



MPL Core Experience

Facilitator Guide: What & Why MPL

Time Required: 45 minutes

Attendees: All team members at your organization

Before You Begin:

- Customize invitation template and send to all team members
- Review PowerPoint:
 - Notice animations throughout that appear upon advancing slides
 - Test streaming of embedded videos (internet connection needed for some videos)
 - Speaker's notes:
 - Community/organization is used throughout to be inclusive of all partners, both senior living communities and non-residential partner organizations. Choose the language that fits best for you.
 - Resident/Member is used throughout to be inclusive of all partners, both senior living communities and non-residential partner organizations. Choose the language that best fits the individuals you support.
 - Non-residential organizations: alternate language is provided in parenthesis where appropriate
 - Instructions in [brackets] are not meant to be read, but are a note to the facilitator.
 - Words in (parenthesis) prompt you to customize the content.
- Customize presentation by adding your organization's logo wherever indicated
- Use "Ask Me About MPL" button template to create buttons for participants (optional)
- Determine if team members will take the online version of Outreach Lifestyle Review or the paper self-scoring Lifestyle Review. Please work with your partnership specialist to set up online team member accounts
 - Note: if your organization would like to track baseline team member data, please choose the online option

Materials Needed:

- Internet connection
- Projector & Screen
- White board or flip chart
- Markers for white board or flip chart
- Leadership Declaration
- For each participant:
 - "Ask me about MPL" button (optional)
 - What & Why MPL Handout (to complete and keep for future reference)
 - Instructions for online Outreach Lifestyle Review or paper self-scoring Lifestyle Review
 - Evaluation Form (to complete and return to facilitator)

Room Setup:

- Celebration atmosphere – balloons, streamers, confetti, festive music
- Healthy snacks



MPL Core Experience

Facilitator Guide: What & Why MPL

Speaker's notes:

SLIDE 1: Welcome & Introductions

Welcome to the Masterpiece Living Core Experience. Thank you for being here. (Facilitator add your own introduction and welcome message)

SLIDE 2: Why Are We Here?

*You may be wondering, "Why are we here?" We've made a commitment to enhance the lives of the people working and living here (**non-residential organization: people who come into contact with and are a part of our organization**) through a partnership with Masterpiece Living. You are all here today because you play an important role in this commitment, without you, we won't be able to be successful.*

SLIDE 3: We Grow Together

Our community has grown to one that is solid and sturdy. Some of us have worked here for many years. Some of us are new.

All of us bring the gift of ourselves to the community- our talents, our experience, our personalities, our personal stories.

*The goal after partnering with Masterpiece Living is to grow together. Maximizing the potential of all who live and work here (**non-residential organization: are a part of our organization**). Thank you for coming to today's training, let's get started by discussing what we will learn today and in the coming weeks.*

SLIDE 4: MPL Core Experience Certification

By the end of this 4-part Masterpiece Living Core Experience you will be armed with the knowledge and skills to impact not only the older adults you support, but it can benefit your family, friends, and your personal health as well. This certification will provide you with exciting knowledge of what is possible with aging, will help you find increased sense of purpose in your job, and sets you ahead of most others who are doing your job across the country. Masterpiece Living is a network of cutting edge organizations across the country and the Masterpiece Academy has a wealth of resources for you to use in your job as well as in your personal life.

SLIDE 5: What will we learn today?

Today we will learn about this partnership with Masterpiece Living, how it will benefit each of us and the older adults we support. We will learn about the exciting research on aging and how what we do today can impact our health tomorrow. Finally, we will discuss how we can share this message in our daily interactions and how this impacts each of our jobs.



MPL Core Experience

Facilitator Guide: What & Why MPL

SLIDE 6: Celebration of Success

You may have noticed the invitation to attend this session was very much like an invitation to a festive event. When you walked in, the environment reflected that as well. We are celebrating a couple of things today. First, we are celebrating all the things our community is already doing well. We are very proud of our existing culture here at [organization name]. Culture is something we will talk a lot about in the next 4 weeks but right now we will define it as shared values, attitudes, and beliefs. [Facilitator: Share a summary of some of the traits of your existing culture] [Open discussion: What are you most proud of here at our organization?]

SLIDE 7: Work Smarter, Not Harder

There are so many things to celebrate about our existing culture. Yet, we are all so busy every single day reacting to things as they arise, that we have an opportunity to work smarter, not harder. That's why we partnered with a team of experts on aging that will provide a lot of resources that will support and validate the good work we're doing. Our field is changing, older adults expecting a different experience and we have to evolve to stay ahead of the curve. This changing field can impact everyone's job. We invite you to be a part of this initiative with us. Today, we are celebrating the beginning of a partnership that has potential to enhance the lives of every person in this room as well as every person who is a part of our organization. [Organization leader shares leadership declaration]

SLIDE 8: What is Successful Aging?

