Masterpiece Matters – March 2018

. . . Your Monthly Need to Know News

Lyceum 2018 **April 3rd – 5th** **Philadelphia, PA**	**Rates for Partner Community Team Members** **February 16 – April 3: $375 (Use PROMO code MPLYCEUM18)** **Rates for Partner Community Residents** **March 2 – April 3: $275 (Use PROMO code MPLRESIDENT18)** ***Click here for Lyceum Registration Information*** ***Click here to watch Dr. Roger Landry's Lyceum Promo Video***
Network Call **March 6th**	**Join us for our March 6th Network Call:** **May the Forest Be with You…Senior Living Green Practices** Join Amanda Baushke, Senior Partnership Specialist at Masterpiece Living, and Ruth MacCarthy, Horticulture Therapist at Cathedral Village, for the March Masterpiece Living Network Call. The call will take place on Tuesday, March 6 at 1:00 Pacific, 2:00 Mountain (Arizona), 3:00 Central and 4:00 Eastern. Cathedral Village, a Presbyterian Senior Living community, is raising the bar when it comes to green practices. The community has a large greenhouse, comprehensive programming and a horticulture therapist on their team. Through their green practices, they have become one community—focused on inclusivity, providing green programming for all levels of living, and highlighting the four components of Masterpiece Living. ***Register here for the March Network Call.***
Kaizen Your Way to CSA	• Has your community thought about becoming a Center for Successful Aging? • Are you curious to learn how CSA communities worked their way through the process? • Do you wish to learn the small steps a community can take towards enhancing a culture of successful aging? *Your next stop?* The Masterpiece Living website. You can become privy to this information by watching the updated CSA videos on the MPL website: *Training > CSA Training Videos.* The seven informational videos run between 6 and 23 minutes.
Valuing Gray	*"Valuing Gray is about acknowledging the worth of our older adults and their contributions to society, bringing awareness to this underutilized resource, and making a commitment to be part of the solution." ~Dr. Roger Landry* Choose the video that best represents leveraging the value, skills, talents, wisdom, and experience of older adults to solve society's challenges by ***clicking here***.
Living It Campaign	**Living It Campaign Participation Submissions** Please submit your Living It participation numbers and stories by March 16, 2018 **using this link**.
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Foundational Training at the April Lyceum

Foundational Training
Thursday, April 5: 8 am – 4 pm

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.

Learning Objectives:

- 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 Foundation research on Successful Aging.
- Understand how the Masterpiece Living partnership benefits individuals, organizations, and society.
- Adopt actionable turnkey practices for leveraging MPL tools & resources.

Masterpiece Living Names Dr. Rob Winningham the New Director of the Masterpiece Academy

Dr. Rob Winningham holds 25 years of experience researching human memory and has largely focused on older adults and ways to enhance their mental functioning and quality of life. He has trained thousands of professionals to offer high quality cognitive rehabilitation and therapy programs. ***Click here to read the full press release***.

The Masterpiece Academy was formed in 2008 to provide expert guidance, research and education to the rapidly changing field of aging. Under Dr. Winningham's experienced direction, the Academy will continue to offer research and programming updates, the development and management of research projects, continuing-education curriculum, and in-depth training on successful aging concepts for organizations and individuals.

Masterpiece Living would like to thank Dr. David Gobble for his many valuable contributions leading the Masterpiece Academy over the past 10 years and wishes him the best in his retirement.

Looking for Successful Aging data from the Masterpiece Living community network?

Each month Masterpiece Living compiles network data and sends it out in email blasts to our partners, titled "Data Revelations". To review past Data Revelations, use the MPL website to access *Resources> Resources by Type> Data Revelations*. Consider how you may use this data in conversations with your team, residents, on tours, and in your community when speaking to Successful Aging.

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The Benefits and Barriers of Exercise for the Physical Health of Older Women (2017)

An array of empirical articles demonstrates the benefits achieved through participation in regular physical activity and movement. While most of the related research has focused on young and middle- age populations, the attached article highlights the benefits of movement for older adults (defined here as 50 and above), specifically women.

- **Physical activity has an inverse relationship with frailty** - Numerous studies support the use of exercise as a prevention as well as intervention measure to address frailty in older women
- Regular resistance and aerobic exercise can increase muscle mass and prevent sarcopenia (or loss of skeletal muscle mass and strength) in older women
- Exercise can be an effective strategy for preventing **ADL disability** among older women experiencing knee osteoarthritis - a leading cause of functional limitation
- Exercise **improves bone density** and decreases both the **rate of falls** and the **rate of injurious falls** in older women
- Older women who walked 4+hours a week experienced a **25% reduction in hospital admissions**

To read the full article see the attachment included in the email.

Observances

National Safety Month * National Fresh Fruit Month * Men's Health Month

June 9	Family Health & Fitness Day
June 11 – 18	National Men's Health Week
June 14	Flag Day
June 17	Father's Day
June 21	First Day of Summer
	World Music Day

Masterpiece Living Video Podcasts

Dr. Roger Landry Talks About Movement Matters

In preparation for the Movement Matters campaign that runs in the month of May, take a minute to *watch this video* podcast by Dr. Roger Landry.

