



# The Mosaic

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November / December 2011

## Maintaining Balance During the Holiday Frenzy

By Emily Warren, MA and Teresa Amaral Beshwate, MPH

The holiday season is upon us. The days are shorter, the weather cooler, and holiday stress, excess winter weight gain and overall disruption in balance is lurking right around the corner. Yet it is never too late to devise a proactive plan to navigate the holiday frenzy. Consider the following nine tips...

Tip #1: Give the gift of health. If you plan to give the gift of food, why give sugar and fat-laden fare when you can give a healthy gift instead? Consider a gift from Edible Arrangements ([www.ediblearrangements.com](http://www.ediblearrangements.com)), The Healthy Basket ([www.thehealthybasket.com](http://www.thehealthybasket.com)) or create your own basket filled with fresh, seasonal produce and a healthy cookbook. Intellectually stimulating gifts such as puzzles, games and books are also great ideas. Likewise, consider spiritual gifts such as candles and soothing bath soaps help to promote relaxation.

Tip #2: Start an active holiday tradition. Plan your holiday to include active games, skating, bowling, or include a walk after your meal. Increased physical activity will help to clear your mind and torch those extra calories.

Tip #3: Feed yourself well. Despite sounding like a contradiction, this tip really holds some weight. Allowing ourselves to become too hungry means a weakened ability to make healthy food choices. Be sure to never skip meals before a holiday celebration, and instead enjoy a healthy snack just before your arrival. This will help ensure healthier food choices.

Tip #4: Ditch the all or nothing mentality. If you over-indulge in a high calorie meal, balance it out with increased physical activity and get back on track the next day.

Tip #5: Get adequate sleep. Insufficient sleep impacts our metabolism and mental abilities and can promote weight gain. (*For more sleep strategies, see the July/August 2011 edition of the Mosaic.*)

Tip #6: Plan ahead. Before a party be sure to engage in physical activity and if it is a potluck, consider preparing a fruit or vegetable based dish.

Tip #7: Get engaged. Remember the many health benefits of social connectivity, and attend your holiday events ready to expand your social circle. Take advantage of all the opportunities to engage with friends, family and neighbors. Deepen your connections by starting new traditions with new friends. While you're at a party, if you have the opportunity, dance like nobody is watching.

Tip #8: Find your Stress Solution. Participate in My Stress Solution (see your Masterpiece coordinator for more information) and engage in other activities that help you to find your balance. Yoga, Tai Chi and massage are some examples of stress managing activities.

Tip #9: Welcome the New Year with a plan to challenge yourself physically, socially, spiritually and intellectually.

May 2012 be a year filled with growth and potential!

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# Hot Health Topic

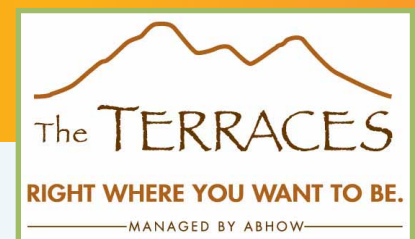
## Recommended Fall Reading

Shorter days and crisp morning air are sure signs of fall. After a busy fall day, a hot cup of tea, warm blanket and a good book are great ways to unwind. Just in time for fall, Masterpiece Living presents an updated recommended reading list you won't want to miss.

- *Flourish: A new understanding of happiness and well-being* by Martin Seligman. Free Press, New York (2011).
- *The roadmap to 100: The breakthrough science of living a long and healthy life* by Walter Bortz and Randell Stickrod. Palgrave MacMillian, New York (2010).
- *Five things you must do to keep your mind young and sharp* by Paul Nussbaum. McGraw Hill New York (2010).
- *How we age: A doctor's journey into the heart of growing old* by March Agronin. De Capo Press (2011).
- *In defense of food: The myth of nutrition and the pleasures of eating* by Michael Pollan. Penguin Press. New York (2008).
- *A long bright future: An action plan for a lifetime of happiness, health, and financial security* by Laura Carstensen. Broadway Books, New York (2010).
- *The china study: The most comprehensive study of nutrition ever conducted* by Colin Campbell, and Thomas Campbell. Benbella Books, Dallas, Texas (2010).
- *The longevity project* by Howard Friedman and Leslie Martin. Hudson Street Press, New York (2011).
- *The blue zones: Lessons for living longer from the people who've lived the longest* by Dan Buettner. National Geographic, Washington, D.C. (2008).
- *The social animal: The hidden sources of love, character, and achievement* by David Brooks. Random House, New York (2011).

## Community Spotlight: The Terraces of Phoenix, AZ The social MEDIA butterflies of the Southwest

By: Danielle Palli



When we asked for words to describe the community at ABHOW's The Terraces of Phoenix, what we heard was *warmth, love and open arms.*

“Quite a few of our residents have lived in Phoenix their entire lives and their kids have even gone to school together.” Director of Lifestyle and Activities for the Terraces of Phoenix, Andrea Schulte, told us. “We have a strong sense of community because our community has roots.”

What is so unique about the residents at the Terraces of Phoenix is the way in which they welcome new people to become a part of their extended family with unconditional warmth and acceptance. Also unique is how they embrace new ideas with that same enthusiasm.

One example is the community's vibrant use of current technologies such as Ipads, Kindles, web browsing, Facebook and using eBay for online sales. Several residents lead computer classes for other residents and staff, which include data management and learning how to organize computer files. Whether its traditional or virtual communication, residents here are getting their message across.

Masterpiece Living was introduced to the community three years ago, and the staff and residents have eagerly adopted its lifestyle through personal practice, and they love sharing it with others during the Meet Your Neighbor in the Bistro, where new residents get introduced to other members of their community.

