

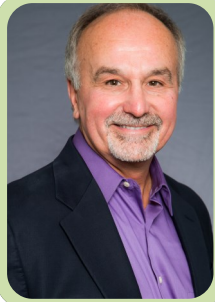


The Mosaic

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November/December 2013

Why I Wrote *Live Long, Die Short* : *A Guide to Authentic Health and Successful Aging* by Roger Landry, M.D., M.P.H.



Most of us, at one time or another, think about writing a book. Then the reality of it all sets in and we decide we'd rather have a root canal. It's a BIG deal! Lots of long sessions staring at a blinking cursor while your family is laughing in the other room and your dog sitting next to you with his leash in his mouth. So you need help to do it.

Yes, coffee helps, but more than that, you need a burning purpose: a passion that burns so hot in your gut that you cannot NOT write the book; so important to you that you can overcome the huge doubt that anyone will bother to read it.

For me, that purpose was the need for simplicity in the exciting new message about aging. Yes, the findings from the research on aging that tell us that so much more is possible did pull at me as a moral imperative. But it was the fact that so many books out there on aging and health seemed more about the author than the reader. I felt most people were confused or overwhelmed by sometimes conflicting or complicated messages.

We all can age in a better way. We can. Really. And that message got me to sit down.

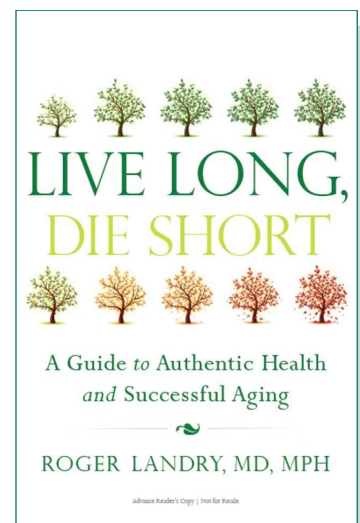
Then I was off to the races. Of course, I wanted to tell the Masterpiece Living story: an exciting journey from an idea expressed by Jonas Salk, to the dynamic movement to change the way we age. I wanted to offer readers the ability to assess their lifestyle, get feedback, and then use the *Ten Tips to Age Successfully* as a customized guide to better aging. I wanted to provide a mirror to readers: a mirror that clearly showed that who we are as humans, what we need to be healthy, and what we need to age

successfully, has been established in the eons our ancestors walked the earth before us. Then I felt compelled to explain that the life we lead today is radically different than our ancestors' and those things we *still* need to be healthy and to age well are not so easily found today. We must "rediscover" them and I put them in the *Ten Tips*. And lastly, I needed to expose the way we seek to change our lifestyles today as lunacy, and offer a lifestyle change strategy that *cannot fail*.

This book is a call to action: for individuals to age in a better way; for organizations, towns and cities to become places where older adults can flourish; and for our societies to be places that appreciate and harness the potential of their older adults. We can all age in a better way. We can. Really.

That's why I wrote *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*. I sincerely hope you enjoy it.

Dr. Landry will be launching a four-month national tour beginning in January of 2014 to share what is possible as we age. He will be discussing key elements from, *Live Long, Die Short*. Take advantage of this special opportunity to leverage your community's knowledge about Successful Aging. Contact Robin Mulligan to arrange your event: 561-624-1225 or email rmulligan@mymasterpieceliving.com.



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Hot Health Topic**Introducing Breathe: A Stress Resilience Program by Masterpiece Living™***By Brittany Calvert, M.A.*

Your muscles are tightened, pulse quickened and jaw clenched: a stressful situation has you in knots. Interestingly, you hardly notice your body's physiologic response, until you take a moment to breathe. When was the last time that you felt stressed? When was the last time you intentionally took time to breathe? Breathing is just one of many strategies that are showcased in Masterpiece Living's latest development, Breathe: A Stress Resilience Program by Masterpiece Living™. Breathe is the newest research-based program, designed to make a powerful impact on the lives of all who are touched by your organization every day.

**Research: Our Foundation**

One of the best ways to ensure your culture is experiencing meaningful growth is to deliver research-based opportunities including Programs by Masterpiece™ and other evidence-based programs such as Chronic Disease Self-Management (Better Choices, Better Health® Workshop) and the FallProof™ Balance and Mobility program. To be research-based is to be built on peer-reviewed studies, to have undergone pilot testing and resulting revisions, and have demonstrated measurable results. Masterpiece Living itself is built on research and aims to bridge two gaps: between current research findings and common knowledge, and between knowledge and action. With research as the foundation of all that we do, along with practical



Photo courtesy of University Village

application through pilot testing, we can feel assured that our resources and programs deliver value.

