






Masterpiece Matters – July 2018

... Your Monthly Need to Know News

 <p>July 2018 Network Call</p>	<p>July 2018 Network Call - Bullying: Identifying, Preventing and Responding</p> <p>Reminder: The July Network Call is scheduled for Tuesday, July 10 because of the 4th of July holiday.</p> <p>Strong social bonds are an important aspect of successful aging, but group dynamics can involve conflict and tension. Bullying is an unfortunate reality in senior living communities, and team members should be prepared to respond to bullying or aggression between residents. Join the July Network Call as Tim Johnston, PhD, Director of National Projects for SAGE, helps distinguish between bullying and other negative behavior, discusses why older adults bully, and reviews best practices to intervene when you notice bullying behavior.</p> <p>Attendees will:</p> <ol style="list-style-type: none">1. Distinguish between the various types of bullying and other forms of unpleasant behavior.2. Practice three different techniques for responding to bullying.3. Identify three different organizational best practices and programs to prevent bullying in a community living setting. <p>Register Now!</p>
	<p>Foundational Trainings</p> <ul style="list-style-type: none">• Click here to register for: Bakersfield, CA: Thursday, July 19 (8:00 am – 4:00 pm)• Click here to register for: Denver, CO: Tuesday, August 21 (8:00 am – 4:30 pm)<ul style="list-style-type: none">○ (can be combined with GEMS Workshop on Wednesday, August 22)
	<p>CSA Readiness Questionnaire 2018</p> <ul style="list-style-type: none">• Submission window open July 11 – August 8, 2018• Click on the question mark button → to access the form  <p><i>The Certified Centers for Successful Aging tell us earning the CSA certification 1) enhanced their ability to stand out from competitors, 2) provided them with new ways to describe the benefits of living in their communities, and 3) developed a culture of growth that increased resident and team member satisfaction.</i></p> <p><i>Each submission is assessed via multiple steps culminating with the evaluation of the CSA Review Board, composed of highly experienced individuals both within and outside Masterpiece Living. This process is demanding, but ensures the certification honors the efforts of the substantial cultural shift reflected in the submission. As Dr. Landry shared in early 2017, there is an application fee of \$1200 to cover this rigorous process. We are confident the value of certification will more than offset this purposely low fee.</i></p>
	<p>Promising Practices Award</p> <p>We encourage you to review Mather LifeWays Institute on Aging 2018 Promising Practices Award and consider submitting any unique programs and practices that meet the criteria for serving older adults.</p> <p>Who knows? Your ideas and practices could be a winner and shared across the country!</p>

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GEMS

GEMS

Polish Your GEMS – July and August 2018

[Click here to register for:](#) Monday, July 23 (1pm – 2pm MT)

[Click here to register for:](#) Tuesday, August 28 (1pm – 2pm MT)

GEMS Coaching Workshop in Denver – Wednesday, August 22 (8:00 am – 4:30 pm)

[Click here to register for:](#) Wednesday, August 22 (8:00 am – 4:30 pm)



MPL Practices

Master Practice for Resident Engagement and Outreach

Resident Bloggers Answer Greater Community Questions at *The Birches*

Our Public Relations Committee consists of "Resident Bloggers/Writers" who answer greater community questions about Assisted Living. From neighbor to neighbor, they can write and support their neighbors by answering their questions, monthly, in "Dear Abby" format on our blog. Regardless of their age or ability, their passion is writing and giving advice. Our local community centers around the neighborhood gather the questions asked by their visiting seniors and then submit their gathered questions to our Birches' Bloggers for answers and neighborly support. **[Read the blog.](#)**



Lyceum Follow-Up

What a Hurricane Can Teach Us About Senior Living

This compelling presentation shares the speaker's experiences of being stranded in the aftermath of a hurricane with a group of people who displayed behaviors and actions very similar to those seen in an institutional senior living setting.

