



The Masterpiece Living Mosaic

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My Story of Meaning and Purpose *by Clay Farrall*

Clay Farrall has been a long-time advocate for the benefits of walking. His love for walking started many years ago. Clay, now 87, grew up on a farm and had to walk two miles each way to attend school. But that was only the beginning.

In the year 2000, Clay, then 74 years old and a retired professor from Potsdam State, began a journey that would eventually lead to the unbelievable accomplishment of walking 10,000 miles!

Clay joined The Syracuse Chargers, a club for walkers and runners, and committed to walking 5000 miles. He would log his miles by walking in his neighborhood daily. Every 1000 miles he would mail his log to The Syracuse Chargers. After approximately two years, Clay reached his goal of 5000 miles and was awarded a plaque of distinction. But Clay was not satisfied. He signed on for another 5000 miles. A determined Clay reached this goal, making his total mileage an astonishing 10,000 miles.

Fast forward: Clay is now living at Preswick Glen, and continues to walk daily. In January of 2015, Clay sadly lost his wife of 60 years. Clay was struggling with the tremendous void left in his life. In May of 2015, when he was introduced to Masterpiece Living, Clay was



one of the first residents to participate in taking the Lifestyle Review. When Clay reviewed his Feedback Report, the benefits of his active lifestyle were evident. He decided to share his love for walking with his community. A new offering was launched: Walk with Clay. Today, Clay leads residents on a daily 30-minute walk around the community. Besides being a great form of physical activity, the social benefits are a great reward. Clay is reaching out to the newly bereaved to come along. He has found that walking and socializing has been a great help on his journey with grief.

Those 10,000 miles and Masterpiece Living have given Clay a new meaning and purpose to an already extraordinary life.

Masterpiece Living's mission is to change the experience and perception of aging.

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Use It or Lose It! (Rust is Hazardous) by Roger Landry

During the Sixties, when the country was bound together in the exciting quest to land a man on the moon, we watched with wonder as America's finest risked their lives to venture into the unknown, and in so doing captured our admiration and became our modern day heroes. On several of the Apollo missions however, we were shocked to see astronauts, recently plucked from their floating capsules, carried off the rescue helicopter on stretchers. We had to wonder, as indeed NASA did, what was it in space that in just a matter of days, caused these highly screened and trained space athletes to become casualties? In time, NASA determined that longer exposure to zero gravity, weightlessness, was the culprit.

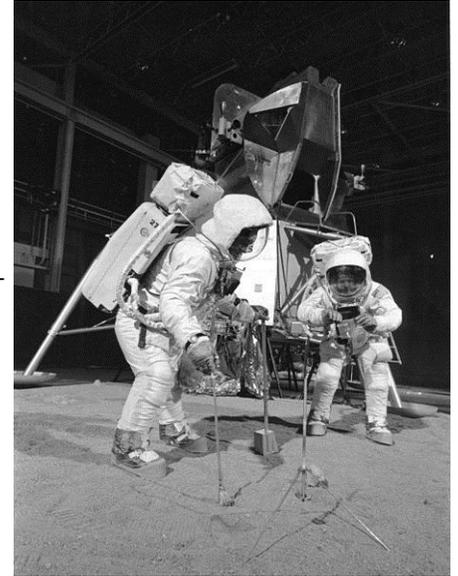
In space, you're weightless. You float effortlessly ... no challenge, no sweat. So your muscles take a rest. Your heart, also a muscle, takes a rest since the column of blood it has to pump weighs less. And, what did your grandmother tell you? "Use it or lose it!"

As we learned from the astronauts, we earthbound creatures create our own "weightlessness." An estimated 70% of us fall into the President's Council on Physical Fitness, Sports & Nutrition category of "sedentary." What do you suppose would happen if we coast for decades, using only but a small fraction of what we are capable of? What if our lifestyles are such that we minimize what we ask of our muscles, brain, social skills, hand-eye coordination, reasoning and problem solving? Do we lose those also if we don't use them? The answer is a resounding YES!

This week, consider tasks that you do on a daily basis. What physical, social and intellectual skills would you need to continue to do those tasks six months from now? How about five, ten and twenty years from now? Use it or lose it!

Rust is hazardous. Rustproof your life by continuing to challenge yourself in these areas.

Live long. Live well!



What's My Motivation? by Danielle Palli

You knew it as "Walk to Wellness." But, why stop at walking? Why not dance, swim, stretch, strengthen, and find new ways to move



and to move often? Masterpiece Living is excited to announce that "Walk to Wellness" is being revived and renamed "Movement Matters." Movement matters is a month-long initiative that encourages individuals to make movement an integral part of their life. It's about moving with purpose, and incorporating the four components (spiritual, intellectual, social and physical) into that movement. Whether you move for greater health, to support your favorite charity, or simply for fun, the key is to move more and make it meaningful. The inaugural Movement Matters begins May 1 and runs through May 28. What's your motivation?