No, he goes the extra mile by asking a fellow resident, “I'm going to class in the morning. May I call you so you can go with me?”

His exuberance led him to start a nonagenarian group for people in their 90s. “I was good,” Les promised. “I knew better than to ask any of the ladies their age, so I just had a sign-up list. We had about a dozen people turn up for the first luncheon!”

“He's a joy,” Enrichment Director Kari Curry told us. “Les is the most positive person I know.”

“I use Masterpiece Living as it was intended,” he told us. “For me it's learning something new every day.” Computer savvy, he always keeps up with latest technology, requests special fruits and vegetables at dinner, so that he (and the residents) can keep their BMI (Body-Mass Index) low and reads up on the latest Alzheimer's research. It should come as no surprise that with his active mind, body and spirit of community, he is one of the few elder members of his immediate family who avoided developing the disease.

When we asked him what was next on his agenda, he replied that he might like to participate in *another* triathlon. Yes, he's livin' it!

# NEWS:

- Masterpiece proudly introduces the newest member of our team: Neal Miller. Neal holds a BA in psychology from Ball State University and a MA in Wellness Management and Applied Gerontology from the Fisher Institute for Wellness and Gerontology at Ball State University. He completed a semester-long internship with Masterpiece Living, working on several projects including Vertical and the 10 Minute Trainings. Neal previously worked as a Project Director for the Retired and Senior Volunteer Program in Indiana, matching older adult volunteers with local non-profit organizations seeking volunteers. A Green Bay Packers fan, Neal enjoys the outdoors and has recently relocated to Denver, Colorado.

- Walk 2 Wellness begins May 3rd!

- Holland Home's Raybrook campus launched Masterpiece Living on March 10th and 11th with a "Cruise to Masterpiece Living" theme!

- New release! Culture Concepts for Assisted Living staff training module



Holland Home's Raybrook campus launch



## :: Masterpiece Living Recipe :: Lime Cilantro Vinaigrette

- 1/4 cup fresh lime juice
- 1/2 cup cilantro leaves, no stems
- 1 Tablespoon brown sugar
- 1 teaspoon fresh chopped garlic
- 3/4 cup light olive oil

- 1/8 cup white wine vinegar
- 1 Tablespoon honey
- 1/4 teaspoon kosher salt
- 2-1/2 teaspoons Dijon mustard

Place lime juice, white wine vinegar, cilantro, honey, brown sugar, salt, garlic, and Dijon mustard into a blender. Process until smooth. While blender is running, add olive oil in a slow, steady stream and process until thickened. Do not over-blend.

Refrigerate any leftovers and use within 3 days. Lime Cilantro Vinaigrette recipe may easily be doubled.