



# The Mosaic

Newsletter of the Masterpiece Living Network

May/June 2013

## Joyful Movement *by Christa Bitner, M.S.*

Springtime brings longer days, warmer weather, and more opportunities to play outside. Parks are filled with children running, jumping, chasing, and rolling in the grass. Dogs wrestle, fetch balls, and gleefully investigate the surroundings with noses high and tails wagging. Among these endearing scenes are some adults lazily lounging, some throwing a Frisbee or football, a few are hula hooping, and still others are jogging or walking. In observing the variety of activities, there is a noticeable joy radiating from most of the children and the dogs, and less so in the adults. When do we lose our sense of joyful movement? When did movement become more about fitness or a task to check off the list?



We know physical activity is important for maintaining health, but who said it can't be fun and playful? This month, as many of us are participating in Walk to Wellness, we may find ourselves with personal and team goals to move more regularly and with increased frequency. As we consider this year's challenge to

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## Other News

- Happy 50<sup>th</sup> Anniversary to network partners Judson Park & Brazos Towers at Bayou Manor!
- Congratulations to Masonic Home of Shelbyville – Wishing you a successful launch this month!
- Congratulations to Grandview Terrace, on becoming the first CCRC in Arizona with a Certified Gluten-Free Kitchen, earning them a Leading Age award for innovation!
- Congratulations to The Ohio Masonic Home with 3 successful launches in the last quarter at

those movements as well? While the title of the campaign is “Walk to Wellness”, the underlying motivation is to bring awareness to the benefits of physical activity. With conversion charts and apps available for documenting every move you make throughout the month, consider what type of movements bring you joy.

The Masterpiece Living definition of physical activity is “moving your body through space”. This broad definition leaves plenty of room for creativity, self-expression, and finding the movement that really brings joy and nourishes the soul. Furthermore, when the movement is something we enjoy, we increase odds for success in engaging regularly. Consider this - as a child, did you have a “to do” list that reminded you to play outside? To play tag? To run and jump and climb trees? Of course not! Your body wanted to do it; your soul required it! Children don’t have to make a point to exercise because they innately find joy in moving their bodies through space.

Statistically, the longer we live, the greater likelihood we have endured an incident that has limited our mobility. As adults, chances are, our bodies may not move as freely as when we were children. We may have arthritis, chronic pain, or injuries. We may be in recovery from a surgery, using a cane, a walker, or a wheelchair. While it can be challenging to accept the changes in our ability to move freely through space, what would happen if we think about those parts of us that can move freely and without pain? Take a moment to scan your body and identify the part that feels the best – maybe it’s a big toe, a thumb, a fingertip, or even an ear lobe! Can you wiggle your fingers, wave your hand, or even raise your arms? By tapping into what you CAN move, focusing on it, and moving forward from there, you may experience a different sensation in the way your body moves; something different from what you’ve ever felt before. This alone, could bring joy to your movements!

This month, let’s challenge ourselves to find joyful movement. Hopefully, it’s so inspiring we cannot stop for the rest of the year! As you consider what your personal joyful movement is, remember to be creative. If you need a modification to make it attainable, ask a friend to help you brainstorm! For instance, if you use

Browning, Western Reserve, and  
Springfield!

### **Strategic Alliance: Sodexo & Masterpiece Living**

With potential to impact the lives of nearly 100,000 seniors in more than 800 senior communities, Masterpiece Living and Sodexo Senior Living have formed a strategic alliance. It is part of a strategic approach that enriches the cultures of senior living communities so they become places where residents continue to grow, no matter what age or limitation.

"This alliance is a win for both companies as well as our partners since they gain the resources and expertise of organizations. We look forward to contributing to Sodexo's solid reputation as a health-minded company," said Larry Landry, chairman of Masterpiece Living.

"This partnership allows us to bring senior communities additional services that drive resident satisfaction, attract new residents, reduce costs, and build a reputation of quality care and services," explained James Taylor, President of Sodexo Senior Living.

By prioritizing the potential of older adults and providing the resources to promote health and wellness, both organizations can help clients who looking to remain leaders in their markets by creating destinations for successful aging.

From there, maybe you can sway your shoulders, and then you might find yourself creating some new moves as you wheel across the room! The possibilities are endless when we remove the box we may have placed ourselves within and we focus on what we CAN do.

Still needing inspiration? Check out Kristina Ripatti's story at <http://kristinaripatti.com>. Paralyzed from the chest down, Kristina has found ways to engage in activities she loves despite her limitations. While she has the support of an innovative husband in creating specialized equipment, the true inspiration is her spirit of determination and willingness to engage in life despite her setbacks. Hers is a story we can all learn from.

