



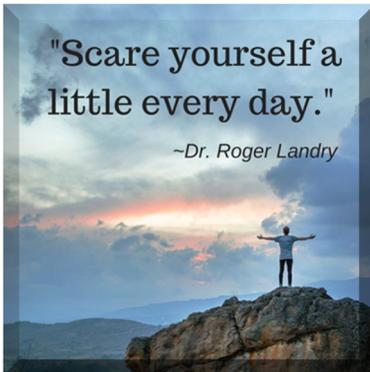
The Masterpiece Living Mosaic

12600 W. Colfax Ave., Suite B-110 • Lakewood, CO

February 2018 / March 2018

Seize the Day!

By: Dr. Roger Landry



Today is the youngest you are ever going to be. Why not make the most of it and seize the day? When I give presentations, I strongly recommend that my audience members do something to scare themselves a little every day. It doesn't have to be something as grand as bungee jumping or parachuting. It must, however, take you out of your comfort zone. Remember, we cannot grow if we don't change.

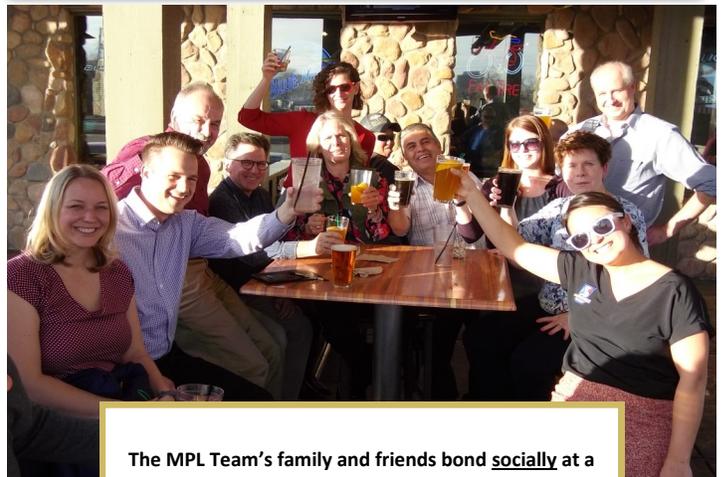
Don't misunderstand. In my *Ten Tips to Successful Aging*, I talk about lowering risk of injury and disease, and we should do that. But to avoid risk altogether is impossible and, when the most likely negative outcome is only embarrassment, avoiding risk is selling yourself short. Taking calculated risks, taking risk where the potential outcome is growth, joy, increased competence, and reduced risk of decline - that is an acceptable, even recommended, risk. During Masterpiece Living's **Living It** campaign, why not scare yourself a little by learning something new ... Seize the day!

Learn a New iPad App During Living It

During the month of February, the Masterpiece Living network is immersed in **Living It** – a four-week initiative to inspire and challenge participants and team members to try new pursuits in the four components of successful aging (social, intellectual, physical and spiritual). Focusing on one component a week, participants are encouraged to try four new programs or activities each week. Why not use **Living It** as an opportunity to challenge yourself to [try one of the apps](#) Dr. Rob lists on page two, and add something new to your intellectual toolbox?



The MPL Team Supporting the Living It Campaign



The MPL Team's family and friends bond socially at a local happy hour on a warm, sunny day in January.

Want a Better Brain Workout? Try these iPad Apps

By: Dr. Rob Winningham

We have all heard about the evidence that the more we exercise our brains, the less likely we are to have problems with memory and cognition as we get older. It has been challenging for many people to find access to good cognitive exercise in the past. But now, anyone who has access to an iPad or tablet can download high quality cognitive stimulation activities. My colleagues and I recently offered an iPad class for older adults in a retirement community, and they loved it. We found the larger iPads often were preferred to iPad Minis, but the ease of use with these new devices made the class a lot of fun and very successful.

Here is a list of our favorite apps.

1. Fit Brains
2. Lumosity
3. Tetris
4. Sudoku2
5. Memory Block
6. Stroop Effect
7. Visual Attention
8. Brain Lab
9. This Is To That
10. Word Search+
11. Word Jigsaw
12. Brain Challenge
13. Chain of Thought

In addition to using the iPad for brain games, it can be used to stay in contact with family and friends through video chat (e.g.,



Skype or FaceTime), email, and Facebook. It can also be used to help with a mindfulness meditation program, which has been shown to increase attention and concentration in older adults (e.g., try the app entitled *Mindfulness Trainer*). Of course, the iPad can be used to surf the Internet, watch movies, listen to your favorite music and easily create home videos. It is easy and relatively inexpensive to download books on iPads (or other tablet devices), and the font size can be greatly enlarged for those who have visual impairment. Consider getting an iPad that is cellular enabled if you don't have a good Wi-Fi network and signal available. In summary, it is clear that the iPad can be an excellent tool to maximize brain health and quality of life.



by Masterpiece Living

Masterpiece Living Lyceum 2018 Making Chronological Age Irrelevant

The 10th Annual Masterpiece Living Lyceum – *Making Chronological Age Irrelevant* – will take place April 3-5, 2018 at the Philadelphia Marriott Downtown. The Positive Aging group will be participating this year. Keynote speakers include Ashton Applewhite (author and activist), Marc Middleton (Founder and CEO of Growing Bolder), and Ken and Mary Gergen (Founders of the Taos Institute; professors at Swarthmore College and Penn State University), as well as special presentations from Positive Aging and the MPL Speakers Bureau.

Click on the Lyceum logo for more information.

Keep Moving! It's Good for Your Body *and* Your Brain

By: Danielle Palli

David Griffith is a self-described farm boy from Ohio who graduated from Ohio State. He went on to teach agriculture, while also serving in the Reserve Officer Training Corps (ROTC) – a commitment that led to a four-year stay in Japan. Conversely, Charlie Davis was a city boy born in Washington, DC who worked as a columnist for a local newspaper and later went on to become a Presbyterian Minister before traveling the globe as a quality management educator for Fortune 500 companies. The two met some 34 years ago scuba diving, and spent the next three decades traveling the world.

They moved to Village on the Green four and a half years ago when Charlie began to experience significant health challenges that included arthritis, scoliosis, carpal tunnel and the beginning stages of dementia.

David dove into community events and resident planning committees, quickly filling up his calendar. He just reached the point where he felt too busy to join one more committee, when he read Dr. Roger Landry's book, *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*. Inspired by the research about the benefits of movement on both physical and cognitive health, he went to the Village's Masterpiece Living Champion Team and said, "I'm in!"

"I realized that exercise is not just important physically, but that it is good for our brains too," he told the Mosaic. From then on, he made a pledge to increase his own daily physical activity.

Charlie also read *Live Long, Die Short*. "This is wonderful!" He proclaimed, "I'm going to buy three more copies to give to my family!" Soon after, he had the opportunity to hear Dr. Landry present at his community and took the "keep moving" message to heart. He immediately began walking to dinner instead of using a ride service and signed up for a chair yoga class.



David laughed, "I went to class with Charlie to encourage him and was shocked! I thought, *I can feel this! It's like I went through boot camp!*" Over time, he observed, "When Charlie misses even a week of exercise, I can see his health decline very quickly." Charlie agrees, and with **Living It** just around the corner (a four-week campaign that challenges participants to try new pursuits in the four components of successful aging), the two are committed to not only incorporating more physical activity into their lives, but encouraging others to do the same.

David, who lives with chronic lung disease (COPD), told us "I've seen people go from walking, to walking with a cane, to using a wheelchair and then to the health center for care. It doesn't have to be that way. We can do much more to help ourselves by being active."

