

Masterpiece Matters – August 2018

... Your Monthly Need to Know News



	<p style="text-align: center;">Foundational Trainings</p> <ul style="list-style-type: none">• Click here to register for: Denver, CO: Tuesday, August 21 (8:00 am – 4:30 pm)<ul style="list-style-type: none">○ This can be combined with GEMS Workshop on Wednesday, August 22 - see GEMS section below for cost/information• Click here to register for: Pittsburg, PA: Tuesday, October 2 (8:00 am – 4:30 pm)
 <p style="text-align: center;">GEMS</p>	<p style="text-align: center;">GEMS “How have you grown this month?” “What does “active” look like to you?” “What do you think is most important (to address) at this point?”</p> <p style="text-align: center;"><u>GEMS Coaching Workshop in Denver – Wednesday, August 22 (8:00 am – 4:30 pm)</u> Click here to register for: Wednesday, August 22 (8:00 am – 4:30 pm)</p> <p>Fine tune your coaching skills and learn how to ask powerful coaching questions to support residents choosing to make lifestyle changes. On Wednesday, August 22, Masterpiece Living will host a full day GEMS training in Denver, Colorado (8 am - 4:30 pm). This is the first time GEMS live training has been offered to the MPL network outside of the Lyceum. The first-time introductory fee for this full day of training (healthy breakfast and lunch included) is \$100.00. Participation in the full day training earns 5 GEMS. (4 GEMS are required for Emerald-level certification - 10 GEMS are required for Diamond-level certification.)</p> <p><u>Polish Your GEMS – August – September - October</u></p> <p>Click here to register for: Tuesday, August 28 (1pm – 2pm MT) Click here to register for: Wednesday, September 12 (10am – 11 am MT) Click here to register for: Tuesday, October 16 (1pm – 2pm MT)</p>
 <p>Kristine Rogers, MFCS</p>	<p style="text-align: center;">Meet Kristine Rogers our new Chief Operating Officer</p> <p>Masterpiece Living (MPL) Executive Chairman and CEO, Larry Landry, is proud to announce Kristine Rogers, MFCS as MPL's new Chief Operating Officer.</p> <p>Kristine has nearly 30 years of experience in senior living sales and operations, and as a lifestyle brand and innovation leader. She has served as Masterpiece Living’s Strategic Innovation Advisor since 2016. Kristine is an expert in all aspects of multi-site senior living operations and specializes in revenue optimization and creating data-driven business opportunities, as well as training and coaching high performance teams.</p> <p>Prior to her work with MPL, Kristine served as Vice-President of Marketing and Communications for the Alzheimer’s Association of Colorado. She has also provided leadership for respected companies in the aging field, including Atria Senior Living and HCR Manor Care. Kristine has been published extensively in academic and trade journals nationwide and has traveled the country as a keynote presenter.</p> <p>For fun, Kristine gives her Nordic Poles a good workout hiking North Table Mountain Trail in Golden, CO.</p>

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	<h3>2018 Movement Matters Awards</h3> <p>Masterpiece Living is proud to recognize the following communities as Movement Matters Award Recipients:</p> <ul style="list-style-type: none">• Most Movement and Most Inclusive – <i>The Barrington of Carmel</i>• Resident Participation – <i>Presbyterian Home at Williamsport</i>• Team Member Participation – <i>The Terraces at Los Altos</i>• Most Creative Theme – <i>Community Wellness Partners</i>• Intergenerational Impact – <i>The Terraces at San Joaquin Gardens</i>• Greater Community Impact – <i>Westminster Woods at Huntingdon</i>• Moving with Purpose – <i>Glen Meadows Retirement Community</i>
 <p>August 2018 Network Call</p>	<h3>August 2018 Network Call – Ask Dr. Roger</h3> <p>The August Network Call is your chance to ask award winning author and president of Masterpiece Living, Dr. Roger, anything that is on your mind. Whether it is his take on the historic events with which he was directly involved (including the Chernobyl Nuclear Disaster, the Beirut bombing of the Marine Barracks, the first seven Shuttle launches and the first manned balloon crossing of the Pacific, Vietnam or Chuck Yeager) or his thoughts on the future of senior living, best leadership practices, or how the vast human capital of older adults could solve most societal problems, the sky is the limit. Ask away.</p> <p>Submit your questions when you register or chat them in during the call. If you join from a computer, you may also raise your hand – you'll be unmuted and you can speak with Dr. Roger directly.</p> <p>Don't miss this unique, up close and personal opportunity to interact with Dr. Roger on August 7th, 2018 at 12:00 PT (and Arizona) / 1:00 MT / 2:00 CT / 3:00 ET.</p> <p>Register Now!</p>
 <p>New content</p>	<h3>Brain Health University in August – 8/16 & 8/31</h3> <p>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.</p> <ul style="list-style-type: none">• Ten Brain Myths: Thursday, August 16 (10 PT, 11 MT, 12 CT, 1 ET) REGISTER NOW <p>Click Here to submit questions to Dr. Rob for the August 16th Q&A.</p> <ul style="list-style-type: none">• Multitasking and Mindfulness: Friday, August 31 (10 PT, 11 MT, 12 CT, 1 ET) REGISTER NOW <p>Click Here to submit questions to Dr. Rob for the August 31st Q&A.</p> <p>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.</p>

