

## Masterpiece Essentials



- **January Network Call – Celebrating Human Capital through Mentorship** will take place on **Tuesday, January 8<sup>th</sup>**. [Click here for more information or to register](#)
- **Polish Your GEMS Practice Coaching Call:**
  - Friday, January 18<sup>th</sup> (12 Noon MT): [Click here for more information or to register](#)
  - 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](#)
- **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](#)
- [2019 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*. Watch for an email announcement the week of January 7<sup>th</sup>.
- **Brain Health** Live Q&A webinars:
  - Monday, April 8<sup>th</sup>, 1 - 2 pm MT
  - Thursday, April 25<sup>th</sup>, 11 – 12 pm MT

## Research Applied



### Promoting Spirituality through Everyday Strengths-Based Practices

When was the last time you felt deeply connected to something greater than yourself? How did this connection contribute to your overall happiness and well-being? Engaging in spiritual practices probably boosted your mood and your overall health, as new research suggests.

Beyond connecting to something greater than oneself, spirituality can be defined as exploring the deepest values and meanings by which people live, or by discovering the inner path that enables a person to explore the essence of their being.

A recent study (see reference below) focused on the inverse relationship between inner strength and depression in older adult populations. By interviewing 12 older adults with depression, researchers reported common themes that were elicited in their healing processes: **a sense of emotional connection, dialogue with life, and discovery**. These results suggest that by focusing more on the narrative of the individual and by encouraging strengths-based practices, team members can more fully encourage a more spiritual and positive successful aging experience.

#### **This study has proven that the following themes have led to increased spiritual well-being of residents:**

- *Trusting caregivers and family members.*
- *Being able to genuinely perceive people's kindness and gentleness.*
- *Recognizing an emotional commitment to people in the community.*
- *Promoting feelings of accomplishment when talking about life.*
- *Reinforcing self-concept in how their legacy will be passed down to future generations.*
- *Increasing affirmations.*
- *Discovering new ways of living and new views of the world through the current experience.*

Tanaka, K. (2018). *Strengths promoting the recovery process in older adults with depression*. *Journal of Clinical Nursing*, 27(15-16), 3032-3043. doi:10.1111/jocn.14359

# Masterpiece Matters – January 2019

## **Masterpiece Living Applications:**

- Be familiar with your community's Lifestyle Portrait data on Meaning and Purpose.
- Offer a program to view and discuss the [TED TALK](#) by Emily Esfahani Smith "There's more to life than being happy" about belonging, purpose, transcendence and defining your life through story telling.
- Build genuine rapport with residents by taking the time to identify and tailor your care to their specific needs.
- Use active listening when engaging with residents. Let them know you have time and they are important.
- Encourage team members and residents to share their Lifestyle Review goals (or successful aging goals) with each other and connect through shared experiences.
- Encourage your communities to participate in the MPL Human Capital Survey.
- Create resident-led support systems (i.e., matching residents based on common interests, increasing resident-led programming).
- Ask residents questions about their interests and life journey to facilitate more uplifting and meaningful discussions.
- Use [Story Corps](#) and/or resident and team member highlights to encourage connection (Share interests, life journey, etc.).
- Create an opportunity for families, friends and team members to write notes to residents highlighting their strengths or expressing gratitude for things they have learned from them.
- Incorporate mindfulness practices and learning into the community program calendar.
- Tune into the virtual Lyceum coming this year.