List the learning objectives for your presentation:

Objective #1: Illuminate the prevalence and dangerous power of the institutional model

Objective #2: Understand the impact of environment and organizational practices on individual and group behavior

Objective #3: Re-think long-held beliefs about the root cause of "behaviors"

[Watch the video](#) ➔➔



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Purposeful Programming

Halloween – An Intergenerational Activity

Halloween offers opportunities for residents to interact with children. How might your community raise the bar from the typical “Trick or Treat” visit and costume parade, to create opportunities for deeper, more creative intergenerational engagement? How could Halloween touch on the four components (Social, Intellectual, Physical, Spiritual)? How can you leverage the human capital of your residents?

Brainstorm with residents or build on the ideas listed below:

- 🍷 Have a bucket decorating station. Have kids write a few questions on cards and put in bucket for human scavenger hunt.
- 🍷 Human Scavenger Hunt – Kids find the resident dressed like (the witch, the dancer, the baseball player, etc.); ask the resident a question about favorite treat; receive a treat and go on to next costume on the list.
- 🍷 Host an intergenerational art activity – ‘Canvas and Creepy Crawlers’ group painting activity.
- 🍷 Residents pre-make (knit/sew/glue) costume accessories for kids who need them (animal ears, tails, capes, wands, etc.)
- 🍷 Partner with kids to create short “Ad Lib” Ghost Stories and read these out loud for laughs.
- 🍷 Teach kids how to handle anxiety and fear with simple breathing techniques (Monster Breathing).



Nature Research

Stanford Researchers Find Mental Health Prescription: Nature

Do your Community Residents and Team Members have opportunities to walk in natural environments?

Over 50% of the world’s population lives in urban areas. Researchers have noted a decrease in the amount of time people spend in the natural environment and an increase in anxiety and other mental health disorders (including depression), especially in urban areas.

In 2015 Stanford researchers looked at the effect walking in nature had on the area of the brain associated with ruminating (brooding); a type of thinking associated with the onset of depression.

Study participants were divided into two groups. One group walked in a natural environment, the other group walked in a busy urban area. Researchers viewed the brain scans taken pre-walk and post-walk of all participants. They found no change in the brains of those who walked in urban environments, yet they saw a decrease in activity in the area of the brain where brooding takes place in participants who walked in a natural environment. The study suggests exposure to nature may provide a buffer against the onset of depression and anxiety disorders. [Watch the video \(2:08\)](#).

[Healthy Prescription: A Good Dose of Nature - 10 Reasons Why Nature is the Best Medicine](#)

[Watch the video \(3:40\)](#)

October National Observances

Healthy Living Month * Breast Cancer Awareness Month * Physical Therapy Month

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|------------|-----------------------|
| October 5 | World Smile Day |
| October 16 | World Food Day |
| October 27 | Make a Difference Day |
| October 31 | Halloween |



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Frozen Fruit Cubes



Summertime Snacking



Cucumber Sandwiches



Seasoned Roasted Vegetables



Fruit Kabobs

Monday
Orange Smoothie
½ cup orange juice
½ cup vanilla Greek yogurt
1 small orange, peeled and frozen
½ peach, peeled and diced
1 carrot – grated

Tuesday
Yellow Smoothie
¼ cup pineapple juice
¼ cup Greek yogurt
¼ cup frozen pineapple, diced
¼ cup frozen mango
1 banana, chopped
1 tsp grated ginger

Wednesday
Purple Smoothie
¼ cup pomegranate juice
¼ vanilla Greek yogurt
¼ cup frozen blackberries
¼ cup frozen blueberries
¼ cup cherries, pitted

Thursday
Red Smoothie
¼ cup almond milk
¼ cup Greek yogurt
¼ cup frozen raspberries
¼ cup frozen strawberries
¼ cup frozen watermelon

Friday
Green Smoothie
¼ cup orange juice
¼ vanilla Greek yogurt
¼ avocado, peeled
2 kiwis, peeled
1 handful of baby spinach

Smoothies



Rainbow Fruit Cup



Apple Cookies



1 cup chopped fruit
2 cups greek yogurt
a handful of chocolate chips

CHOBANI

Listotic.com

3 Ingredient FROZEN YOGURT BARK

Celery Stick Critters

