

Masterpiece Matters – February 2018

... Your Monthly Need to Know News

Meet the MPL Interns



Tina

Tina is studying at University of Southern California in Los Angeles, and will graduate with Master of Aging Services Management degree this May.

Before joining the Masterpiece Living internship program, Tina worked as a case manager at a non-profit social services organization in San Francisco. Tina thinks it is rewarding to serve older adults and help them to define their own “successful aging.”

As a research development intern, Tina participates with the MPL team in updating World of Wellness information. She also evaluates academic, peer reviewed journals to support programs at Masterpiece Living. Tina believes that Masterpiece Living’s concepts can empower people to discover the lifestyle they want to pursue at any point in life.

Tina comes from Chengdu, China and loves spicy food. In her free time she likes to watch movies, take walks in the city and spend time enjoying her kitten.



Ashley

Born and raised in St. Louis, Ashley double-majored in psychology and gerontology at Missouri State University. She currently attends University of Denver’s Graduate School of Social Work working on her MSW with a specialization in Aging Services and Policy.

Ashley has worked directly with older adults in various capacities for the last four years. Most recently, she successfully implemented a fall-prevention course at a local assisted living community for economically disadvantaged older adults.

Ashley holds a specific interest in both the wellbeing and quality of life of subpopulations of older adults, such as racial/ethnic minorities and the LGBT community; she is also excited to be at the forefront of an industry that is “booming” in and of itself.

Ashley knows she’s aging successfully when she takes the time to do the things she loves: spending time with loved ones, hiking, camping, traveling, and attending concerts.



by Masterpiece Living

Lyceum 2018

April 3rd – 5th

Philadelphia, PA

The early bird registration deadline is February 15th.

Rates for Partner Community Team Members

Now – February 15: \$300 (Use early bird PROMO code MPLYCEUM18)

February 16 – April 3: \$375 (Use PROMO code MPLYCEUM18)

Rates for Partner Community Residents

Now – March 1: \$200 (Use early bird PROMO code MPLRESIDENT18)

March 2 – April 3: \$275 (Use PROMO code MPLRESIDENT18)

Refer to the Lyceum Registration information document attached.

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 <p>Network Call February 5</p>	<p>Join us for our February Network Call: Go Fly a Kaizen: The Baby Steps of Continuous Improvement</p> <p>Join us as Masterpiece Living’s president, Dr. Roger Landry, discusses the basic concepts of taking small, continuous steps towards improving the culture of successful aging at your organization. During this presentation you’ll hear how the concepts of kaizen can be applied specifically to the Masterpiece Living process to make improvement realistic and actionable. In addition, you’ll hear from members of the Masterpiece Living network on their experience with the integration of concepts and sure-fire strategies for replication at your organization.</p> <p>The link to register is also available on the MPL website under 2018 Network Calls. <u>Register here for the February Network Call.</u></p>
 <p>Polish Your GEMS February 22nd</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">• <u>Video #1: GEMS Introduction to Coaching</u> (21 minutes)• <u>Video #2: GEMS Coaching Conversations</u> (25 minutes)• <u>Video #3: GEMS Simple Coaching Model</u> (38 minutes) <p><u>Register for Thursday, February 22nd</u> <u>Register for Thursday, March 15th</u></p>
 <p>February 2018</p>	<p>Centers for Successful Aging Qualification Checklist and Criteria</p> <p>Certified Centers for Successful Aging can demonstrate sustained successful aging cultural enhancements. Sustained enhancements are policies, procedures and operations related to successful aging which are woven into the fabric of the organization. The CSA application proves that the initiative is systematic rather than person dependent.</p> <p><i>Refer to the CSA Qualification Checklist and the CSA Criteria documents attached.</i></p>
 <p>February 2018</p>	<p>The February BHU Live Q&A will be on Friday, February 16th.</p> <p><u>Register for the February 16th BHU Q&A</u> <u>Submit Questions to Dr. Rob</u></p>