Like all Programs by Masterpiece™, Breathe is built upon the most recent research, is available only to the Masterpiece Living Network, and can be used for team members, residents, prospects and to position your organization as an aging expert in your greater community. Programs like Breathe make it unnecessary to start from scratch, or reinvent the wheel. While all Programs by Masterpiece™ are turn-key, customization and creativity will make them even more successful for your organization. The ultimate goal is to make a positive impact and inspire lifestyles that promote a successful aging journey. Gone are the days of activities for the sake of busyness and entertainment. Creating cultures of growth and potential - true Centers for Successful Aging - happens only through purposeful, research-based programming.

As we usher in yet another busy and potentially stressful holiday season, we invite you to breathe; a simple thing that we do every minute of every day, yet with purpose it provides an opportunity to build up our resilience to stress. And we hope you enjoy our latest release, Breathe: A Stress Resilience Program by Masterpiece Living™.

Masterpiece Living Culture

By: Rhea Greyson, Resident at La Posada, a Masterpiece Living partner community

Let me tell you how life can get better
It's with Masterpiece Living – following it to the letter.

There are four parts for all to do...
They're SOCIAL, PHYSICAL and SPIRITUAL, too

And then let's not forget the INTELLECTUAL ONE
It's all about learning and can be much fun.

Try to do something in each of these things,
And you'll see how very much wellness it brings.

All you need is a little time each and every day,
To see how great you'll feel – it really does pay.

So let's get with it and LIVE THE CULTURE

Rhea Greyson, resident at partner community La Posada since 2005, was a model of successful aging and a Masterpiece Living Champion. She wrote this rap about the influence of Masterpiece Living in her life and submitted to The Mosaic for publication. Rhea passed away on November 5, 2013 just prior to publication of her work. In honor of her successful aging journey, The Mosaic shares her words, that others may benefit from her inspiring message.



Living It!™ Campaign

January 2014



The new year is quickly approaching and instead of making resolutions the Masterpiece Living network will be participating in our Living It!™ campaign in January 2014.

Living It!™ is a 4-week program to inspire and challenge your entire community to try new pursuits in the four components of wellness: Physical, Social, Intellectual and Spiritual.

The Challenge: Residents and staff try **four NEW activities, each week, for four weeks**. Participants focus on one component per week and note their activity on the Living It!™ campaign worksheets. At the end of each week, residents and team members participate in an invigorating group discussion about

the experience and to celebrate successes. Research shows that engaging in new and complex activities stimulates the brain and promotes brain health as well.

Throughout the campaign, we encourage you to collect stories about Living It!'s impact on residents, team members, and your organization. At the conclusion of the campaign, submit your stories for the MPL network contest. One winner will be chosen from each of the categories – resident, team member, and organization/community.

To help you with planning, Living It!™ resources and materials can be found on our website under Programs by Masterpiece™.

Best Practice from Holland Home

Daily Specials - During the Living It!™ Campaign, the daily menu features special and new menu items to provide residents and staff the opportunity to try new foods.

Healthy Eats Recipe**Cauliflower Steaks with Ginger-Soy Sauce***Jaden Hair, Steamy Kitchen's Healthy Asian Favorites***Ingredients**

- 1 large head of cauliflower, very end of stem trimmed
- 1 tablespoon olive oil
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons water
- Pinch of sugar
- 1 green onion, finely minced
- 1 teaspoon finely grated ginger
- 2 teaspoons toasted sesame seeds

**Directions**

1. Heat oven to 400 degrees F. Cut the cauliflower lengthwise, including the stalk, into 3/4-inch slices and place on a large baking sheet. It's okay if the slices overlap a bit. Drizzle with olive oil.
2. Roast for 25 minutes, or until the tops are lightly browned in places and the stems are easily pierced with a fork.
3. Whisk together the remaining ingredients and pour over the cauliflower to serve.

