



# The Mosaic

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**July/August 2014**

## Walking Together: Walk to Wellness with the Greater Community by Danielle Palli

This year's Masterpiece Living Walk to Wellness focused on community outreach, and we encouraged our partners to creatively include their greater communities in their campaigns. Somerby of Mobile, Westminster Woods at Huntington, and ABHOW'S Rosewood Senior Living each found unique ways to encourage local businesses, schools and churches to participate in the Walk alongside residents and team members, while also helping our larger global community.

The team members of Somerby hand-delivered gift

baskets to area nursing, rehabilitation and doctor's offices. Baskets were filled with special invitations to the Walk, along with Somerby-branded pedometers, tracking sheets, and one hefty goal: "As the team of residents, associates and professional referral sources, we want to combine our steps to walk the equivalent of the

distance between Mobile and Chicago," read the invitation. Their goal was to reach the legendary Route 66, an impressive distance of 1,844,000 steps or 922 miles. This plan created a way for the Somerby community to build relationships with area referrers and enhance social connections in their neighborhood. To sweeten the challenge, the business that walked the most steps was treated to a fully catered lunch.

Meanwhile, ABHOW's Rosewood Senior Living created teams, which included 117 residents from all

levels of living and their families, to participate in a friendly competition to see who could walk the most steps. They also involved the swim team and cheerleading squad at Frontier High School. ABHOW's Rosewood team leaders led weekly outings, including walks along the river, a visit to a local ranch, and a picnic in the park after hitting the trails. The team that logged the most steps was awarded a pool party with catered lunch and ice cream. The response to Walk to Wellness was so popular that junior and senior nursing students from California State University soon began volunteering

their time, joining residents on ongoing fall-prevention and health walks two to three days per week. These efforts fostered intergenerational social connections as well as improved fitness for all who participated.

Westminster Woods at Huntington laced

up their shoes and decided to go global. Their goal was to walk the three million steps it would take to reach Haiti from their campus. The 75 participating walkers ended up logging more than eleven million steps and collected 246 pairs of new and slightly worn shoes in the process. Realizing that sneakers and paved roads to walk on are luxuries not found in La Lomas, Haiti, they worked in collaboration with a local church to send those shoes to their twin parish

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## Who's Livin' It? Pat Palen: The Power of Peer Support

by Danielle Palli



You might say that Pat Palen is carrying on the work that was started by her mother many years ago. Pat, an active member of Four Pointes Center for Successful Aging in Michigan, serves on the Advisory Board for the Salvation Army and volunteers at the reception desk and in the kitchen at Four Pointes. Her mission is unique.

Pat's mother, Willie, had severe Multiple Sclerosis to the point of being homebound. Instead of becoming reclusive, Willie began calling other people she knew who were shut-ins in order to keep herself and her friends socially connected. Pat adopted her mother's practice and today, she has been known to make 30-40 calls within a day to those who are homebound, helping make sure that everyone has someone to talk to every day.

Participation in the Masterpiece Living Review process was an eye-opener for Pat, who had recently had both knee and hip replacement and also struggled with diabetes. She was determined to do everything she could stay physically active and socially connected.

"I want to stay active as long as I can," Pat told *The*

*Mosaic*. "I don't want to be isolated because I can't take care of myself, and I don't want to have to depend on someone else to help me get out of bed in the morning and get dressed."

Today, Pat has gone from daily doses of insulin and pills to control her Diabetes to taking no medication at all (at the recommendation of her doctor). Thanks to the insight she gained from taking the MPL Lifestyle Review, she now controls the disease through diet and exercise alone. She's also noticed that her blood pressure and cholesterol are lower too, along with a vast improvement in her overall health. But her efforts go well beyond just helping herself.

"In the incredibly short time she's been here, it's amazing the difference she's made on all of us," Four Pointes Lifestyle Coordinator, Jessie Riley, told us. "There's just no way to explain it. She believes in all aspects of wellness; and she's outgoing, positive, compassionate, and is happy to talk to anyone."

Pat has some advice for new members of Four Pointes. "When you first arrive, go to the coffee shop, get a cup of coffee, sit down and talk to whoever is there. They'll tell you all about their favorite activities and help you get involved."

As for Pat, you're likely to find her playing cards, reading, doing chair aerobics or at a stretch-and-tone class. But there's one thing for certain about this go-getter – *She's Livin' It!*

## Walking Together: Walk to Wellness with the Greater Community (cont.)

in Haiti to be distributed locally.

Somerby of Mobile, ABHOW'S Rosewood Senior Living and Westminster Woods at Huntington shared the common goals of walking for better health and using the annual event for community outreach, social connectedness and service. And yet each organization tackled that task in very different ways. Somerby used Walk to Wellness as an opportunity to enhance

relationships with partner organizations. Rosewood provided an inclusive environment for their residents while fostering intergenerational social connectedness. And Westminster Woods made their walk meaningful and symbolic by donating shoes that others may walk as well. These communities pose an important challenge for all of us: what can we do today to have a positive impact on our local and global communities?

