



The Masterpiece Living Mosaic

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

April 2018 / May 2018

Highlights from Masterpiece Living's 10th Annual Lyceum: Making Chronological Age Irrelevant

This *Chair Rocks* author and activist, **Ashton Applewhite**, is convinced that everyone is ageist (even though everyone is aging). Growing Bolder's **Marc Middleton** wants to rebrand aging and deprogram the world from the insidious cult of youth. Hockey Hall of Famer, **Jack O'Callahan**, believes that perseverance and a good attitude are what brought the Miracle on Ice team an Olympic win. Attendees of **Masterpiece Living's 10th Annual Lyceum** were treated to an A-list team of keynote speakers dedicated to ending ageism and changing the aging narrative.

For the first time ever, participants experienced **Chart Your Course**, a two-hour information-sharing initiative spearheaded by MPL Senior Partnership Specialist Amanda Baushke. Chart your Course provided the vehicle to learn about a variety of topics in short, ten-minute intervals. The **CSA Buffet** and **Expert Panels** encouraged residents and communities to discover individual and collective purpose and pursue ways to enhance community involvement. Takeaway ideas included creating community purpose (e.g. animal rescue, foster children, etc.), establishing volunteer fairs and developing a transportation system to encourage greater involvement. Lyceum 2018 also included a screening of the dynamic film, **A New Old: Discovering Life Beyond Adulthood**, produced by David Carey. The documentary explores what it means to grow into aging and discover – not who we used to be – but who we are becoming in older adulthood.

What can the Senior Living field learn from one woman's experience of being stranded during a hurricane? **Jill Vitale-Aussem** delivered a power-packed presentation that depicted how the lack of control and loss of purpose many older adults feel is akin to being helpless during a storm ... with no way out. Vitale-Aussem suggested that organizational leaders need to view senior living from a holistic lens vs. simply labeling people's behaviors and putting them into pre-defined categories. Meanwhile, **Toni Antonucci, PhD**, demonstrated how life experiences and interpersonal resources shape our ability to practice humility and forgiveness. She also shared the wonderful opportunity organizations have to create a culture that supports social connections. **Kay Van Norman** shared humorous personal tales that illustrated how expectations about aging affect resilience and how loved ones can best support each other.

President and CEO of Peconic Landing, **Bob Syron**, discussed opportunities for engaging and empowering team members and drove home the necessity for core values such as integrity, collaboration, joy and commitment. And, motivational trainer, **Christopher Ridenhour**, provided an energizing and fun session on tapping into one's unique super powers for better team member collaboration. Lyceum 2018 wrapped up with a half-day corporate **sales summit**. The sales summit attendees explored industry trends and emerging consumer priorities offering quick to revenue growth. Leveraging *Successful Aging Makes Census* resources, research narratives and data stories were presented as innovative approaches to accelerating sales by proving your community's unique competitive advantage.



Thank you to everyone who attended Masterpiece Living's 10th Annual Lyceum!

Dual Tasking and Intergenerational Connections with Dr. Rob Winningham

“It’s all about executive functioning,” shared **Dr. Rob Winningham**, Director of the Masterpiece Academy and full professor at Western Oregon University, during a presentation on dual-tasking. Executive functioning is all about attention, inhibition, reasoning, problem solving, planning and memory. And, according to research, it can be improved through physical exercise. Dr. Winningham’s co-presenter, Board Certified Clinical Specialist in Neurological Physical Therapy and Exercise Specialist, **Michael Studer**, shared even more good news: recent findings suggest that dual-tasking (simultaneously performing a cognitive and physical task) increases cognitive resources more than single tasking.

Driving while listening to the radio, walking and talking on the phone or brushing teeth while pulling clothes from the closet are all examples of dual tasking. However, taking it a step further by doing a physical exercise while performing a mental task, has been shown to provide better cognitive support than single tasks.

Studer shared that when older adults experience a fall, they often develop a fear of future injury, becoming less active and – therefore – less capable, putting them at greater risk of falling in the future. Dual-tasking

activities can be helpful.

They closed the session by inviting the audience to practice a sample activity by standing on one foot and doing simple math problems. (This is harder than it sounds!)

