



MASTERPIECE ACADEMY

MPL Annual Training | Creating Your Masterpiece Supplemental Videos and Resources

The use of videos helps to create a fun and engaging training environment. Here is a list of videos that you might consider, along with an explanation of each. Consider showing the video, then asking your trainees for their feedback. What was positive? What could have been better?

1. Where's the beef? <https://www.youtube.com/watch?v=Ug75diEyiAO>
2. I've fallen....and I can't get up <https://www.youtube.com/watch?v=In-YViin6p0>
3. Taco Bell (Superbowl) <https://www.youtube.com/watch?v=afZ0H7V0vQ>
4. Dream rangers <https://www.youtube.com/watch?v=afZ0H7V0vQ>
5. Seven questions with Dr. Gobble <https://www.youtube.com/watch?v=1LGOVJHfake>
6. AARP's Millennials show us what "old" looks like
<https://www.youtube.com/watch?v=lydNjrUs4NM>
7. Change the Way You Think About Age! Centenarians Answer the Right Questions...
<https://www.youtube.com/watch?v=eBP8ycObpbU>
8. How to age gracefully <https://www.facebook.com/radiocbc/videos/10153583038166913/>

Numbers 1-2 are poor images of older adults: useless, high risk of falling, helplessness, silly, etc. They don't paint a good picture of older adults and contribute to ageism.

Number 3 is interesting and engaging. It can be fun for some to watch and others may be offended. It's certainly an improvement over numbers 1 and 2, but ask the audience for their reaction. What is good about it? What is wrong with it? Hint: They have to sneak out of a community, which is a bad image for senior living. It is pretty extreme behavior.

Number 4 is a little less extreme. It tends to provoke a more emotional response. It's a good video about being future focused and resilient.

Number 5, Seven Questions with Dr. Gobble is a good explanation of Masterpiece Living.

Number 6, AARP's video is interesting. Ask the audience for pro's and con's. This is Ashton Applewhite's view on it: <https://thischairrocks.com/2016/04/13/what-does-old-look-like-to-millennials-and-to-aarp/>

Numbers 7 and 8 are just fun.

Also, this article might be a good handout: CNN article: Five powerful benefits of pro-aging thinking <http://www.cnn.com/2015/01/02/health/age-self-fulfilling-prophecy/index.html>