

# Masterpiece Matters – May 2018

... Your Monthly Need to Know News

 <p><b>May 2018 Network Call</b></p>	<p style="text-align: center;"><b>May 2018 Network Call</b> <b>Planning and Executing Successful Travel with Older Adults - The Sky is the Limit</b></p> <p>Join Dani Lomas, Activity Coordinator for the Terraces of Phoenix, as she shares her time-tested systems for: identifying travel locations, evaluating resident preparedness for safe travel, planning the trip and successfully executing the plans. Dani has traveled with Independent Living residents on 10+ overnight trips across the country. She will address the concerns and challenges that she has faced traveling with the residents of the Terraces over the past years and share best practices, locations, and techniques for safe and fun travel. Get ready to visit some beautiful sights!</p> <p><i>REMINDER – The May Network Call is scheduled one hour earlier (12 PM PT (Arizona) / 1:00 PM MT / 2:00 PM CT / 3:00 PM ET). <a href="#">Click here to register.</a></i></p>
<p style="text-align: center;"><b>SCAM ALERT!!</b></p>	<p>Masterpiece Living has been made aware of a scammer who is impersonating Masterpiece Living and asking for money. Both team members and residents have received this email. Please direct all suspicious emails to your Partnership Specialist.</p>
	<p style="text-align: center;"><b>Lyceum Follow-Up</b></p> <p>Author and activist, Ashton Applewhite, has been recognized by the New York Times, National Public Radio, and the American Society on Aging as an expert on ageism. She blogs at This Chair Rocks, speaks widely, has written for Harper's, Playboy, and the New York Times, and is the voice of Yo, Is This Ageist? The author of This Chair Rocks: A Manifesto Against Ageism, Ashton is a leading spokesperson for a movement to mobilize against discrimination on the basis of age. <a href="#">Click here to watch her Lyceum presentation.</a></p>
	<p style="text-align: center;"><b>CSA Application Dates</b></p> <ul style="list-style-type: none"> <li>• Portrait Data Range for application: Feb. 1, 2017 – Aug. 1, 2018 (18 months)</li> <li>• Pre-Qualification Checklist Open: Wednesday, July 11 – Wednesday August 8 (4 weeks)</li> <li>• CSA Application Window: Monday, August 13 – Friday, September 28 (7 weeks)</li> <li>• <b>CSA Application Due Date: Friday, September 28, 2018</b></li> </ul>
	<p style="text-align: center;"><b>Polish Your GEMS – May and June 2018</b></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, where participants practice and learn from each other. New participants should watch the GEMS Training videos 1 - 3 available on the MPL website (Training &gt; GEMS: Coach Training Resources) before attending a <i>Polish Your GEMS</i> coaching session. Join us!</p> <p><a href="#">Register here for:</a> Thursday, May 24 (12–1 MT) <a href="#">Register here for:</a> Wednesday, June 20 (11-12 MT)</p>
	<p style="text-align: center;"><b>Foundational Training / GEMS Coaching in Denver</b> <b>August 21<sup>st</sup> – August 22<sup>nd</sup></b></p> <p>Masterpiece Living is scheduling a two-day workshop in Denver. Tuesday, August 21<sup>st</sup> is Foundational Training. Wednesday, August 22<sup>nd</sup> is GEMS Coaching. Register for one or both. <a href="#">Click here to register.</a></p>

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## Brain Health University in August – 8/16 & 8/31

Dr. Rob Winningham will offer two live webinars in August. Each webinar will start with 20 minutes on a new topic, followed by a 30-minute Q&A.

- **Ten Brain Myths:** Thursday, August 16 (10 PT, 11 MT, 12 CT, 1 ET)
- **Multitasking and Mindfulness:** Friday, August 31 (10 PT, 11 MT, 12 CT, 1 ET)

Each community has the flexibility to work the program into their schedule as they see fit. The videos are all available for viewing on the MPL website. Each community also has a BHU DVD with the eight original video sessions.

Find additional Brain Health University Resources on the MPL website:

[Masterpiece Living Website -> Resources -> Campaigns and Programs by Masterpiece -> Brain Health University](#)



## Dr. Roger Landry Podcast

**How Language, Thoughts and Behaviors Affect How Healthy We Are as We Age**

[Click here to listen to the 40-minute podcast.](#)

## Consider Adding Laughter to Your Exercise Classes



- Dr. Roger Landry, preventive medicine physician, and author of the award-winning book *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*, speaks of laughter as a social connector that helps bind us to others, meeting a deep-rooted human need for connection. He quotes Victor Borge, (1909-2000), Danish comedian, conductor and pianist, who once said, “**Laughter is the shortest distance between two people.**”
- People who laugh often are usually optimists and view the half-filled glass as half-full, not half-empty. Having an optimistic attitude can enhance life and extend it by several years.
- **Laughter** is associated with stronger immune systems, so imagine how a daily dose of laughter might help keep the doctor away. Worth a try?
- Consider adding laughter to your exercise classes. The attached report highlights the benefits of incorporating planned laughter into your classes, including the benefit of participant retention rates.

[Laugh It Off: Exercise + Laughter Equals Benefits for Older Adults article](#)



## Why Repeat Reviews?

- For a better understanding of the value in repeating Lifestyle and Mobility Reviews read: [Another Review? Why It Matters](#)
- For fun theme ideas to incorporate into the review process read: [Review Participation Ideas 2018](#)

[Masterpiece Living Website -> Resources -> Resources by Topic -> Review Participation](#)

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Each month we will highlight a different Practice from a Partner Community



MPL Practices

**Virtual Reality Travel Club** - Every month, a group of Edgemere residents meet with a group of students to go on a Google Expedition to another country. The entire group travels to the same country together though individual virtual reality sets. After each trip, the residents work with the students using a Google Chromebook to search the internet for answers to questions about the culture, history, and lifestyle of the country they visited. The group then shares and discusses the trip and their research findings.



August National Observances  
Cataract Awareness Month\* National Immunization Awareness Month

August 5	Friendship Day
August 9	Book Lover's Day
August 15	Relaxation Day
August 26	Women's Equality Day

Tracy Spring Skiing



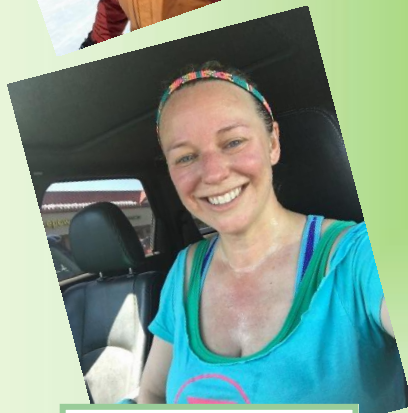
Teresa hiking Vernal Falls in Yosemite



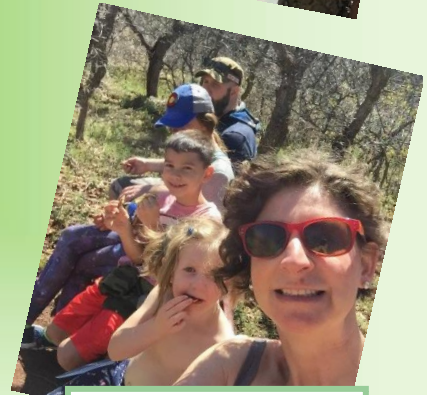
Amy and family playing disc golf



Amanda 80's Day at Orange Theory Fitness



Cera Earth Day hiking in Roxborough Park



Show us how YOU make movement matter this May!

Tag us on Facebook (@masterpieceliving) with your photos. #movementmatters