



## Network Practices: Goal Setting

### Successful Aging Brown Bag Lunch

*Multiple Communities*

Invite residents to a "feedback group" with personal invites to a Brown Bag Lunch to discuss what's next after taking the Reviews.

### Resident Recognition

*Rosewood*

Maintain a photo directory of residents organized by floor. Residents who have completed all reviews receive a gold Masterpiece Living star next to their photo. The stars serve as conversation starters and a strong (yet inexpensive) incentive to complete the Lifestyle Review.

### 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.

### Follow Up Sessions at Ware Presbyterian Village

*Ware Presbyterian Village*

Create a team for each annual goal. One example is a coaching team, which may be made up of one team member and two residents. The team watches the coaching videos and follow-up session integration video as preparation for leading the follow-up sessions. After the MPL Reviews have been completed, the resident champions hand deliver feedback reports to resident participants. The report packets include information that explains what the successful aging initiative is all about and a description of what follow-up sessions are. As they hand out the packets, they encourage each resident to come to the follow-up session with a goal in mind. The resident champions describe the follow-up sessions as a good conversation between friends and neighbors.

## **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.

## **The GEMS Journey**

*Sanatoga Ridge*

Sanatoga Ridge, a Hallman Retirement Community, named their follow-up sessions The GEMS Journey. The champion team along with resident ambassadors determined that the new name would promote participation. To prepare for the sessions, the Core Team met as a group, watched the coaching videos, and printed a Follow-up Session Facilitator Guidebook for each person on their champion team.

## **MPL Hall of Fame**

*Multiple Communities*

Our Masterpiece Living Hall of Fame is a wall where we post Mosaics, best practices, upcoming events, campaigns and programs, awards from Masterpiece Living, newspaper articles and Senior Moments in the four components. Instead of just calling it a Masterpiece Living Wall we call it the Hall of Fame because it celebrates the success of the community within the greater community, the community within the Masterpiece network and special individuals that shine among the stars.