



# The Masterpiece Living Mosaic

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

June 2018 / July 2018

## Avoiding Nature Deficit Disorder

By: Dr. Roger Landry

I remember the first time I took my grandchildren out stargazing on our roof. My oldest grandson, Jackson, was all wide-eyed. "This is so cool! It's just like the planetarium!" For him, the planetarium was his first exposure to a night sky not diminished by light pollution. From then on, I made it my mission to expose my grandkids to as much nature as I could.

Nature has been our caregiver for eons. We are better when we are immersed in it, and yet most of us have to "go to" nature, schedule it, or just forget it's out there. One of the subtle, yet destructive, effects of all this? Our health and very humanity.

Richard Louv, author and child advocacy expert, calls the lack of nature in the lives of today's wired-in children a nature-deficit. In his book, *Last Child in the Woods*, he links some disturbing childhood trends, including obesity, attention disorders and depression, to this lack of a nature experience. And, in his groundbreaking book, *The Nature Principle*, he provides powerful evidence for the restorative powers of the natural world.

Time in the natural world promotes a reduction in anxiety, increased well-being, and better physical, cognitive, and emotional health - and not just for our children and grandchildren - for all of us. Into the woods! You'll be better for it.

[CLICK HERE](#) to watch a short video from Dr. Roger Landry on the benefits of nature.



## Nature Necessities

By: Teresa Amaral Beshwate, MPH

John Muir, mountaineer and father of the national parks famously wrote, "Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity." Although John Muir lived only until 1914, his words could not be truer today.

Humans were officially deemed an "urban species" in 2008 when the World Health Organization reported that, for the first time, more people in the world lived in urban rather than rural areas. "We evolved in nature. It's strange we'd be so disconnected," said



psychologist Elizabeth Nisbet in Florence Williams' book *The Nature Fix: Why Nature Makes Us Happier, Healthier and More Creative*. "Most of us don't know we're missing anything."

The Japanese, however, knew they were missing something when in the early 1990's they coined the term *Shinrin-yoku*, which roughly translates to "forest bathing." The Japanese studied the effects and found that the practice can boost immunity and mood, reduce stress and lower blood pressure. Nature makes us healthier and doesn't necessarily require forest. How might you get your nature fix today?

## May the Forest Be with You: *Masterpiece Living Honors Cathedral Village*



“The green spaces at Cathedral Village are unlike anything I have ever seen,” Amanda Baushke, Senior Partnership Specialist for Masterpiece Living, told the Mosaic. “Their greenhouses are located near the health center, making them accessible to residents and team members – providing a wonderful opportunity for people to socialize and connect with nature.”

**We had to experience it for ourselves and here is what we found:**

- Cathedral Village has 2,700 sq. ft. of dedicated space for two greenhouses (one for tropical and one for arid plants).
- They have an on-site horticultural therapist for education and wellness.
- All green spaces are easily accessible for residents to enjoy (regardless of where in the community they live).
- Cathedral Village provides workshops that encourage residents and team members engage with nature through gardening, botany lessons, and bird and insect observation.
- Their community even created a Zen Garden, Sensory Garden and gazebo to support plant-based therapy for wellness.

For these reasons, **Masterpiece Living is proud to name Cathedral Village a *Best of the Best* award winner for their unparalleled green practices.** Cathedral Village Horticultural Therapist, Ruth MacCarthy, told us, “Our greenhouses encourage people to connect with plants and with one another, for greater wellness. We will continue to encourage others to create their own green spaces for healthier living.” *Congratulations, Cathedral Village!*

## Congratulations to the *Living It Award Recipients!*



**W**e challenged. You accepted! This spring, Masterpiece Living launched the network-wide *Living It*® event designed to inspire and challenge people to try four new pursuits in the four components of successful aging (Physical, Social, Intellectual and Spiritual) over the course of four weeks. **Masterpiece Living would like to congratulate the following 2018 Living It Award recipients...**

- **Plymouth Village:** *Highest Blended Participation* – with 48% total involvement by team members and residents.
- **Someren Glen:** *Best System for Tracking Experiences* by creating SIPS Slips, which were used to measure pursuits in the four components of wellness by each participant.
- **Presbyterian Home at Williamsport:** *Most New Experiences by an Individual.* One enthusiastic resident tried 190 new things within 30 days! (*Congratulations, Mary Guthrie!*)
- **Ware Presbyterian Village:** *Most New Experiences by a Community and Most Unique New Experiences.* Collectively, participants tried a whopping 459 new pursuits – including a fully clothed pool plunge and cow milking!

*They're Living it!*

**Someren Glen enjoying educational, musical and historical activities at the Littleton Museum.**