Some of you may be familiar with the term "successful aging". Before we go further, let's work together to paint a picture of what it means to be aging successfully.

[Activity: Describe someone who is "aging successfully" what words would you use to describe them and what their lifestyle? Walk up and write anything that comes to mind on the board.]

SLIDE 9: Characteristics of Successful Agers

Some of the characteristics of successful agers are listed here, many of which you already mentioned or described. Many of you are doing things to age successfully and most of us know someone who stands out as aging successfully. But what does that really mean and what can we learn from the research on successful aging?



MPL Core Experience

Facilitator Guide: What & Why MPL

SLIDE 10: Your Aging Journey

The research on successful aging tells us that most of how we age is based upon the little things we do every single day. Contrary to popular belief, only a small fraction of our long-term health stems from genetics. The research tells us that staying physically active, learning new things, having meaningful social connections, a sense of meaning and purpose in your life, and being surrounded by a supportive environment are the keys to living a quality life.

On this graph, the solid line, shows what our society believes will happen to every person as they age – that we are born, we grow and reach peak performance, and then we slowly lose functioning until we die. Who has heard the term “over the hill” in reference to a 30th or 40th birthday? It’s this belief that the saying refers to.

However, research tells us that if we carefully choose our lifestyle, we have a lot more control over our aging journey than we used to think, so you can stop blaming your parents for all of your physical ailments! The dotted line shows us that if we stay active and engaged we can keep most of our functioning and quality of life until the very end. Not only that, but the bump in the graph shows us that if we are practicing healthy habits, we can recover quicker and easier if we do get sick or get hurt.

SLIDE 11: SIPS of Successful Aging

*The lifestyle choices we make can be categorized into 4 components of successful aging. The first one is **[CLICK]** social engagement – meaningful interactions, a network of support. The next is **[CLICK]** intellectual challenge – trying new things, learning a skill, putting yourself in a new situation or environment. The third is **[CLICK]** physical – eat, sleep, physical activity, and regular checkups. Last is **[CLICK]** spiritual fulfillment – sense of meaning and purpose, emotional health. We will explore these more in the coming sessions, but for now, remember “SIPS” as a way to reflect on your successful aging lifestyle.*

SLIDE 12: Pulse Check

*Now, you may be thinking, that’s great news for those who are aging. I know some older adults this would benefit, but this has nothing to do with me! I’m not aging! **[Invite participants to do the following exercise.]** Hold up your hand, put your index and middle finger of your opposite hand on your wrist. Do you feel a pulse? **[CLICK]** If so, you are aging. If not, I will call 911! Successful Aging is for everyone not just a certain specific age - we are all aging, and the choices we make every day impact our health and well-being now and in the future. We hope this training is something you will find valuable for yourself as well as something that you will make your job more meaningful.*



MPL Core Experience

Facilitator Guide: What & Why MPL

SLIDE 13: Successful Aging - Fred Kelly

How many of you believe that growth is possible at any age? How many of you know an older adult who has learned a new skill, graduated college, or learned to walk again? The research tells us growth is possible at any age if we are surrounded by supportive people. Let's watch this short video about Fred Kelly, a resident at a The Stayton – a Masterpiece Living community. He discovered an incredible talent and renewed sense of passion and purpose after retiring from his career. [Play video]

SLIDE 14: How Far Can You Grow?

We want people to see our community/organization as a supportive environment where people go to grow. We want them to know that we believe in the possibility of growth for anyone, at any age, regardless of ability to grow. We want them to know that we provide fertile soil where they can grow as far as they would like.

SLIDE 15: What is MPL?

If we think of a plant as being a person who wants to grow (yourself, a resident/member, a peer, a family member) and is making daily choices to impact health, our community/organization is the soil. We provide the supportive environment for a person to grow and thrive. This is what you are doing already – the celebrations we heard earlier. Now, through our partnership with Masterpiece Living, we are adding a key ingredient – fertilizer! Yes, without fertilizer the plant may still grow, but with fertilizer a plant will grow stronger, faster, and more vibrantly than without.

So what is Masterpiece Living? Masterpiece Living is a company that we partner with that is made up of a team of experts on aging. They provide research-based tools and resources that our entire community/organization – team members and residents/members- can use to live healthy and age successfully.

SLIDE 16: Residents Speak: What is MPL?

Let's hear from some residents at another community who has been partnered with MPL for a while to see how they describe what MPL is all about.



MPL Core Experience

Facilitator Guide: What & Why MPL

SLIDE 17: Why Masterpiece Living?