Yield: Serves 4

Prep Time: 5 minutes Cook Time: 25 minutes Total Time: 30 minutes

Do you have a favorite healthy recipe you would like to share with our network?Please submit recipes to cbitner@mymasterpieceliving.com or mail to:

Christa Bitner, Masterpiece Living, 12600 W Colfax Ave, Suite B-110, Lakewood, CO 80215

Meet Laura Parker**Sales & Marketing Manager**

Laura earned a communications degree from the University of Georgia and immediately began her career working with seniors and their families. She worked as the Director of Community Relations at an Assisted Living/Memory Care community not only helping families make the decisions to move into a care community, but also assisting in the marketing and communications efforts throughout the community. After spending three years in the senior living field, she moved to Washington DC and worked in marketing

with a private firm assisting with public relations and corporate communications. Spending time in both of these fields has allowed Laura to gain valuable experience in understanding the marketing needs of organizations as well as the older adult communities she is so passionate about.

Laura is thrilled to bring her knowledge and passion to the Masterpiece Living team. As someone who loves to spend time outdoors biking, snowboarding or walking her dog, as well as exploring the environment around, she knows the impact leading a healthy lifestyle can have on people as they age.

Who's Livin' It?

Moving in Moderation, but Always Moving: An Interview with Walt Westermann

by Danielle Palli



Walt Westermann is already planning to compete in the National Senior Games scheduled in the summer of 2015. The event will fall just after Walt's 101st birthday.

He's been participating in the Senior Olympics since 1994, and when we caught up with Walt for an interview, he was busy

building a shadow box for his new medals to showcase the more than ninety medals he has won to date. This year, he took the gold medal in shuffleboard and the silver in golf, at the Senior Games on the National level. In past years, he's even been asked to carry the Olympic torch. Known to the team members and residents of Wesleyan Village as "Mr. Masterpiece," Walt is a shining example of what it means to age successfully.

"Don't ever stop just because you retire," Walt advises. "Keep your mind sharp, be active, eat right and do everything in moderation. If you go, go, go all your life and then retire and say 'I'm done' you won't live a long and happy life. Move in moderation; but keep moving."

Walt credits his "life in moderation" outlook to his parents. Growing up on a farm east of Louisville, KY, Walt and his two brothers were accustomed to hard work, and Walt and his father shared a love for baseball – so much so that Walt spent more than 38 years playing on various church, community, and intramural teams. His father taught him, "Your body can care for itself if you care for your body." His mother believed that moderation in all things was the

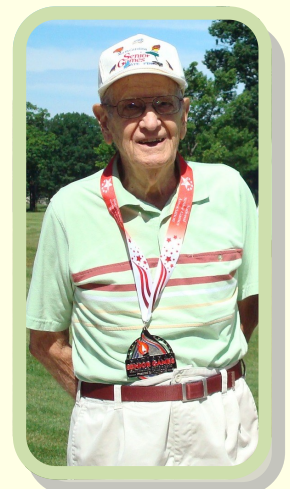
key to a healthy life.

"I've only overeaten once in my life," Walt told the Mosaic about the one time he overindulged. He laughed as he recounted the tale of one Thanksgiving when he was a teenager. "I felt so bad from eating so much that I decided I would never do that again." Now, he eats everything that tastes good ... just less of it. He applies the same philosophy to all aspects of his life.

Prior to retirement, Walt served in the Air Force during World War II and was married to his wife, Janet. The couple had one son, Walter, Jr. Following military service, he helped Janet's family manage a nursery and landscaping business before eventually moving to Raleigh, NC and accepting a job in the banking industry – a career path he followed until he retired after twenty-nine years of service.

Walt moved to Wesleyan Village in 2005. He currently teaches AARP driving classes and serves on the Wesleyan committees for dining hospitality and building and grounds upkeep. He also supervises a shuffleboard activity and is a co-coordinator for the monthly Story Swap, where residents gather to share stories about their life, with topics ranging from "The Craziest Thing That's Ever Happened to You" to "Your Favorite Grade Schoolteacher and Why." Walt is also a fan of Wii bowling and table tennis.

"If you feel there's something you want to do in this life, do it!" He tells people he meets. "Think positive. I wake up each morning and say 'It's going to be another good day.'"



Masterpiece Living News

Congratulations to **Four Pointes Center for Successful Aging!**
They received the 2014 Bronze NuStep Pinnacle Award for their excellence in older adult wellness programming.



We want to recognize the following partner communities that are celebrating November/December anniversaries with Masterpiece Living:



Cape May
Clark-Lindsey Village
Eastcastle Place
Four Pointes Center for Successful Aging
Grandview Terrace
Judson Park
La Loma Village
Llanfair Retirement Community
Lutheran Sunset



Congratulations to **Las Ventanas** and **Lutheran Sunset** for successful Masterpiece Living launches at their communities!



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