

# Masterpiece Matters – December 2018

## Masterpiece Essentials



- **December 4 Network Call: Improve the Future of Your Lifestyle Services While Increasing Revenue.** [Click here for more information or to register.](#)
- **Polish Your GEMS Practice Coaching Call:**
  - No December Practice Call
  - Friday, January 18<sup>th</sup>: [Click here for more information or to register](#)
  - Monday, February 11<sup>th</sup>: [Click here for more information or to register](#)
- December Monthly Call by request.
- **Foundational Training at Edgemere in Dallas, TX - Open to the Network:**
  - Wednesday, January 23<sup>rd</sup>, 8:00 – 4:30
  - [Click here to register](#)
- [Purposeful Planning Toolkit](#) now available on the website.
- **Living It Campaign** begins in February. More information is available on the *MPL website under Resources > Campaigns and Programs by Masterpiece > Living It.*
- **Centers for Successful Aging (CSA)** – The MPL Team would like to **Congratulate** the following communities for earning their CSA designation this year: Beacon Hill Retirement Community, Friendship Village of South Hills, Peconic Landing and The Barrington of Carmel.

## Innovation



- **2019 Lyceum Announcement**  
Exciting news! In 2019 the Lyceum will be high tech with keynote speakers, topics and resources available virtually throughout the year. [Watch the video.](#)
- **Masterpiece Life Announcement**  
Masterpiece Life is a new product that offers senior housing providers the unique opportunity to nurture and engage depositors and prospects through an individual online subscription. [Watch the 8 minute demonstration video.](#)

## Research Applied

### Anxiety Can Affect Working Memory

Think of a time when you experienced a high-anxiety moment. Were you fully aware of what was going on around you at the time? Could you focus on all the details? Did you forget something about the situation or event?

In a 2016 study (referenced below), older adults without any serious health conditions were evaluated for memory tests on a self-reported basis. The data was analyzed to differentiate between anxious and depressive symptoms. The types of memory measured in this study included immediate memory, story recall, and list learning. Researchers concluded that primarily anxious residents experienced memory problems as opposed to those who were depressed.

One explanation for this influence is that anxiety increases the brain's attention to threat-related stimuli. For example, when an individual is called to eliminate irrelevant information and focus on a task at hand, intrusive thoughts fueled by threat are processed more efficiently and interrupt the process of encoding, storing, and recalling memories.

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Therefore, when working with older adults, it is important to take note of memory lapses possibly caused by anxiety and recognize this may not be dementia.

Ways to support residents in reducing worries and maintaining a sharp mind:

- Offer classes on mindfulness, mindful breathing, meditation or yoga.
- Provide a mini-series on caring for your mind as part of your total health. Invite local experts to share information and identify supportive resources.
- Identify chaplains and others within your community, or the greater community, who residents can connect with when feeling worried or anxious.
- Offer experiences where one can play or listen to calming music.
- A quiet meditation room or healing garden can serve as a calming environment within the community.
- Check out the website for the [Greater Good in Action](#) at UC Berkeley. Utilize practices that address anxiety, worry, fear, etc.
- Encourage more participation in physical activities to support the mind-body connection.
- Offer classes or opportunities for journaling, letting participants socialize with others while also journaling to clear the mind, express thoughts and look at things from a different perspective.
- Encourage participation in group and individual intellectual challenges - do puzzles, play games, read more and participate in engaging activities.

*Williams, M. W., Kueider, A. M., Dmitrieva, N. O., Manly, J. J., Pieper, C. F., Verney, S. P., & Gibbons, L. E. (2016). Anxiety symptoms bias memory assessment in older adults. International Journal of Geriatric Psychiatry, 32(9), 983-990. doi:10.1002/gps.4557.*

## At A Glance



### **What Makes YOU Happy?**

Watch this short, inspiring intergenerational video created by Soul Practice, highlighting individuals of all ages asking the question, ***“What makes you happy?”*** Upon watching the 3-minute video you will discover that regardless of our own age, we are much more alike than we are different.

 **Happy  
Holidays**  