Polish Your GEMS for March and April

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. New participants should view the GEMS Training videos one through three available on the Masterpiece Living website before attending a Polish Your GEMS coaching session. Join us!

- *Video #1: GEMS Introduction to Coaching* (21 minutes)
- *Video #2: GEMS Coaching Conversations* (25 minutes)
- *Video #3: GEMS Simple Coaching Model* (38 minutes)

Register for: March 15th (12 – 1 pm MT) *Register for:* April 24th (1 – 2 pm MT)

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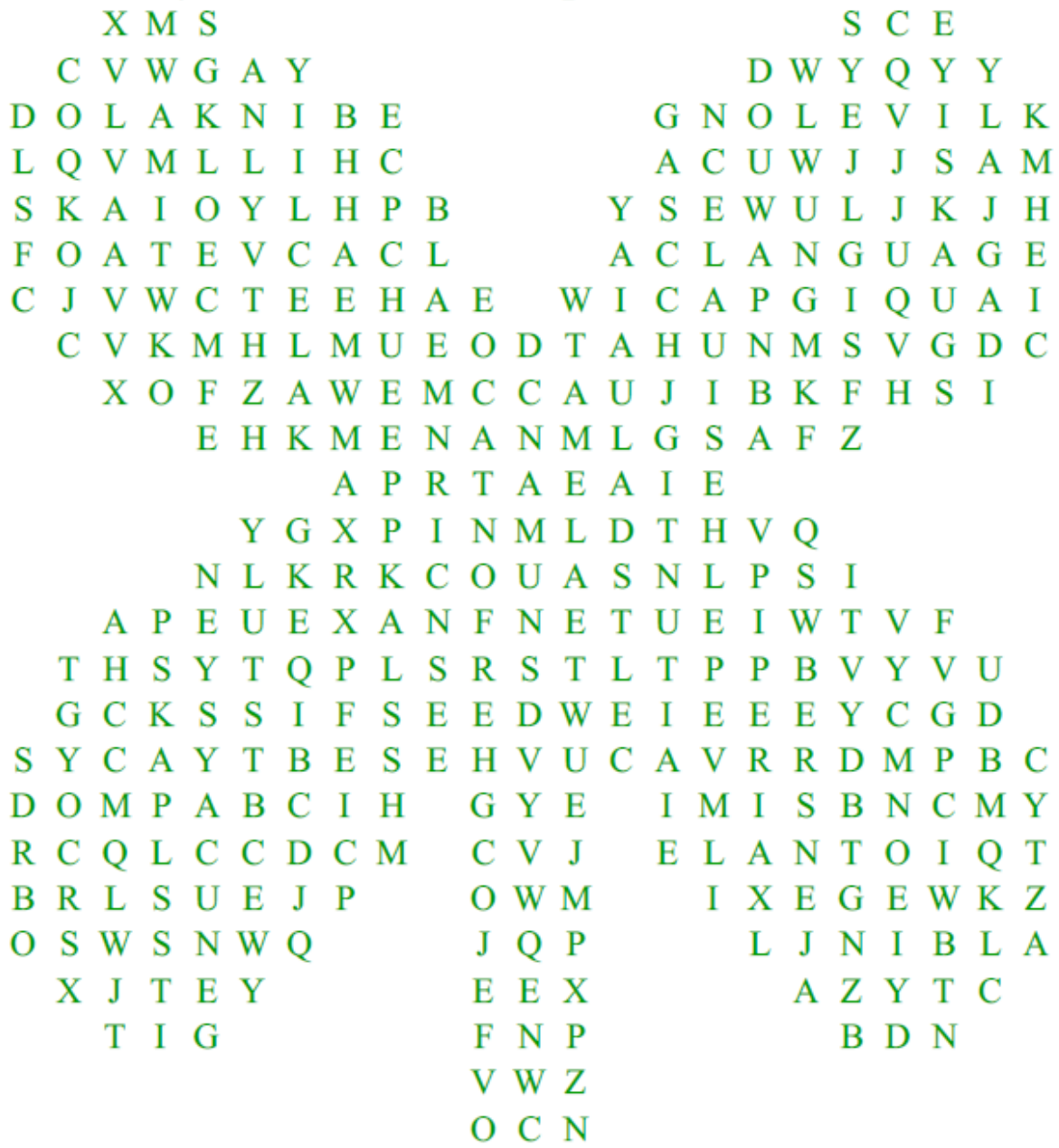
Lyceum 2018 Philadelphia 4-Leaf Clover



LYCEUM	PHILADELPHIA	ROCKY	CHEESESTEAK
INDEPENDENCEHALL	EAGLES	SUPERBOWL	SUCCESSFULAGING
COACHING	LIVINGIT	MOVEMENTMATTERS	LANGUAGE
CHAMPIONTEAM	RESIDENT	HUMANCAPITAL	LIVELONG
MASTERPRACTICE	CSA		

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