Dr. Winningham was later joined by tech expert and Edgemere resident, Jack Tutterrow, for **Generations Unite: The Benefits and Outcomes of Virtual Reality, Volunteerism and More.**

Dr. Winningham shared the importance of older adults and young people sharing knowledge and experiences while also discussing some of the ways older adults are a valuable resource, particularly in impoverished schools that benefit from mentors and childcare. Tutterrow talked about his belief that all young people should “learn to read and read to learn,” and went on to educate attendees about Google Expedition (a virtual reality teaching tool) and the benefits of virtual, augmented and mixed realities in creating richer learning experiences.



Positive Aging 9th International Conference

Masterpiece Living was pleased to have **Positive Aging** attend Lyceum as part of their 9th **International conference on Positive Aging**. Thank you, **Ken and Mary Gergen**, for your keynote presentation: **Positive Aging – Biases, Blessings and Blossomings.**



Close Encounters of the 3rd Why

Masterpiece Living President, **Dr. Roger Landry**, answered the question, “Why should I take the Lifestyle Review again, if I’ve already taken it?” He shared the work of Dr. Robert Kahn and how the Lifestyle Review was created to allow participants to gauge areas of strength and opportunities for improvement. He also emphasized that through collecting and growing the Masterpiece Living database (presently at more than 4.1 million data points) the MPL Network can impact public policy and contribute to the greater good, making our society a better place to age.

Fighting Ageism and Celebrating Passion, Possibility and Purpose

“Prejudice fuels Ageism – or any ‘ism’. It’s not about how you look. It’s about how people in power assign meaning to how we look,” author and activist **Ashton Applewhite** said during her **We’re All Aging! Let’s End Ageism** keynote at Masterpiece Living’s 10th Annual Lyceum. “Ageism is the last acceptable ‘ism’.” As with all prejudice, it relies on “other-ing” and thinking that *other* people are different from the individual experiencing that bias. And yet, everyone is aging, so ageism represents a prejudice against the future self. Applewhite went on to share how ageism begins in early life with the beliefs that old people are sad and wrinkles are ugly. People absorb these attitudes for a lifetime and unless they are aware of it, they can become ageist. What does this internal ageism look like? Applewhite gave some examples:

Do you enter a party and head straight for people within your own age group? Do you reject a relationship, a haircut or an outfit because it’s not “age appropriate?” The first step, she suggests, is to look one’s own attitudes and beliefs and ask where they come from.

Brigit Hassig, Managing Director of Masterpiece Life and founder of IntelligentAge discussed the **Failure to Thrive** (when growth is arrested by a set of conditions) in a culture where the suicide rate of those 85+ is the second highest in the nation. Hassig shared a poignant story about her independent, 93-year-old mother who is in good health but ready to die because she lacks social connection and no longer feels valued or relevant. She also told the tale of when actress Meryl Streep, preparing for her role as Margaret Thatcher, left the set

dressed as an older “Iron Lady” to see how people reacted to her, only to report back to her fellow actors, crestfallen, “I was invisible.” Like Ashton Applewhite, Hassig implored attendees to challenge their own biases and ageist attitudes.

Author, producer, director, and TV and radio host for Growing Bolder, **Marc Middleton** presented: **Rebranding Aging® and Deprogramming the World from the Insidious Cult of Youth**. Middleton’s motto is, “you are not too old and it is not too late.” He believes that the aging field needs to encourage passion, possibility, and purpose by providing opportunities for social connection and growth, and those experiences create a culture of “yes” that can change the current aging narrative.



Lance Robertson and the Five Pillars



Lance Robertson, Asst. Secretary for Aging and Administrator of Community Living and Health and Human Services sent Lyceum attendees a special video message commending Masterpiece Living’s mission to change the experience and perception of aging in America. He shared his administration’s Five Pillars for promoting independence for older adults across the nation. They were: Expanding employment opportunities; connecting people to resources; supporting families and caregivers; protecting rights and preventing abuse; and strengthening the aging and disability network. He encouraged listeners to be bold in sharing their stories and outreaching to decision makers about areas of concern. Robertson closed by saying, “You are a shining star of how people can embrace later life, enjoy it and give back.”



