



## Network Practices: Living It!

### **Anishinaabe, Piedmont!**

*Piedmont Gardens*

A three-day celebration of Native American Culture. American Indian stories and poems are read by team members and residents. Residents are invited to pick up a traditional American Indian bread recipe, and prepare the bread for Native American Tea Time - a tasting of herbal teas and homemade breads. A tour to the Native American Health Center in Oakland, CA, provides residents an up-close look at Native American health concerns. A PBS documentary on Geronimo and the Apache Resistance provides a historical perspective on the Native American culture. Dining services prepares a traditional Native American lunch and dinner, followed by a drum and dance performance by the All Nations Singers and Drummers.

### **Living It! Mottos**

*Four Pointes Center for Successful Aging*

Ask residents/members and team members what "Living It!" means to them. Use a white board to write down the words or phrases and take pictures of each person with their "Living It!" motto. Share daily "Living It!" mottos on the community Facebook page.

### **Living It! Show and Tell for Team Members**

*Glen Meadows Retirement Community*

In an effort to get team members on board with the MPL Living It! campaign, and to lead by example, Executive Team members were requested to try one new activity/thing/food and to take a picture doing it! The following week at the stand-up meeting the photos were shared with the team.

### **Living It! Luncheon**

*Multiple Communities*

During the Masterpiece Living's "Living It!" Campaign event, La Posada asked ten residents to invite ten team members and ten team members to invite ten residents to a luncheon. The microphone was passed to every guest, asking them to mention something they had learned during lunch about their invitee or inviter.

## Living It! at Four Pointes

*Four Pointes Center for Successful Aging*

Members who signed up for Living It! received a punch card for each week, along with a weekly schedule of activities and special events. They also signed a Living It! banner, a pledge to their personal successful aging journey. Every time they completed an activity for that week's wellness focus, they received a punch in their Living It! punch card booklet. When the punch card reached four punches, members turned their cards in for various weekly prize drawings. Three grand prize gifts were given to members who completed four activities each week for the four weeks.

Events were also featured each week to excite and highlight the week's wellness focus, including free posture assessments during Physical week, chair massages during the Spiritual week, a birthday party during the Social week and a special lecture series called Einstein University during the Intellectual week.

## Participation Stamp Cards

*Someren Glen*

The community calendar features two brand new programs or speakers related to the corresponding component each week during the Living It! campaign. Residents receive a stamp on their participation cards for each new program they attend.

## Clermont Park College

*Clermont Park*

Clermont College of Creative Life began as a way to present the Living It! campaign. We wanted to present opportunities for learning and teaching in a college format. We asked residents, family members and team members if any of them would like to lead/instruct a course for the summer college, and we had an overwhelming positive response from everyone. 37 new courses by 26 faculty members were introduced in our Summer College Trimester. No faculty members were paid to teach—it was 100% volunteer-led. More than 200 resident participants attended at least one or more courses. This means that 2/3 of the residents, from all levels of living, participated in the College.

We put out a College Brochure every month to introduce any new college courses, with a short description of the course, time, date, location, and the credit component that course addresses. When participants reach 3 or more credits in each of the 4 components (Social, Intellectual, Physical, Spiritual), they then earn the amount to graduate. To track each person's credits, we provide a sign-in sheet for each course, and individuals are responsible to sign in if they want to receive credit. The credits are tracked in an Excel spreadsheet.

This first semester was concluded with a Clermont College Graduation ceremony. Several residents shared their experience through reflective presentations that included a poetry reading and a skit! Dr. Roger Landry was the Salutatorian. He spoke and presented graduates with their diplomas, at which time a picture was taken of them together. As a surprise gift to the students and faculty, a swing band was hired and the ceremony concluded with a party in the courtyard.

## Judson Park Living It!

*Judson Park*

Design a "classified" board to collect ideas and organize events. Individuals fill out the "Living It" log sheet located at the front desk, pin it up on the board and try something new with whoever shows up to the experience. Throughout the week, residents and team members can check out the board and look for anything they might be interested in trying. Anyone may show up to any of the events on the classified board. There are also group events throughout the week to encourage more people to join.

## **Connect Four**

*Four Pointes Center for Successful Aging*

The Connect Four challenge spans an entire month – residents sign up to get a score card and the challenge is to connect 4 across the components. The more lines they get the more entries they get into the grand prize. If they don't want to have a score card they can still participate in a weekly Living It challenge – Social: "As I Age \_\_\_\_\_" banner.

Intellectual: Dr. Rob brain quiz and drop into a box. Physical: 2-4 minute circuit stand in hallway (30 second chair stand) and biometric screenings. Spiritual: purposefulness devotional from Inspire to pick up and drop name in box. Laughter yoga, meditation info seminar, etc. are offered each week as well.

## **Be My Valentine, A Living It Campaign**

*Breeze Park*

Breeze Park combined Living It! with a Senior FIT participation challenge. They created a display with the message: Masterpiece Living and Senior FIT present the Be My Valentine Contest, a Living It Campaign. As part of the display, they provided an envelope (similar what is found in a library book) for each participant. Each time a resident participated in an exercise class, memory class, water class, etc., he/she received a heart with his/her name on it to add to the envelope. Living It! Worksheets were customized with events going on in the community. Residents received one heart for each event. Residents that participated in the Living It discussion group on Friday received two hearts for each thing they completed on the worksheet. This incentivized participation in the discussion groups. At the end of the month, all of the hearts were combined in a big bowl and the community had a drawing. The winner had the choice of a 60-minute massage, dinner for two in the dining room, or a wearable.

## **Living It! with Gratitude**

*Clermont Park*

Clermont Park offered a Living It! with Gratitude Campaign during the month of February. Each week, the MPL Coordinator sent a letter out to the community inviting residents to write their reflections about what they were grateful for in each Masterpiece Living component. A blank thank you card was included with the letter to encourage residents to express gratitude with a particular person each week. The gratitude theme added a new spark to the Living It! Campaign. Residents in Assisted Living also celebrated with gratitude circles. Please see, "Living It! with Gratitude" in the Master Practices Supporting Documents.