

Masterpiece Matters – September 2018

... Your Monthly Need to Know News



Join Character Day - Wednesday, September 26th

We encourage your community to join the MPL team and over 130,000 groups across 150 countries participating in Character Day on September 26th.

Organized by the non-profit, *Let it Ripple*, Character Day is one of several initiatives supported by *Let it Ripple's* mission to “use film, technology, discussion materials, and live and virtual events to engage people in conversation and action around complicated subjects that are shaping our lives.”

A multitude of free-resources are available to support individuals and groups of all sizes in this exploration of Character. The format provided allows for customization of your experience on September 26th and/or throughout the year.

[Click here](#) to view the 80-second video on Character Day.

Here are some ways to incorporate Character Day:

- Let people know that they can discover their best qualities through a 15 minute scientific survey of character strengths. [Click here for survey.](#)
- Offer a schedule of short movie/video clips in your theatre throughout the day, September 26th. Invite residents, team members, family and/or the greater community.
- Access the [Education Resource Hub](#) containing 5,000+ curated resources to help develop character year-round.
- Select live topic presenters from around the world to highlight and view on September 26th (listed on website).
- Post the website links throughout the community so individuals can search what is of interest to them.
- Ask your Resident Council to determine best ways to share the information across the community and lead this initiative.
- Use discussion guides to ask questions and share conversation of character qualities at team meetings.
- Use these resources on September 26th and/or throughout the year.



10 Minute Topic Highlight

Fear of Falling

Did you know that 75-80% of falls that don't end up in injury go unreported? This statistic may not be that shocking because there are many stigmas and fears around reporting falls. It is estimated that the fear of falling impacts 26-55% of older adults and can lead to avoiding or limiting many daily activities like walking, shopping or taking part in social activities. In addition, the fear of falling can lead to a higher risk of falling, and further physical decline, such as decreased muscle strength and balance. Fear of falling can also lead to depression, social isolation, feelings of hopelessness, and more.

Discussion Questions:

- What do you think are some common fears around falling?
- Have you or someone you know avoided something because of a fear of falling?
- What are some ways we can come together as a community to support and encourage those around us that have a fear of falling?

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The Science Behind Happiness



Did you know that 50 percent of your happiness is predetermined by your genetic make-up? That means the other half of the formula is influenced largely by you! A research study conducted by the University of Minnesota found that human beings are born with a “happiness set-point”, or in other words, a default happiness level that we return to after positive or negative life experiences. The key to influencing your happiness regardless of your “set-point”— Positive Thinking! To find lasting happiness you first need to become aware of and focus on savoring positive experiences. The ability to savor enhances your ability to find joy regardless of life’s circumstances. This is because it increases your mindfulness and appreciation of positive experiences. Staying engaged and identifying your meaning and purpose in life are also key influencers of happiness.

Here are some ways to incorporate ‘Happiness’:

1. Snap a Picture Challenge: For 30 days, challenge residents and team members to draw or take one photograph a day of something they find meaningful, interesting, beautiful or enjoyable.
2. Gratitude Challenge: Place a gratitude bucket in a central location within the community for residents and team members to write down what they are thankful for. At the end of the challenge create a collage of written gratitude or tally them up and share with the community!
3. Gratitude Journal: Challenge team members/residents to keep a journal/notebook and fill it with things they are thankful for. Encourage them to create their own personal goal. For example, record 100 things they are thankful for in one month.
4. Say “Thank You.”: Encourage the community to choose someone who has had a positive impact on their life and write them a letter expressing their gratitude.
5. End the day on a bright note: At the end of each day, encourage team members/residents to think about three positive things that happened that day. At the end of the week, create the opportunity for everyone to come together and share how this activity impacted their happiness.

Sources: [In the Pursuit of Happiness](#) [10 Tips to Boost Your Happiness](#)

September 2018 Network Call

Retention 911: Hiring, Inspiring, Engaging, Retaining with Christopher Ridenhour

No more “churn and burn.” No more wishing, hoping, or crossed fingers to keep folks from rushing to the exits! Are you ready to make this the Year of Retention? Great news ahead. This webinar with Christopher Ridenhour promises to transform the energy traditionally reserved for handwringing, complaining, and worrying about the workforce crisis into strategies that create an inclusive, positive, and fair work environment.

Objectives:

1. Strengthen skills as a workplace coach, role model, and mentor for greater staff engagement, customer care, and stress-reduction.
2. Identify behaviors designed to increase retention, workplace satisfaction and readiness to accept the changes impacting our industry.
3. Learn the process of selecting communication strategies designed to motivate and inspire colleagues toward open and harmonious workplace cultures.

[Register Now!](#)





MASTERPIECE
ACADEMY

September 4, 2018

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 <p>MASTERPIECE ACADEMY</p>	<p style="text-align: center;">Foundational Trainings</p> <ul style="list-style-type: none">• Click here to register for: Pittsburg, PA area: Tuesday, October 2nd (8:00 am - 4:30 pm)• Click here to register for: Seattle, WA area: Tuesday, October 23rd (8:00 am - 4:00 pm)
 <p>GEMS GROWTH • EMPOWERMENT • RESILIENCE • SUPPORT A Coaching Approach to Successful Aging Conversations</p>	<p style="text-align: center;">GEMS</p> <p style="text-align: center;">Polish Your GEMS Coaching Call: September - October - November</p> <p>Click here to register for: Wednesday, September 12 (10am - 11 am MT)</p> <p>Click here to register for: Tuesday, October 16 (1pm - 2pm MT)</p> <p>Click here to register for: Thursday, November 15 (12 Noon MT)</p>