



## Network Practice: Annual Event/Debut

### Fun Fair

*The Stayton at Museum Way*

Introduce residents to Masterpiece Living with a "Fun Fair." Residents are encouraged to set goals by a motivational speaker and to challenge themselves to live their best lives to come. Having fun with the idea that "it is never too late," residents are invited to pick the life they would like to live (maybe through imagination) by having a bobble head profile of either an astronaut, ballerina, rock star or any of the other exciting careers and personalities that they could imagine.

### Spring Fling

*Plymouth Village*

The Executive Director reviewed changes in the community in the past year as well as early resident aggregate data. Residents and team members were awarded and recognized based on their engagement, residents gave testimonials, there was an informal Q & A session, and the whole event was intergenerational.

### Passport to Debut

*The Terraces of Phoenix*

All week long, special speakers focused on topics related to successful aging, and residents had a passport that could be stamped. Residents who attended all programs were awarded a pizza party. For the two weeks following Debut, there was a "lean" activities calendar to allow residents to take their annual Lifestyle Reviews.

### Table Talk Cards

*Piedmont Gardens*

To generate interest as you gear up for the Debut, display table talk cards around the community. The cards display true/false questions that discuss the principles of the book "Successful Aging" and Masterpiece Living, facts about aging, and lifestyle behaviors. Examples of true/false questions are:

- \* The MacArthur Foundation found that lifestyle choices have little to do with how successfully we age.
- \* It's never too late to make positive changes as we age
- \* Where you live does not matter in terms of successful aging.

## Wellness Components

*Multiple Communities*

Focus on each component of successful aging in the four weeks leading up to Debut. A different speaker may help with each component, which builds interest and excitement for the actual Debut day.

## Masterpiece Information and Support Booth

*University Village*

Display a booth with Masterpiece Living information, Aging IQ quiz, and the Lifestyle Review during debut.

## Main Event Letter

*Multiple Communities*

Have the President and CEO write a letter that will be delivered to each resident, highlighting each event of the Debut week. This provides the community with the opportunity to expand on a description of each activity and how they relate to Masterpiece Living and successful aging while also demonstrating the dedication of the community's leadership.

## Celebration of Life

*The Buckingham at Houston*

The Buckingham's Masterpiece Living Debut was a celebration of friendship, remembrance and new beginnings. Residents and team members participated in the planning of this special ceremony. The week began with a wonderful Celebration of Life opening ceremony that was led by both residents and team members. They joined instruments and voices to begin the celebration with a marching brass band. The ceremony included a tree planting in memory of our past residents and a butterfly release declaring New Life and a wonderful new beginning at The Buckingham.

## Steering Committee Interviews

*Multiple Communities*

During Debut, resident champions were interviewed about their experience of taking the Lifestyle Review. Questions were selected and asked to address any hesitation residents had about participating in the reviews. This approach was also designed to feature peer to peer testimonials.

## Hot Air Balloon Rides

*Plymouth Village*

The residents at Plymouth Village "launched" Masterpiece Living in tethered hot air balloon rides. Residents from all levels of living were able to participate. Many said they never expected to have such an opportunity.

## Goals on Balloons

*The Terraces at Los Gatos*

The residents at Los Gatos had the chance to write goals on balloons and then send the goals into the air in helium-filled balloons. (Note: for a more environmentally friendly alternative, consider releasing balloons indoors or try another alternative idea from [www.balloonsblow.org](http://www.balloonsblow.org).) Residents also had the chance to lead a marching band down the main walkway as the inauguration of their exciting Debut.

## Western Theme

*Rosewood*

Rosewood chose western flair for Debut. Resident champions and team members dressed as famous western characters. The community provided experiences within each of the four components, offering horseback rides and a rock climbing wall, a variety of games aimed at social connectivity, an area for spiritual reflection and opportunities to challenge the brain.

## Successful Aging Art Contest

*Querencia at Barton Creek*

Host a successful aging-themed art contest. The only rule is that the Masterpiece Living logo had to appear in each of the pieces of art. This is a great way for residents to creatively express the value of Masterpiece Living at their community.

## Countdown Clock

*The Birches*

Use of a working countdown clock embedded on the home page of the community's website to countdown the days, hours, minutes, and seconds until the Debut. The clock began 10 days prior to Debut and was an additional way to generate excitement.

## Partnering with Local School

*Piedmont Gardens*

Piedmont Gardens partnered with 7th graders from the school across the street. Students joined the debut event, weekly exercise/dance events, tracked their steps and performed with the residents during the celebration event. Residents enjoyed getting to know these students and students had fun showing residents dance moves and encouraged them to dance.

## Aloha Days

*Acacia Creek*

Our successful aging committee was exploring ideas for our annual MPL event. We decided to do Aloha Days, three days of Hawaiian festivities that would encompass the four domains of wellness. A resident organized an event called Spirit of Aloha. He spoke about the many meanings of Aloha and taught us about Spirit of Aloha. He then invited residents and team members who had lived in Hawaii to share what the Spirit of Aloha meant to them. The next day a resident brought her Hawaiian dance troupe in to perform. The dancers were all elders and the resident danced with her walker in front of her, modifying some of the moves. It was a lovely display of grace and resilience. Aloha Days ended in a huge outdoor luau. Residents built a working volcano and a resident painted banners and decorations for the stages. This was the first time our two communities came together to share dinner. The evening ended with everyone on their feet holding hands swaying to Hawaii Aloha, a traditional song sung when people come together in friendship.

## Main Event Theme Ideas

*Multiple Communities*

Highlight residents' states of origin in a Debut event by creating a booth for each state (food, maps, flags, etc.). Give residents stamp books with the goal of visiting each state during the event. They can turn in their books at the end of the event for prizes.

## Resident Champion Debut

*Multiple Communities*

Enlist resident champions to begin Debut by explaining each fundamental concept of Masterpiece Living: culture, lifestyle, process vs. program, successful aging, and resilience. Following the introduction, invite four resident champions to describe each pillar (SIPS) and give examples of programs that fall into each category.

## Portrait Party/Reveal

*Multiple Communities*

Reveal the data from the community's annual Portrait to residents and team members at a Portrait Party or Portrait Reveal. Add in a follow-up group element by asking participants, "What do you want for our community based on this data?"

## **Corporate Representative**

*Multiple Communities*

Support individual communities by having a corporate representative attend annual strategy sessions. The MPL Partnership Specialist works with the corporate representative leading up to the strategy session by sharing agendas, documents, and travel plans, and communicates strengths and opportunities for growth. As a result, communities feel supported and corporate variations across the system are easily identified.

## **Main Event Celebration**

*Heisinger Bluffs*

Heisinger Bluffs celebrated their Main Event and Portrait Reveal together. They had five tables set up with three main focus areas for the community. At each of the tables, there was a featured goal as well as several supporting strategies that they will be implementing to help achieve the goal at that specific table.

They also had a table with a projector set up to display the data from the Masterpiece Portrait including how their community compared to the MPL Network. This showed why they chose the focus area/goals that they chose.

Handouts were also available to residents who wanted a hard copy of the data. The fifth table was set up for residents who had not yet participated in the Masterpiece Living Review process. Door prizes pertaining to each goal were available as well as healthy snacks. The event taught team members that resident/peer support is very effective. By having a casual atmosphere, residents were able to learn about community goals at their own pace while getting to mingle with their friends.