



The Masterpiece Living Mosaic

12600 W. Colfax Ave., Suite B-110 • Lakewood, CO 80215

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Falls Are Not Inevitable

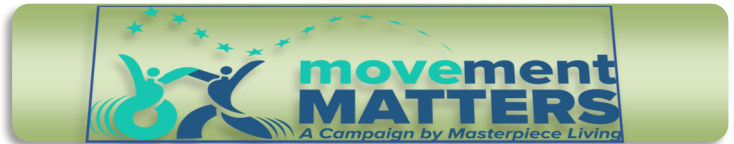
by Dr. Roger Landry

If you knew that standing on one leg while brushing your teeth could help prevent you from falling, resulting in a serious injury, would you do it? I know one woman who does just that. By standing on one leg while brushing her teeth, she is programming better balance in her inner ear, in her muscles, and in her brain. Integrating small practices that challenge our balance can reduce the likelihood of falling, and if we do fall, make it less likely we will experience a serious injury. Here are five tips to keep you moving on your path with confidence...

- 1. Keep Moving:** Don't let the fear of falling cause you to stop moving. Movement aids in maintaining balance, muscle strength and reaction time and decreases the chance of injury.
- 2. Dump Those "Slip and Trip" Hazards:** Identify and eliminate hazards. If you've ever tripped over or bumped into something even once, consider moving it; power cords, furniture, rugs, loose stairway boards, above ground tree roots, anything that is a potential threat, especially on paths you use frequently, such as your trip to the bathroom. Use extra caution in low-lit areas and wet areas. And, be mindful of bifocals. Looking down through a reading lens can cause you to misjudge your step.
- 3. Keep and Build Your Strength:** Well-functioning muscles developed through strength training can help you avoid falling as well as recover from a misstep. Good muscle tone also supports joints and bones, making fractures less likely if there is a fall.



- 4. Check in With Your Doctor:** Be proactive in lowering your fall risk by getting your vision checked annually and asking your doctor if any of your medications can cause dizziness. Stay hydrated, and if you *do* require a walking aid, make sure you learn how to use it correctly.
- 5. Weight No More:** When we are overweight, the likelihood of a fall increases. If you are trying to lose weight, start small by just eating 10% less of what you have been eating and start moving just a little bit more each day.



Did You Know? According to [research](#) from the Mayo Clinic, taking a daily walk can strengthen your bones and muscles; improve balance; help prevent heart disease, high blood pressure and type 2 diabetes; support weight loss goals; and give you a greater sense of well-being. Masterpiece Living is pleased to bring you reliable health information and tools from the Mayo Clinic. Visit www.mayoclinic.org to remain current on their latest finding about the benefits of walking and other health tips.

Get Movement Matters™ Up and Running at Your Community! It's that time of year again! Movement Matters™ kicks off September 1, 2017. **Movement Matters™** is a month-long campaign that encourages each of us to simply move more, and move with purpose.

Last year, we asked Masterpiece Living communities to share their secrets for a successful event. Here are some of the tips they offered:

- **Be creative in how you move.** Kneading dough is movement too!
- **Be inclusive.** Involve as many people as possible: family, friends, residents from other levels of living, local clubs, schools, as well as the greater community.

- **Choose fun themes.** For example, try highlighting a different decade of music each week, creating a scavenger hunt or discovery walk.
- **Remember, clever titles go a long way** (e.g. “Walk & Roll”).
- **Team up.** Join a local group or cause to fundraise and spread awareness (e.g. the YMCA, health department, park & rec system, etc.).
- **Celebrate Movement.** Create an eye-catching visual where participants can track their progress. Last year, friends at Meridian Village built a giant scale where teams could drop a marble on one side of the scale for each ½ hour of movement. *Don't let the other team tip the scale on you!*
- **Stay Motivated.** Hang up a sign that reads, “I move for _____!”
- **Keep the Movement Alive.** Continue the momentum after Movement Matters has ended with walking groups and other ongoing events.

Best wishes on your 2017 Movement Matters™ campaign! Remember to reach out to your Masterpiece Living Coordinator to learn more about how to participate and/or lead an event.

Leatherworking as Part of ‘Living it!’

by Danielle Palli

“Don’t judge a book by its cover,” Lifestyle Director, Vivian Dunn told us. In this instance, she’s referring to Howard Coleman, a resident at the Buckingham at Houston (a Masterpiece Living partner and Certified Center for Successful Aging). At first glance, Howard’s long white hair and beard, coupled with his serious expression when he is leatherworking, was intimidating to some. But after a group of “elves” at the Buckingham asked Howard to play Santa Claus at their annual Halloween Parade, it was soon discovered that he was as jolly as St. Nick himself.

Extremely social, Howard goes out of his way to meet new people and encourage residents to take up a hobby and learn something new. *A Jack of all Trades*, he has a long history of saying, “Well, yeah! I can do that!” whenever a new task is placed before

him. “I’ve done it all,” he told the Mosaic. “I’ve worked in the rice fields, welded a BBQ pit, operated heavy machinery, helped build a house. You name it; I’ve probably done it.” A former Navy veteran during the Korean War, he later went on to work in the food services industry before retiring. Today, he teaches leatherworking workshops at the Buckingham to those in skilled nursing and assisted living, and there are plans to expand this program and open it up to all levels of living. The workshop was inspired by Masterpiece Living’s *Living It!* campaign, which challenges people to try new things within the four components of successful aging (social, intellectual, physical and spiritual).



“He’s a great person and we’re lucky to have him,” Vivian said. Not shy by any means, nor letting a wheelchair slow him down, Howard has no qualms about visiting residents in independent living, memory support, skilled nursing and assisted living. And, if he meets a person who seems unhappy, Howard takes one-on-one time to show compassion, listen and – hopefully – bring them a little cheer.

“I like teaching leatherworking because it’s good for people to work with their hands,” Howard told us. With research that links physical movement to improved mobility, cognitive health and stress reduction, we agree. So far, his students have learned how to design custom bookmarks and will move on to more advanced projects such as creating a coin purse or wallet.

Following his own advice about being a lifelong learner, he enjoys painting class, is described as a master puzzler, and participates in most Buckingham events. His dream is to travel to Germany and Ireland, among other places.

“Be hands on and get interested,” he admonishes. His one wish for each person he meets is that they simply enjoy life. Thank you, Howard Coleman, for showing us what “**Living It!**” is all about.