

# Masterpiece Matters – February 2019

## Masterpiece Trainings

### February Network Call: Stay Vertical with the Mobility Review

Did you know that 1 in 2 adults 80+ experience a fall? Or that every 11 seconds an older adult is treated in the ER for a fall? Or that falls are the leading cause of fatal injury among older adults? Join us on February 5<sup>th</sup> to learn more about fall Statistics, MPL resources and the dynamic agility course at St. Andrew's Village. (Sources: *Aging.com, National Council on Aging, U.S Centers for Disease Control and Prevention, Comfort Keepers*)

[Click here for more information or to register](#)

---

**Polish Your GEMS Practice Coaching Calls:** These practice sessions are for those interested in learning simple techniques to support others in moving healthy ideas into action.

- Monday, February 11<sup>th</sup> (11 am MT): [Click here for more information or to register](#)
- Friday, March 22<sup>nd</sup> (10:30 am MT): [Click here for more information or to register](#)
- Wednesday, April 17<sup>th</sup> (12 noon MT): [Click here for more information or to register](#)

## Masterpiece Essentials

**Centers for Successful Aging (CSA's)** are communities that demonstrate sustained successful aging cultural enhancements. Sustained enhancements are policies, procedures and operations related to successful aging which are woven into the fabric of the organization. For more information about applying for CSA, contact your Partnership Specialist.

### New Applicant Updates:

- The 2019 CSA Criteria and Measures, Qualification Checklist and Videos are available on the MPL website under *Resources*.
  - The Readiness Questionnaire will be available *mid-July*.
  - The application link will be opened **Wednesday, August 14, 2019**.
  - Completed applications are due **Friday, September 27, 2019 at midnight Mountain Time**.
  - The CSA Application Fee is **\$1,200**.
- 

**ICAA Membership Info:** As part of your Masterpiece Living partnership, your community receives 5 memberships to [The International Council on Active Aging \(ICAA\)](#). You receive a copy of ICAA's publication: **The Journal on Active Aging** and access to numerous resources on the ICAA website. If searching something on the ICAA site that is password protected, enter this member number and password: **MEMBER#: 5114 / MEMBER PASSWORD: masterpiece**.

You will find a wealth of information, tools, resources and back issues of all ICAA publications. The **Member Toolkit** provides exclusive tools that are available to you as a member. Additionally, you will receive the ICAA Research Review as part of the ICAA Newsletter.

You can schedule a 'how to access' tour of the ICAA Website by calling 1.866.335.9777. *Note: It is important that ICAA is on your safe list and not blocked by a firewall so that emails from ICAA get to your inbox. All resources will come from [jmilner@icaa.cc](mailto:jmilner@icaa.cc) or [info@icaa.cc](mailto:info@icaa.cc).*

# Masterpiece Matters – February 2019

## Highlighted Programs / Campaigns

**Living It Campaign:** This 4-week campaign runs throughout the month of February. It is designed to inspire and challenge participants to try new pursuits in the four components of successful aging (Social Engagement, Intellectual Vitality, Physical Health and Spiritual Fulfillment). Focusing on one component per week, participants are encouraged to try four new activities within that component. Living It resources and social media tools can be found on the MPL website under *Resources > Campaigns and Programs by Masterpiece > Living It*. All story submissions are due by midnight on March 1<sup>st</sup>.

---

**Brain Health University Program:** Is your community planning to participate in the BHU video series and the Live Q&A sessions in April? The video series and resources are available on the MPL website: *Campaigns and Programs by Masterpiece > Brain Health University*.

- **BHU Live Q&A Part 1: Monday, April 8<sup>th</sup>, 1 pm – 2 pm MT**
- **BHU Live Q&A Part 2: Thursday, April 25<sup>th</sup>, 11 am – 12 noon MT**

Registration and topic information for the Q&A's will be sent out at a later date.

---

**Movement Matters Campaign:** MPL invites your organization to participate in the Movement Matters campaign taking place across the MPL network in May! This is a month-long campaign centered on increased movement and overall wellbeing. The goal is to motivate and inspire others to move more and sustain their increased movement throughout the year.

