

Masterpiece Matters – November 2018

Masterpiece Essentials



- **November 6 - Network Call: A Dialogue on Dying Short:** [Click here for more information or to Register.](#)
- **November 15 - Polish Your GEMS Practice Coaching Call:** [Click here for more information or to Register.](#)
- **January 18 - Polish Your GEMS Practice Coaching Call:** [Click here for more information or to Register.](#)
- **No** December 2018 Polish Your GEMS Practice Coaching Call.
- December Monthly Call by request.
- [2019 Purposeful Planning Toolkit](#) now available on the website.
- **Living It Campaign:** During the month of February, Masterpiece Living partner communities across the country participate in the **Living It** Campaign. The campaign is designed to encourage residents, team members and family members to create new neural pathways in their brains by trying new pursuits in the areas of social engagement, spiritual fulfillment, physical health and intellectual vitality. The overarching theme is social connectedness. More information is available on the *MPL website under Resources > Campaigns and Programs by Masterpiece > Living It.*
- **Valuing Gray - Video Submissions Accepted August 26-30, 2019:** The Valuing Gray Award recognizes organizations that develop systems for leveraging the value, skills, talents, wisdom, and experience of older adults to solve society's challenges. More information is coming soon.
- **Nourish:** Masterpiece Living's Nourish is a four-session interactive course that helps participants (i.e., residents, team members, family members) learn, discuss and explore new ways to support healthy aging through good nutrition. The new year is quickly approaching and is often a time when individuals reflect on their nutrition habits. Some minor updates have been made to Nourish so be sure to download the updated version. *More information is available on the MPL website under Resources > Campaigns and Programs by Masterpiece > Nourish.*

Research Applied



The Effects of Drumming on Working Memory in Older Adults

A recent study by Degé and Kerkovius concluded there is a link between musical training, verbal memory (retaining words and verbal items in our working memory) and visual memory (retaining mental images in our working memory). In this study, 24 females with an average age of 77 were trained in drumming for a total of 15 weeks. After the musical training, several memory tests were conducted. As a result of the musical training, the women were able to remember more words from a list, as well as more sequences of symbols than participants who did not receive any musical training. Therefore, the researchers have shown that actively participating in musical activities, learning new musical skills, and actively challenging the brain can improve both verbal memory and visual memory.

How can we help support strengthening verbal and visual memory skills?

- Seek out opportunities to engage in active music programs within your greater community.
- Gather a group (i.e., residents, family, children, team members, volunteers, etc.) and offer a musical drum circle monthly. There is no right or wrong way to drum - everyone can participate and contribute to the greater sound. The more who participate, the more interesting and energizing the circle becomes. Consider inviting a music therapist, or music student volunteer to get involved and even lead the circle.
- Partner with a music store to offer instrument rentals and on-site lessons.
- Choose an instrument you've never heard of and teach yourself how to play it. Offer mini-recitals to show what has been learned and to encourage others to continue to grow and develop similar skills.
- Partner resident musicians or team member musicians with others who'd like to learn - using and adding to skills, talents and abilities within your community.
- Look for intergenerational opportunities to play or learn together.
- Offer an art class that focuses on making instruments for a drum circle. Search the internet to learn how instruments can be made from gourds and recycled materials.
- Seek out drumming lessons on YouTube.
- Drum along to several of your favorite songs, trying different patterns and beats.

Degé, F., & Kerkovius, K. (2018). The effects of drumming on working memory in older adults. Annals of the New York Academy of Sciences, 1423(1), 242-250. doi:10.1111/nyas.13685