To help get you started, here are some questions for finding what movement brings you joy:

- What activities did you enjoy as a child?
- Are there moments when you find yourself entirely present? What are you doing in those moments?
- Is there a type of movement you have enjoyed in the past but have not participated in recently?
- What modifications could you try in order to re-engage in a movement you previously enjoyed?
- Is there a type of movement you always wanted to engage in but never did?
- Can you find a way to incorporate aspects of the movements you love into your daily routine? (For example, if you love to dance, is there a Zumba class you could participate in? Could you turn on some music and dance while cleaning your living space a la "Pippy Longstocking"?)

Here are some examples of movement that may spark your interest:

Hiking, horseback riding, hula hooping, dancing, roller skating or roller blading, yoga, biking, climbing, Conductorcise, playing with children, swimming, basketball, baseball, soccer, tennis, golf, yoga, Pilates.

Whatever movement you choose, let's encourage one another to find a way to express joy throughout. What insight might you find through your personal experience of joyful movement?

## Who's Livin' It?

### **SMILE! An Interview with George Saxtan** by Danielle Palli

The word "can't" is no longer in George Saxtan's vocabulary. Growing up in the shadow of two older brothers, he admits to having been timid as a child. "I could not run as fast as them, couldn't swim as fast, couldn't throw a ball," He recounts. "I was in the 6<sup>th</sup> grade at the time and I felt as if I couldn't do anything ... it was then that I had to make a decision. If I wanted to accomplish anything, I knew that I'd have to work two to three times as hard as everyone else."

George turns 100 years old on May 9, and it's clear that he must be doing *something* right.

What he likes about Masterpiece Living is it encourages people to do things they thought they'd never be able to do. "There's nothing you can't do as long as you want to do it; but that's the important part ... you have to *want* to do it."

George graduated from Columbia University. He later became a certified public accountant and taught evening



## Hot Health Topic

### **More Than a Healthy Choice - Walking to Live** by Emily Warren, M.A.

What is it that motivates us to transition from thinking about exercise to actually doing exercise? We've all heard that walking is good for us. Most of us know that in just 30 minutes a day we reap numerous health benefits. Thirty minutes of movement a day leaves 23 ½ hours of the day to do all of your other daily activities.

Doctor Mike Evans puts it simply, exercise is the single best thing we can do for our health ([video](#)). Just 30 minutes of moderate exercise every day to make health gains for your body, mind and soul. We know we feel energized, healthier and often happier when we've exercised, yet we don't always make the time for it. These outcomes help us to improve our daily living, helping us to remain independent, breathe easier, play with grandchildren, and engage more actively with friends.

Recent research tells us that walking lowers our risk of stroke, decreases back pain and research continues to prove that walking lowers blood pressures, lowers risk for diabetes, builds strength, decreases bad cholesterol and increases good cholesterol. Knowing all of this, it still remains difficult to fit into our daily schedules. So, how can we move from thinking to doing it?

The start is determining what motivates us, what is important to us. Superficial and extrinsic factors can only take us so far; we have to dig deeper. In order to do that, ask yourself...what do I value? What brings me meaning and purpose? How does being healthy or being unhealthy impact this? Those 30 minutes help to lower your blood pressure, increase lung function, and lower your risk for heart disease. This small commitment could mean make a significant impact on living long enough and well enough to pursue your purpose. Is it worth spending 30 minutes a day in order to experience these things that you value? What will make you move from thinking to doing?



He and his wife relocated to Florida in 1974, moving to The Inn at La Posada in 2009.

A history buff, George leads the History Group, covering topics such as the History of the Universe (even taking a look at what the future might hold 500 years from now), the History of the United States and – soon – the History of the Civil War. A teacher at heart, George also helps fill in when needed for the Bible Study Group and served as Resident Council President last year.

Having discarded the timidity of his youth, residents and staff describe George as “a gem” who’s very outgoing, and he takes the initiative to make life at La Posada a little better for those around him. Recently, he’s been bringing his iPad to play Pandora radio over the speakers in the dining room, so that residents can enjoy music during lunch and dinner. He’s also initiated a “Smile” campaign. Now, when you walk through the halls of La Posada, you can see the framed signs that he designed and created, which simply read, “smile.”



“When you smile at someone, what do they do?” George asked. “They smile back! And it makes people feel good.” The signs serve as a reminder for people to smile at one another more.