Research tells us that a sedentary lifestyle puts us at greater risk for heart disease, some cancers, Type 2 diabetes, stroke, bone loss, dementia, and a host of other chronic conditions. The Center for Disease Control recommends 150 minutes, or 2.5 hours, of physical activity per week for greater health. Physical movement can include activities like dancing, yoga, stretching, water exercise, walking, cycling, strength training, gardening, cleaning, playing with children and lots more!

## Join the Movement - Fireside Conversations

The Fireside Conversations newsletter was launched in the winter of 2014 by Dr. Roger Landry as a way to keep the conversation of successful aging going following the release of his award-winning book, *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*. Twice a month, subscribers will receive insightful messages from Dr. Roger to keep them motivated and living in authentic health. Learn more at [LiveLongDieShort.com](http://LiveLongDieShort.com). To sign up for Dr. Roger's bi-weekly Fireside Conversations Newsletter [Click Here](#).

To read a copy of the most recent Fireside Conversation Newsletter – Farewell to a Miracle [Click Here](#).

## Research Applied

**Increasing Processing Speed and Memory through Background Music:** Studies have shown that processing speed (the pace at which you take in information, make sense of it, and begin to respond) is one of the strongest predictors of cognitive performance in older adults. Did you know that processing speed slows down as we age?

By engaging in stimulating cognitive exercises, you can learn, train, and improve your processing speed, thus slowing the cognitive effects of aging. Remember, the more neural circuits we use, the stronger they become. A recent study concluded that overlapping cognitive tasks with background music taps into the declarative memory (memory of facts and events) and increases processing speed in older adults.

In this study, researchers administered various timed recall tests to a group of 65 older adults who had no musical training. The researchers played two pieces that have been proven to induce both high and low levels of arousal: Mozart's *Eine Kleine Nachtmusik* (positive background music with fast tempo and major mode) and Mahler's 5th symphony *Adagietto* (negative background music with slow tempo and minor mode) during these brief testing procedures.

Results showed there was a significant gain in declarative memory for those who listened to both pieces of music. Findings also included that listening to the Mozart piece, or positive upbeat music, can drastically increase processing speed in older adults.

*(Bottiroli, S., Rosi, A., Russo, R., Vecchi, T., & Cavallini, E. (2014). The cognitive effects of listening to back-ground music on older adults: Processing speed improves with upbeat music, while memory seems to benefit from both upbeat and downbeat music. Frontiers in Aging Neuroscience, 6. doi:10.3389/fnagi.2014.00284.)*

Masterpiece Living Applications: How to increase processing speed and declarative memory

- Check out Dr. Rob's brain games and puzzle resources on the MPL website: *Resources > Dr. Rob's Resources*.
- Give yourself a time limit to complete puzzles.
- Change up the types of puzzles you normally play - for example, do sudoku instead of a crossword puzzle.
- Sing along to music that is upbeat and makes you happy. For example: "9 to 5" by Dolly Parton, "Respect" by Aretha Franklin, and "Build Me Up Buttercup" by The Foundations.

# Masterpiece Matters – February 2019

## Other Successful Aging Resources

**Human Longevity Project:** "...a documentary film series that will take you on an exciting journey around the globe, on a mission to discover the secrets of the longest-lived and healthiest populations on Earth. Filmed over 2 years, in over 50 locations, in 9 countries, on 3 continents, this film will uncover the key lifestyle, environmental, and physiological components to avoid chronic disease, increase health span, and put the brakes on aging in our modern world."

9 video episodes, about an hour each, that may bring inspiration to you, your community and the greater community.

- The episodes are short clips of interviews with doctors, psychologists and people living the longest and the healthiest
- **Summary of the project**
  - **First Episode** – The Truth About Aging: Can it be slowed or even reversed?
  - **Watch Episode 7** – Purpose, Gratitude & Community
- **Sign up** to watch each episode for free on the day it is released. The series will be live May 8- May 16 at 5pm EST.