**Hot Health Topic: Live Long Through Spiritual Health**

by Jim Kok, Executive Director of Chaplain Services, Christian Living Communities

*"Men do not care how nobly they live, but only how long, although it is within the reach of every man to live nobly, but within no man's power to live long."*

-Seneca

Recent research continues to show that spirituality is an important part of successful aging. According to Dr. Harold Koenig in the *Handbook of Religion and Health* (p.131), since the year 2000, of the 224 quantitative studies examining the relationship between spirituality/religion and well-being, 78 percent found positive associations between greater spiritual involvement and greater happiness, life satisfaction, morale, or positive affect.

One fascinating study found that college students who were taught spiritual meditation showed decreases in anxiety and positive increases in mood, spiritual health, and spiritual experiences, as compared to another group of students who were taught a non-spiritual relaxation technique. (Wachholz and Pargament, 2005)

Beyond subjective measurements like "well-being" or "life satisfaction" are studies with more objective measures. In a 2005 study, 234 subjects with high blood pressure were randomized into three groups: one was taught Transcendental Meditation, one was taught Progressive Muscle Relaxation, and the last was given only health education (to include written materials, lectures, training in healthy lifestyle and cooking, and group support). Subjects were involved in these groups for 12 months and practiced what they had learned twice each day for 20 minutes. At the end of the year test period, those involved in the TM group significantly decreased their blood pressure as compared to the other two groups. (Schneider, Alexander, Staggers, Orme-Johnson, et al. 2005)

We would be remiss, though, if we didn't go back to

the Seneca quote and ask about longevity. After all, Dr. Landry's book is entitled *Live Long, Die Short*. In a review of research done over the last 10 years, 76% of the highest quality studies found that greater religious/spiritual involvement predicted greater longevity. (*Handbook of Religion and Health*, p. 477) So perhaps by focusing on the authentic and noble living that comes with deeper spiritual involvement, we'll also have a few more years to enjoy that living. So make some time to today to slow down, breathe, and engage your spirituality.



### **"Shine Your Light"**

*By Shirley Fulford, Resident of ABHOW's Fern Lodge*

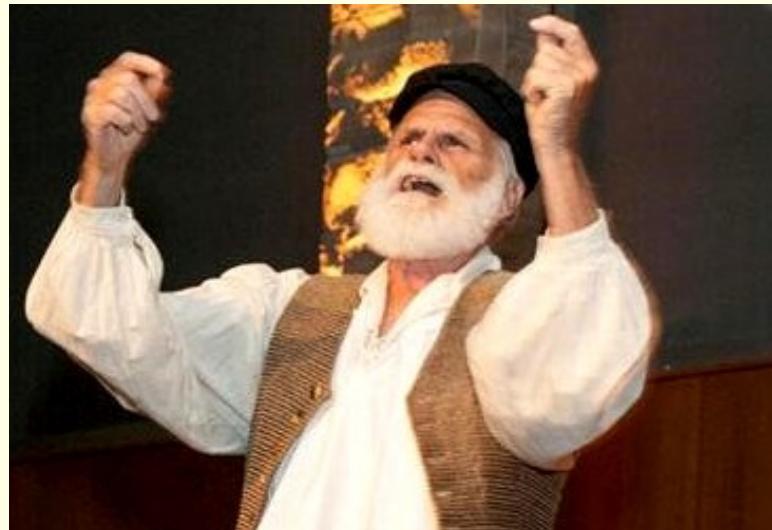
In every one of us there is a special light.  
Some of us can sing, and some of us can write.  
All of us have talent, and some are very bright.  
Take your candle to the world and shine your light.  
Never ever give up on your hopes and dreams;  
Things may take you on to detours, and try to hurt your schemes.  
But you have been greater and formed from God's own hand,  
Everything you have to give would be in his plans.  
So don't you get discouraged;  
Don't you give up now, just keep pace.  
Just shine your candle, shine it bright;  
You'll make the world a better place.

## Community Spotlight: “*Fiddler on the Roof*” Has Everyone Singing “L’Chaim!” by Danielle Palli

“To life, to life, l’chaim!” sang the cast of Clermont Park’s *Fiddler on the Roof*. Those familiar with the classic musical may remember in the tale that in spite of Tevye and Golde’s efforts to keep with tradition and marry their three daughters off with the help of Yente the matchmaker, their daughters are determined to do things just a bit different. How fitting, then, that Clermont Park decided to stage the production in a way that’s never been done before.

