



Network Practices: Initial Integration

Team Member Referral Contest

Grandview Terrace

Involve team members during the pre-debut process: give each team member business cards with information about taking the Masterpiece Living Lifestyle Review. Team members approach residents and ask them to take a card, sign their name on the back of the card, and the team member gets credit if the resident takes the reviews. The team with the most resident referrals is rewarded.

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.

Create Your Masterpiece

Heisinger Bluffs

To help track the progress of residents in completing the Masterpiece Living Review process, each resident chose a famous work of art. All art was cut into 4 different pieces representing the 4 steps they would need to finish to successfully complete the review process. As different steps were completed, a puzzle piece was added to the picture to complete each 'Masterpiece'. The Masterpieces were hung around the community to publicly display the progress.

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.