

# Masterpiece Matters – January 2018

... Your Monthly Need to Know News

 <p><b>Masterpiece Academy</b></p> <p><b>Network Call</b> <b>January 9<sup>th</sup></b></p> <p><i>(Because of the New Year's holiday this call is the second Tuesday of January.)</i></p>	<p>Join us for our first Network Call of 2018 where Christina Thornton, JD, PhD, will present Intergenerational Advocacy: A Unique Approach with Big Results.</p> <ul style="list-style-type: none"><li>• Gain key strategies to create an intergenerational advocacy program in your community that tackles close-to-home issues by leveraging the skills of older adults, building skills for students and creating long-lasting relationships.</li><li>• Discover how a successful intergenerational advocacy program was created and facilitated, including exciting outcomes and lessons learned.</li><li>• Hear how researchers addressed ageism and inspired a high percentage of students to pursue aging field careers as a result of the project.</li></ul> <p>Should we change the time of the monthly network call? <a href="#">Complete this quick survey.</a></p> <p>The link to register is also available on the MPL website under 2018 Network Calls. <a href="#">Register here for the January Network Call.</a></p>
 <p><b>Brain Health University</b> by Masterpiece Living</p> <p><b>January – February 2018</b></p>	<p>Is your community planning to participate in the BHU video series this month? Units 1-4 should be viewed prior to the first Q&amp;A on January 26th.</p> <p><a href="#">Register for the January 26<sup>th</sup> BHU Q&amp;A</a>      <a href="#">Submit Questions to Dr. Rob</a></p> <p>For additional brain health resources see: <a href="#">A Brainiacs Guide to Brain Health Resources and Information</a> on the MPL website.</p>
 <p><b>Polish Your GEMS</b></p> <p><b>January 16<sup>th</sup></b> <b>February 22<sup>nd</sup></b></p>	<p>These practice sessions are for those interested in learning simple techniques to support others in moving healthy ideas into action. This is a very supportive call, as participants are practicing and learning from one another.</p> <p>New participants should view the GEMS Training videos 1 - 3 available on the Masterpiece Living website before attending a Polish Your GEMS coaching session. Join us!</p> <ul style="list-style-type: none"><li>• <a href="#">Video #1: GEMS Introduction to Coaching</a> (21 minutes)</li><li>• <a href="#">Video #2: GEMS Coaching Conversations</a> (25 minutes)</li><li>• <a href="#">Video #3: GEMS Simple Coaching Model</a> (38 minutes)</li></ul> <p><a href="#">Register for Tuesday, January 16th</a>      <a href="#">Register for Thursday, February 22nd</a></p>
 <p><b>Lyceum 2018</b> <b>April 3<sup>rd</sup> – 5<sup>th</sup></b> <b>Philadelphia, PA</b></p>	<p><a href="#">Registration is now open for the 2018 Lyceum.</a></p> <p><b><u>Introducing one of our Dynamic Keynote Speakers</u></b></p> <p>Marc Middleton is <i>Rebranding Aging</i>.™ The Founder and CEO of Growing Bolder, Marc is one of the leading voices in the active lifestyle movement, a multiple Emmy Award-winning broadcaster and journalist, documentary filmmaker, magazine publisher, adventurer and worldclass masters athlete. The author of <i>Rock Stars of Aging</i>®, Marc is now working on his second book – <i>Rebranding Aging</i>™ – <i>How to Stop Growing Older and Start Growing Bolder</i>™.</p> <p><a href="#">Read more about Marc Middleton.</a></p>

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February 2018

“Never be afraid to try something new.

Remember amateurs built the ark; professionals built the Titanic.” – Author Unknown

### Try Something New for 30 Days by Matt Cutts

Is there something you've always meant to do, wanted to do, but just ... haven't? Matt Cutts suggests: Try it for 30 days. This short, lighthearted talk offers a neat way to think about setting and achieving goals. [Watch TED talk.](#)



Cognitive Connection  
Center with Dr. Rob

### Cognitive Connection Corner

Masterpiece Living's **Living It** campaign in February promotes trying new things. Have you tried Sudoku?

Dr. Rob Winningham notes how Sudoku puzzles exercise the brain in ways that crossword puzzles don't. Sudoku puzzles require attention and concentration, both of which are related to promoting the ability to make new memories.

Open the link for access to numerous Sudoku puzzles for new learners, those already experiencing some cognitive impairment, as well as those seeking continued stimulating and challenging levels.

[Check out Dr. Rob's Blog here.](#)



ICAA Membership

### ICAA Membership

As part of your Masterpiece Living partnership, your community receives 5 memberships to The International Council on Active Aging (ICAA).

You receive a copy of ICAA's publication: **The Journal on Active Aging** and access to numerous resources on the ICAA website. If searching something on the ICAA site that is password protected, enter the following member number and password.

**To login use: MEMBER # 4836 / MEMBER PASSWORD: masterpiece**



*Note: It is important that ICAA is on your safe list and not blocked by a firewall so that emails from ICAA can come through to your inbox. Please note, all resources will come to your from [jmilner@icaa.cc](mailto:jmilner@icaa.cc).*

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 <p>MPL Practices</p>	<p>Each month we will highlight a different Practice that a Partner Community is using.</p> <p><b>Intellectual Integration Network Practice – San Joaquin Gardens and Other Communities</b></p> <p>Integrate intellectual programming (brain teasers, Dr. Rob's Cognitive Connection games, Neurobics+ excerpts, etc.) during fitness classes along with other programs and events. Every program, event, and activity can have an intellectual component!</p>														
 <p>Observances</p>	<p><b>National Donate Life Month ♦ National Humor Month ♦ Community Service Month</b></p> <table><tr><td>April 1</td><td>April Fool's Day</td></tr><tr><td>April 1</td><td>Easter Sunday</td></tr><tr><td>April 3 - 5</td><td>Masterpiece Living Lyceum in Philadelphia, PA</td></tr><tr><td>April 7</td><td>Last Day of Passover</td></tr><tr><td>April 15 - 22</td><td>National Volunteer Week</td></tr><tr><td>April 17</td><td>Tax Day</td></tr><tr><td>April 22</td><td>Earth Day</td></tr></table>	April 1	April Fool's Day	April 1	Easter Sunday	April 3 - 5	Masterpiece Living Lyceum in Philadelphia, PA	April 7	Last Day of Passover	April 15 - 22	National Volunteer Week	April 17	Tax Day	April 22	Earth Day
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## What Can I Improve On this Year?

Become a Better Listener  
Smile More  
Live in the Moment  
Make Fewer Excuses  
Learn Something New  
Pursue a Life Long Passion  
Reach Out to Family & Friends  
Be Honest with Myself and Others  
Make Myself a Priority  
Practice Random Acts of Kindness  
Show Gratitude  
Travel More  
Actualize Bucket List Items  
Make Better Food Choices  
Increase Daily Activity  
Improve Sleep Patterns  
Meditate

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HaPpY  
NeW  
YeaR!