In Clermont’s interpretation of *Fiddler*, casting was open to all residents in all levels of living, with little concern about age-appropriate or gender-specific roles. “My three daughters were all older than I,” said John Ahlenius, a Clermont resident who played Tevye. John is no stranger to professional theater but admits that he’s been subject to typecasting when he’s auditioned for work in the past. “Getting the lead,” he said, “fulfilled a 60-year-old dream for me.” He went on to add that the production encouraged people to do more than what they ever thought they were capable of and built people’s confidence. “This is right in line with Masterpiece Living principles,” John continued, “Use it or lose it! Never act your age, and learn something new every day.”

The cast included eighteen residents between the ages of 72 and 93, most of which had no prior theater experience. They were challenged to memorize their



lines and blocking and embrace roles far different from who they were offstage. Annabel Clark, resident assistant director and retired theater professor volunteered to work one-on-one with cast members and stood backstage giving prompts when needed. Annabel told the Mosaic, “The team worked together to succeed, and the show acquainted people in a new way with a common goal. It brought people closer together.” And fortunately, music is such a potent memory enhancement tool that cast members were singing their lines in no time.

Masterpiece Living Lifestyle Coordinator and former professional actress, Alison Mueller, added, “What better way to practice the social, intellectual and physical components of Masterpiece Living than by putting on a show?” And *Fiddler*, she feels, is a spiritual story that connects everyone on some level.

“Fiddler has always been near and dear to me as a performer, but this is the production that will stick with me the most,” Alison told us. “It was a powerful experience to see the actors bring wisdom to the characters and exhibit such extreme determination.” She went on to point out that when junior high school students put on a production, no one gives any thought to young students playing significantly older roles.

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## **Healthy Eats Recipe: Fresh Corn and Avocado Salsa**

by Linda Peirce, MPL Partnership Assistant

*For many, fresh corn and summer are synonymous. But instead of slathering the tasty grain with butter and salt, try this healthy and vitamin-packed alternative.*

*Avocados are nutritional powerhouses. They are an excellent source of potassium (containing more per weight than bananas), vitamin K, Vitamin B<sub>9</sub>, vitamin B<sub>6</sub>, vitamin B<sub>5</sub>, vitamin C, and vitamin E. Additionally, they are rich in monounsaturated fats (the "good fats") and high in fiber. The tomatoes and lime juice add Vitamin C as well, and the corn provides fiber, manganese and healthy phytonutrients.*



### Ingredients

1 medium avocado, diced  
 3/4 cup fresh corn, sliced off the cob (use frozen corn if fresh isn't available, but fresh yields a much more tasty dish)  
 1 tablespoon chopped fresh cilantro  
 1/4 cup diced red onion  
 2 teaspoons lime juice  
 1 ripe red tomato, diced  
 1/4 teaspoon salt

### **Do you have a favorite healthy recipe you would like to share with our network?**

Please submit recipes to cbtner@mymasterpieceliving.com or mail to:  
 Christa Bitner, Masterpiece Living, 12600 W Colfax Ave, Suite B-110, Lakewood, CO 80215

### **Community Spotlight (cont.)**

Therefore, "Why can't Hodel be 90 years old?"

This inclusive culture was present in all aspects of the production. For those who preferred to stay behind-the-scenes, there were sets to paint, props to gather, and program guides to fold and distribute. The show was such a hit that Clermont Park is

### Directions

Toss avocado with lime juice first to prevent browning. Add other ingredients and mix well.

Serve with corn chips or sliced veggies, add to tacos or grilled chicken, or even use as a topping for an omelet.

### *Variations:*

Add 1 cup cooked black beans, 1/2 tsp. cumin, and another 1/4 tsp. salt for a heartier and protein-packed salad.

already beginning to plan for their next big production – *The Music Man*.

"But, who will play the children?" someone asked.

"We will, of course!" was the answer.

## 2014 Walk to Wellness Winners

1. Somerby of Peachtree City
2. ABHOW's Rosewood Senior Living



Additional Marty Awards go to:

- Highest Team Member Participation: Four Pointes Center for Successful Aging (100%)  
Highest Resident Participation: ABHOW's The Terraces at Los Altos (55%)  
Incorporating the Four Components: Holland Home  
Walking With Purpose: ABHOW's The Terraces of Phoenix  
Most Creative: ABHOW's Judson Park  
Community Outreach and Participation: Somerby of Mobile  
Intergenerational Participation: Masonic Homes of California and Acacia Creek  
Inclusivity: ABHOW's Rosewood Senior Living

Congratulations to the following partner organizations that are celebrating July/August anniversaries with Masterpiece Living:



Glen Meadows  
The Renaissance  
Masonic Homes of California  
Acacia Creek  
The Birches  
Bayou Manor

Masterpiece Living 2015 Lyceum  
April 15-17, 2015  
Renaissance Vinoy Resort & Golf Club  
St. Petersburg, FL