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	<p>Congratulation to Friendship Village of Bloomington, our most recent designated Certified Center for Successful Aging (CSA)! Becoming a CSA is no easy feat and involves years of preparation. To receive this recognition an organization must demonstrate exemplary initiative in six categories: culture, leadership, outreach, team member engagement, resident engagement and purposeful programming. Friendship Village of Bloomington was also recently featured in the Mather LifeWays Institute on Aging’s annual Innovation at Work 2017 report as a Promising Practices Winner for the way that they are helping to reshape the aging services profession. In the article, “Promoting Wellness Through Resident Empowerment,” they share wellness initiatives such as <i>Winterfit*</i>, a program designed to keep people active from January through March, at a time when we’re more likely to hide inside from the cold.</p> <p><i>*Refer to document attached.</i></p>																
 <p>Foundational Training at the April Lyceum</p>	<p style="text-align: center;">Foundational Training</p> <p style="text-align: center;">Thursday, April 5: 8 am – 4 pm</p> <p>Whether you're looking to get up to speed on the fundamentals of Masterpiece Living, or to simply sharpen the tools in your toolbox, this session delivers! Not only is it a favorite among veterans, it is perfect for leaders and new champion team members. This abbreviated Foundational Training Experience is specifically designed for fully integrated MPL partners.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Consider how ageism has influenced societal perceptions and experiences of aging • Examine language choices and create a plan for evolving the language of your organization • Learn the key messages from the MacArthur research on Successful Aging • Understand how the Masterpiece Living partnership benefits individuals, organizations, and society • Adopt actionable turnkey practices for leveraging MPL tools & resources 																
 <p>Observances</p>	<p style="text-align: center;">Better Sleep Month * National Physical Fitness & Sports * Healthy Vision Month</p> <table style="width: 100%; border: none;"> <tr> <td style="padding-right: 20px;">May 3</td> <td>National Day of Prayer</td> </tr> <tr> <td>May 5</td> <td>Join Hands Day</td> </tr> <tr> <td>May 13</td> <td>Mother’s Day</td> </tr> <tr> <td>May 14-20</td> <td>National Women’s Health Week</td> </tr> <tr> <td>May 15</td> <td>Peace Officers’ Memorial Day</td> </tr> <tr> <td>May 19</td> <td>Armed Forces Day</td> </tr> <tr> <td>May 28</td> <td>Memorial Day</td> </tr> <tr> <td>May 31</td> <td>National Senior Health & Fitness Day</td> </tr> </table>	May 3	National Day of Prayer	May 5	Join Hands Day	May 13	Mother’s Day	May 14-20	National Women’s Health Week	May 15	Peace Officers’ Memorial Day	May 19	Armed Forces Day	May 28	Memorial Day	May 31	National Senior Health & Fitness Day
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Get ready for the Movement Matters campaign, back again in May!

Movement Matters, a month-long campaign centered on increased movement and overall wellbeing will be taking place across the MPL network in May. The goal is to motivate individuals to move more and sustain that increased movement throughout the year. Physical movement can include, but is not limited to, exercise of any kind such as dancing, yoga, stretching, water exercise, walking, cycling, strength training, gardening, cleaning, playing with children and lots more!

Research tells us that a sedentary lifestyle puts us at greater risk for heart disease, some cancers, type 2 diabetes, stroke, bone loss, dementia, and a host of other chronic conditions. The Center for Disease Control recommends 150 minutes, or 2.5 hours, of physical activity per week for greater health.

Access the MPL website for supporting resources for the Movement Matters campaign. MPL Website>Resources>Campaign and Programs>Movement Matters

Note: Last year this campaign was temporarily moved to September due to the Masterpiece Annual Lyceum scheduled in May.



MPL Practices

Each month we will highlight a different Practice that a Partner Community is using.

Submitted by 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.

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The Masterpiece Living Team wearing **RED** to raise awareness about heart disease and stroke.



National Wear Red Day is February 2nd.



For more information refer to the [American Heart Association website](#).

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