This May, George is having family visit from Illinois, Ohio and Pennsylvania. They’ll

## Community Spotlight

### Four Pointes Center for Successful Aging: Let's Be Radical Together *by Danielle Palli*

With a new location comes a new name and – as Executive Director of the Four Pointes Center for Successful Aging, Brigit Hassig, will tell you – a new paradigm. The former North Ottawa County Council on Aging (NOCCOA) changed its name to Four Pointes on Jan. 7, 2013 – just in time for their grand re-opening in Grand Haven, Michigan this year. Since its beginnings back in 1969, the center has provided grass roots human services, activities and social services to older adults who may be on moderate, fixed or low incomes. “Four Pointes provides a gateway for health and well-being,” Brigit told the Mosaic.

What is particularly unique about the Four Pointes Center for Successful Aging is that it is the first public community center to offer Masterpiece Living. In fact, the Masterpiece Living initiative is so present in everything that the center does, that even its name – Four Pointes – reflects the four components of successful aging: social, spiritual, physical and intellectual.

“Much of what we were doing was already in line with the Masterpiece way of thinking,” Lifestyle Coordinator, Jessie Riley told us. “Integrating the Masterpiece Living philosophy was the next logical step in our evolution.” She went on to say, “We spent about six to seven months on our launch process, studying our pilot groups and training our staff. In that time, we began using Masterpiece’s lifestyle and mobility reviews with Member Advisory Council and Board of Directors, and established an Ambassador group of older adults.”



Their first Masterpiece campaign, *Living It!*, a four-week initiative that challenges participants to try four new activities per week, drew more than 80 member participants. The campaign was awarded the “Most Innovative and Effective

you see George in the halls of La Posada, be sure to SMILE and wish him a very happy birthday. After all, he’s really *livin’ it!*

## Healthy Eats

### Lemony Asparagus with Pine Nuts & Parmesan

Asparagus is in the height of its season in many areas of the country. This simple recipe is a delicious way to incorporate another green vegetable into your day!



Serves 4  
Hands-On Time: 15m  
Total Time: 20m

### Ingredients

- 2 tablespoons pine nuts
- 2 tablespoons olive oil
- 2 pounds asparagus (2 bunches), trimmed and cut into 2-inch pieces
- kosher salt and black pepper
- 1 teaspoon thinly sliced lemon zest
- 1 ounce Parmesan, shaved

### Directions

1. Heat oven to 350° F. Spread the pine nuts

Program” by the Michigan Association of Senior Centers, which reviewed more than 60 different 50+ community centers statewide.

Before MPL, the center would typically sign up anywhere from 125-150 new members per year. However, this past January and February brought in 191 members in two short months. Currently, Four Pointes has more than 1350 members.

“This is not your grandmother’s senior center.” Jessie Riley said. “The energy generated by the culture at Four Pointes is infectious! Members come to Four Pointes actively seeking new opportunities to support their successful aging journeys.”

The ultimate goal of Four Pointes is to lower healthcare costs while improving lifestyle. They are constantly asking themselves, “How can our members change what it means to be older adults?” Members are challenged to become active parts of this movement.

“We really have an enlightened paradigm we are trying to share with people.” Brigit Hassig said. “We have the opportunity to be radical together and make a difference!”

To learn more about the Four Pointes Center for Successful Aging, visit [www.FourPointes.org](http://www.FourPointes.org)



### *Did you know?*

**32% of adults age 65+ use social media sites (Facebook, Twitter, Pinterest, etc.). 53% of American adults age 65 and older use the internet or email, with email use continuing to be the bedrock of online communications for older adults.**

Source: Pew Research Center’s Internet & American Life Project, 2012

once, until golden, 4 to 5 minutes.2. Heat the oil in a large skillet over medium heat. Add the asparagus and ¼ teaspoon each salt and pepper and cook, tossing occasionally, until tender, 4 to 6 minutes. Add the pine nuts and toss to combine. Sprinkle with the lemon zest and Parmesan.

**Tip:** You can also grill the asparagus in this recipe. Toss the whole asparagus with the oil, salt, and pepper. Grill over medium heat until tender, 4 to 6 minutes. Cut into 2-inch lengths and top with the lemon zest and Parmesan.

#### Nutritional Information

Calories 149; Fat 12g; Sat Fat 2g; Cholesterol 5mg; Sodium 249mg; Protein 6g; Carbohydrate 5g; Sugar 2g; Fiber 3g; Iron 3mg; Calcium 132mg

Source: Real Simple [magazine](#) Photo credit: Anna Williams

Have a healthy recipe to share? Please submit your favorite healthy recipes to [cbitner@mymasterpieceliving.com](mailto:cbitner@mymasterpieceliving.com) or by mail:

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