Earlier, you heard why our organization decided to partner with MPL. Now, let's hear more about who Masterpiece Living benefits and how. First, MPL benefits every person in this room, the older adults we support, and anyone else who is a part of our "village" – your family members, friends, community members, etc. Of course, supporting the residents/members of our community/organization is our first priority. By providing the fertilizer for our soil, everyone benefits from a supportive environment. Additionally, those who choose to use the tools MPL provides, which we will discuss later, will benefit even more. They will have the chance to look closely at lifestyle choices and decide what, if anything, they would like to do differently based on the successful aging research.

[CLICK] *MPL also benefits our whole community/organization by providing systems to prove that what we are doing really is providing the best environment for growth. Residents/members have the opportunity to guide what we are doing at our community when they participate in the Masterpiece Living Reviews.*

[CLICK] *Finally, all of the MPL partners across the country are a part of something bigger – a movement that will change the aging experience not only for older adults of today, but for future generations as well.*

SLIDE 18: How does this impact my job?

*Environment shapes behavior. When you walked into this room today, saw the balloons, and perceived it as a celebration, you likely felt an influence on your attitude and behavior. In a similar way, we all are responsible for creating an environment, here at **(community/organization name)** that supports successful aging for everyone. While your job title and descriptions may be different, it takes a village to create a culture. It is everyone's role to contribute to an environment – a culture – of successful aging.*

*You're probably thinking, this is one more initiative, one more new thing, one more thing on my already full plate. It's true that we like to keep current and integrate the latest here at **(Insert organization name)**. However, Masterpiece Living shouldn't be viewed as one more thing on your plate. Successful Aging culture is the lens through which we view all policies, decisions and interactions. It's not adding more to our plate, it is the plate. It's not about changing what you do, just looking at how you do it. It's a different way to view what you're already doing.*

In fact, we feel so strongly that it be the foundation of our culture that we will be rewriting job descriptions to include successful aging language and performance evaluations will include successful aging measures as well.



MPL Core Experience

Facilitator Guide: What & Why MPL

SLIDE 19: Ask me about MPL

We've spent a lot of time talking about successful aging and Masterpiece Living. Now it's your turn to practice describing these concepts to each other.

[Divide participants into groups of three. Provide each participant a Session 1 Handout and work together to answer the questions on page 1, using pages 2-6 as a reference, if necessary. Allow 5-10 minutes for this exercise.]

[Questions include: What are the key points of the Successful Aging message? What is MPL? How would you describe MPL to a resident who says, "I'm already busy enough"? Why are we partnering with MPL?]

SLIDE 20: What did we learn? (What is Masterpiece Living?)

Masterpiece Living is a company we have partnered with to enhance the lives of every person who is a part of our organization.

SLIDE 21: What did we learn? (What is Successful Aging)

[Ask participants to describe the successful aging message]

[Summarize the following key points]

It's never too late

Growth is possible for everyone (any age, any stage)

Lifestyle choices – what you do every day – are the key to staying on the dotted line

Supportive environment – everyone's job to create this

SLIDE 22: What did we learn? (Why Masterpiece/Who benefits?)

[Ask participants to answer "Why MPL?" or "Who benefits?"]

Who benefits? Every person who is a part of our "village" – each of us in this room, the older adults we support, and those we share the successful aging message with – personally benefit from knowing the research on aging, putting it into practice, and being immersed in a supportive environment. Our community/organization benefits from having a team of experts that focus 100% on providing us the tools we need to enhance this culture of growth and see measurable results. Finally, the nation benefits. As we change the experience of aging for the older adults we support, we are also changing the future of the aging services field.



MPL Core Experience

Facilitator Guide: What & Why MPL

SLIDE 23: Ask me about MPL

Now it's time to share what you've learned today with others. We are handing out 2 things to help you take what you've learned today and apply it. The first is a pin for you to wear that says, "Ask me about MPL". We encourage you to wear these pins to spark conversations with residents and family members about the message of successful aging. You might find it helpful to memorize 1 or 2 phrases you like best from your handout. That way, when someone asks about MPL or successful aging, you'll be prepared to tell them what you've learned! Finally, you have a chance to try out a tool that MPL provides, which guides you in reflecting upon your own lifestyle choices in the 4 components and decide where you want to grow. We are handing out a Lifestyle Review for each of you to take home and complete before the next session.

[Hand out MPL pins and instructions for the online Outreach Lifestyle Review or self-scoring Lifestyle Review]

SLIDE 24: Thank You

*Does anyone have any questions? I look forward to our next session where we will dive further into culture, beliefs about aging and older adults, and how our everyday interactions can enhance the "soil" here at **(community name)**.*

Make each day a Masterpiece!

[Collect evaluation forms. Participants keep their handouts and Lifestyle Reviews.]