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What's Your Data Story? Successful Aging Outcomes & Insights

We're excited about the meaningful stories of growth, resilience and purpose shared through the monthly periodical Successful Aging Outcomes & Insights (*formerly known as Data Revelations*).

These periodicals are available under your partner website log-in (*Resources > Resources by Topic > Successful Aging Outcomes & Insights*) and are available in PDF format to print on-demand, as well as easily editable for repurpose in your community newsletter or as a part of your prospect follow-up process.

Want to discuss what your data story is and how this supports your organization's brand promises? Be sure to chat with your Partnership Specialist on your next monthly call!



MPL Practices

Master Practice for Resident Engagement Community App Created at Edgemere

To meet the demand of the residents using technology, Edgemere created a community app the residents can download on their phone or computer. The app includes the fitness class schedule, daily activity schedules, dining menus, brain games, team member directory, resident directory, the resident handbook, volunteer opportunities, and the monthly newsletter. It's a one stop shop for residents to access all community information and for the community to post surveys, collect service request orders and send important messages out to the residents.

We'd love to hear your community's Master/Network Practices. By sharing these with other communities in the MPL network we can, as a group, learn from and support each other in raising the bar for successful aging. Please share best practices you think are unique or new with your Partnership Specialist or submit them using this link.



Follow-Up & Budgeting for 2019

Lyceum Follow-Up The Third Why by Dr. Roger Landry

In this brief video from the 2018 Lyceum, Dr. Roger Landry shares the reason collecting data is valuable to the individual, the community, and for the "greater good." Policy change occurs when multiples of thousands of data points prove something. When residents participate in the reviews year after year the data can prove growth is possible in individuals as they age, leading the way for important change in how our nation views and supports aging. [View the video](#)

Even though the location and dates have not been set yet for the 2019 Lyceum, it is not too early to budget based on 2018 prices.

Team Member Registration - \$375 * Resident Registration - \$275 * Hotel Cost - \$149/per night



MPL Intellectual Property Protection is Important

Please remember not to share MPL intellectual property with visitors or others outside of your community. This includes the Reviews and anything that is on the password protected side of our website. If you have any questions about materials, please contact your Partnership Specialist. Thank you.

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resilient

adjective re-sil-ient \ ri-'zil-yənt \

Definition of Resilient:

- characterized or marked by resilience: such as
 - capable of withstanding shock without permanent deformation or rupture
 - tending to recover from or adjust easily to misfortune or change

(From Miriam-Webster Dictionary)

Resilience is a 10-session exploration by Masterpiece Living that revisits and expands upon concepts introduced in Dr. Roger Landry's dynamic book, *Live Long, Die Short*. Resilience allows us to bounce back after physically, mentally, and emotionally stressful situations, adapt quickly to changes, and develop whole-person strength. Participants will leave with actionable tools to immediately enhance their own successful aging experience. Go to the MPL website: [Resources > Campaigns and Programs by Masterpiece Living > Resilience](#) for more information about bringing **Resilience** to your community.



November National Observances

National Alzheimer's Awareness ♦ National Family Caregivers ♦ American Diabetes

November 1:	All Saints' Day
November 4:	Daylight Savings Time Ends
November 6:	Election Day
November 11:	Veterans Day
November 13:	World Kindness Day
November 22:	Thanksgiving Day



The Nice Thing About Swimming Is...

- It's an indoor and outdoor activity.
- It provides life-long recreational and fitness fun.
- It offers competition with self or others.
- It's non-weight dependent.
- It offers full-body exercise.
- It has numerous health benefits.
- And....

This study suggests **swimming reduces the risks of dangerous in-home falls.**

[Click here to read the full study.](#)