

Masterpiece Matters – October 2018

Masterpiece Essentials



- October 2 Network Call - Minimize Stress and Maximize Mindfulness: [Info or Register Here](#)
- October 16 Polish Your GEMS Practice Coaching Call: [Info or Register Here](#)
- October 23 Foundational Training in Seattle: [Info or Register Here](#)
- November 15 Polish Your GEMS Practice Coaching Call: [Info or Register Here](#)
- **No** December 2018 Polish Your GEMS Practice Coaching Call
- *December Monthly Call by request*

Research Applied



The Power of Social Connection

"How we bond and stay attached to others is at the core of our resilience, self-esteem, and physical health," Cozolino writes. "We build the brains of our children through our interaction with them, and we keep our own brains growing and changing throughout life by staying connected to others."

- Dr. Louis Cozolino, Author of Timeless: Nature's Formula for Health and Longevity

The relationships we have with other human beings largely influence our successful aging journey and may be more impactful than you think. In fact, Dr. Louis Cozolino, professor of psychology at Pepperdine University states, "Of all the experiences we need to survive and thrive, it is the experience of relating to others that is the most meaningful and important." In fact, research has shown that social connections are associated with better memory, among other cognitive benefits.

A few ways to incorporate this research into your community:

- **Host a "Speed-Social Connection" Event:** Similar to "Speed-Dating", host an event at your community in which team members and residents can connect and learn more about each other. The purpose is to provide a platform for individuals to see where their common interests lie.
- **Connection Campaign:** Host a week-long campaign sharing the importance of social connection in maintaining cognitive health and addressing loneliness and isolation.
- **Social Connection Walking Club:** Create a walking club in your community for double the benefits. Not only does social connection promote brain health, but so does walking!
- **Social Bingo:** Create an opportunity for team members and residents from all levels of living to learn more about each other through Social Bingo.
- **Monthly Check-In:** Tap into your Partnership Specialist's knowledge and explore ways that you can create more meaningful social connections within the community.

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

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At A Glance



10 Minute Topic Update

What: 10 Minute Topics are REORGANIZED

Why: This provides a more intuitive and user-friendly search process

Benefits: Quickly find topics organized within the four components - Social Engagement, Intellectual Vitality, Physical Health, Spiritual Fulfillment (SIPS) and within the Masterpiece Living Programs

The 10 Minute Topics Easy Search Document is located on MPL website under **Resources > Programs and Campaigns by Masterpiece > 10 Minute Topics > 10 Minute Topics Easy Search Document**. Start with the 'Directions' tab.

10 Minute Topics Easy Search Document Directions

1) Organization

* This document is organized in two ways: SIPS Components and MPL Programs (see image below).

SIPS

Programs

Directions

TED Talk - There's More to Life Than Being Happy

Watch this thought-provoking TED Talk given by Emily Esfahani. She explains the difference between being happy and having meaning in life. Learn more about what she defines as the Four Pillars of a Meaningful Life: belonging, purpose, transcendence and storytelling.

Watch Here:

https://www.ted.com/talks/emily_esfahani_smith_there_s_more_to_life_than_being_happy

Website Dashboard Update

The dashboard calculation for Review Participation has been updated. Previously, the Review Participation calculation on the dashboard was based on the **active** number of users for your community in each level of living. An active account is any account in the MPL Website that has not had the "inactive" box clicked within the user's profile.

Now, the Review Participation is based on your community's demographics found in the "My Communities" section of the MPL Website. The demographics will be updated each year by the main point of contact on the champion team to accurately reflect the number of residents living at your community each year. Please log in to the website to update the community demographic data for each of the years 2015-2018 by December 1, 2018. Your Partnership Specialist will prompt you to update the data in 2019.

[Click here](#) to see the pathway for entering your demographic information.