Outreach is also prominent, with one weekly group making PB&J sandwiches for Tumbleweeds, a local charity that helps provide food and shelter for homeless teens. Each sandwich package includes a note that reads, “Made lovingly by a grandparent.” In December, volunteers prepare a Christmas dinner for their friends at Sunny Slope Manor and have been known to throw a pretty impressive root beer float party as well.

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In-house initiatives include volunteering for the Garden Club, the Country Store, the Library, the Scholarship Fund, The Terraces of Phoenix Foundation and the Conservation Committee. (Those are the men and women you see replacing all the lights with energy-saving bulbs!)

During Active Aging Week 2011, you were just as likely to find residents taking a belly-dancing workshop as you would discover them competing in a community blackjack tournament. The week also included Wii Family Feud and Jeopardy competitions, square dances, story-telling and photo scavenger hunts (where participants would uncover clues and take photos as evidence).

Whether it's a formal social gathering or an online chat, the residents of the Terraces of Phoenix are open-hearted movers, shakers and technological ground breakers.

We are inspired.

## Who's Livin' It?

By: Danielle Palli

### Helen Schmidt: Meeting life with curiosity and a peaceful spirit



When we spoke with Helen Schmidt of Llanfair Retirement Community, she was just returning from a lecture discussing Autism in children. While not a topic in which she is well acquainted, she approached it with the same curiosity as she does most things and ended up finding the talk rather fascinating.

That is Helen's nature, peaceful, genuine and warm, matched only by her never-ending curiosity about the world around her.

As the Resident Representative for Llanfair, she has quarterly meetings in Columbus where she and representatives from ten other communities in OPRS (Ohio Presbyterian Retirement Services) talk about the activities they have planned and events that have passed - discussing what worked and what could be better for the next time around. Her participation enables her to bring exciting new ideas back home with her.

When it comes to Masterpiece Living, she's one of its biggest supporters and shows this by example. She'll regularly take the time to meet new residents, have dinner with them - finding out their interests so that she can introduce them to other residents with similar interests. Helen also encourages people to talk with one another.

A busy woman, Helen spends three days a week lifting weights and exercising, takes computer classes and likes to play shuffleboard and chair volleyball - although she admits that she's playful but not competitive. She's a member of St. Ignatius Church, but often visits St. Clare Church and volunteers every fourth week at the chapel at Llanfair. Even though two churches are Catholic and one is Presbyterian, she is able to apply her spiritual beliefs wherever she finds herself.

Helen moved to Llanfair Retirement Community on Oct. 14, 2009, a day she remembers fondly. "I want to encourage everyone to come to Llanfair and try Masterpiece Living classes," she told the Mosaic. "I think they'd be happy here."

When we left Helen, she was planning on heading to Hollywood Casino with her family that weekend to celebrate her 91st birthday (she loves their buffet). Always on the go, we were lucky to catch her in a moment of down time before her next adventure.

Between her acts of service, her spirituality, her physical fitness and constant craving for learning new things, *she's livin' it!*

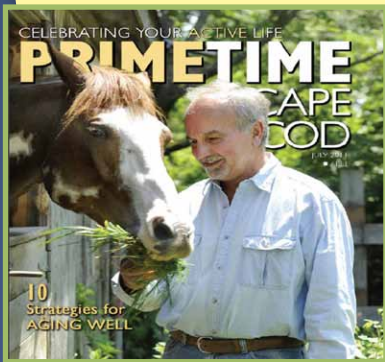
*Happy birthday, Helen.*

# NEWS:

Welcome to the Masterpiece network: Masonic Homes of Kentucky-Louisville and Masonic Homes of Kentucky - Shelbyville



MASONIC  
HOMES  
of  
KENTUCKY



Dr. Landry's article From Caring to Coaching is featured in June edition of Aging Services of CA's publication Agenda, and he was also featured on the cover of New England publication Prime Time Cape Cod in July, in which he shares his recommendations for aging successfully.

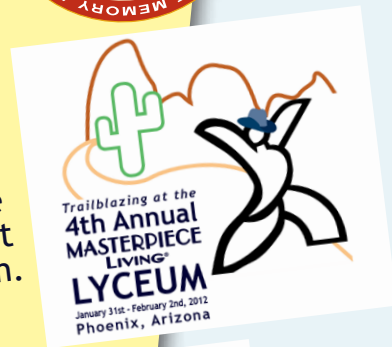
Congrats to ICAA Innovators Award winner Somerby of St. Vincent 119 for their Tail Wagger Treats program (read more in the September/October 2011 Mosaic)!



Congrats to ICAA Innovators Green Award winner ABHOW's Grand Lake Gardens for their Community Garden, which feeds Oakland's hungry older adults each week!



It's time to register for the annual experience known as the Lyceum! Check your inbox for more information, or contact Robin Mulligan at [rmulligan@mymasterpieceliving.com](mailto:rmulligan@mymasterpieceliving.com).



Congrats to Living It! participation winners ABHOW's Plymouth Village and Rosewood for resident and staff participation, respectively.



Congrats to Renaissance resident Sue Kelly - The 2011 Beautiful Minds winner and many thanks to the Masterpiece network for voting for Sue! (read more at [www.beautiful-minds.com](http://www.beautiful-minds.com))



Congrats to the 2012 Masterpiece Living photo contest winners! First place: Somerby of Mobile, second place: Masonic Homes of Union City, Third place tie: Rosewood and Grandview Terrace.



It is with sadness that we mention the passing of noted gerontologist Dr. Gordon Franklin Streib. Author, researcher, award winner and "Distinguished Contributor to Sociology of Aging," Dr. Streib was a member of the original workgroup tasked with determining how to apply the MacArthur Foundation research findings, which developed into what we now call Masterpiece Living. He served as a member of the Masterpiece Advisory Committee until 2002. Dr. Streib made significant contributions to Masterpiece Living and will be missed.