

Masterpiece Matters – March 2019

Masterpiece Trainings

March Network Call: Join us on Tuesday, March 5th for a discussion on Team Member Wholeness.

“When ‘I’ is replaced with ‘we’ even illness becomes wellness.” While it’s not a new concept that team member wellness is important, it is as relevant as ever in our fragmented, busy and often isolating world. Join MPL and special guests for an exploration of team member wholeness through community wellness.

- Get curious about the research findings
- Explore the supporting MPL tools
- Learn from another community’s award-winning initiative

12:00 PT / 1:00 MT (and Arizona) / 2:00 CT / 3:00 ET [Click here for more information or to register](#)

Polish Your GEMS Practice Coaching Calls: These calls are for those interested in learning simple techniques to support others in moving healthy ideas into action and preparing for the Lifestyle/Mobility Review Follow Up sessions.

Friday, March 22nd (10:30 am MT): [Click here for more information or to register](#)

Wednesday, April 17th (12 noon MT): [Click here for more information or to register](#)

Thursday, May 9th (11:00 am MT): [Click here for more information or to register](#)

Highlighted Programs / Campaigns

Brain Health University Live Q&A Session Topic: The Effects of Movement on Brain Health

Dr. Rob Winningham will be available for live Q&A sessions following his presentation on movement and brain health. The topic content will be the same on both calls, but questions will be different based on what is submitted ahead of time or asked directly during the live call. Questions submitted by April 1st will be used for the first Q&A session and all remaining questions submitted through April 18th will be used for the second Q&A.

[Register for:](#) Monday, April 8th, 1 pm – 2 pm MT

[Register for:](#) Thursday, April 25th, 11 am – 12 Noon MT

[Submit Questions to Dr. Rob](#)

The BHU video series and resources are available on the MPL website: ***Campaigns and Programs by Masterpiece > Brain Health University.***

Valuing Gray Video Campaign: The MPL Valuing Gray Award recognizes organizations that develop systems for leveraging the value, skills, talents, wisdom, and experience of older adults to solve current challenges in our society.

Communities and organizations are invited to submit an application and video to be eligible for the award. The public will have the opportunity to vote for their favorite video(s) on a social media platform. Submissions for the award are made with the understanding that they have a positive impact within your local community or larger reach. [Video submission window is August 26 - 30, 2019.](#)

Below are helpful videos from Sky Bergman, Professor of Photography and Video in Art & Design at Cal Poly State University, on filming techniques, storytelling and messaging for videos: [Lyceum Presentation \(Storytelling\)](#) or [Lyceum Clip \(Storytelling to convey a message\)](#)

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ICAA Resources

ICAA NuStep Beacon Award: [The Beacon \(Best in Wellness\) Award](#) recognizes senior living communities fostering an environment that embraces wellness as a way of life for all who live and work in the community. Using dimensions of wellness as a foundation, these communities partner with residents and team members to create relevant, meaningful opportunities that empower participants to improve their quality of life. There will be 25 award recipients chosen in 2019. Review the [application criteria](#). The [application](#) deadline is April 15.

Other Successful Aging Resources

Go4Life: Masterpiece Living is excited to share that we have an emerging National Partnership with [Go4Life from the National Institute on Aging at NIH](#). Stay tuned for a more formal announcement, but in the meantime checkout free resources available on their website.

Fireside Conversations with Dr. Roger Landry

The Fireside Conversations newsletter was launched by Dr. Roger Landry to keep conversations of successful aging going following the release of the award-winning book, *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*. Learn more at [LiveLongDieShort.com](#). To sign up for Dr. Roger's bi-weekly Fireside Conversations Newsletter [Click Here](#).

To read a copy of the most recent newsletter – Timelessness: What We Can Learn from the Islanders [Click Here](#).

Research Applied

Taking it a Step Further: Intergenerational Yoga: Yoga has spiked the interest of people all around the world due to the positive effects regular practice has on physical, mental, and spiritual health. Benefits of this form of exercise include reduced joint pain, healthier sleep habits, increased weight loss, improved stress management, controlled blood sugar levels, decreased anxiety and depression. When asked which type of movement or exercise they are most interested in trying next, one survey of 46-65 year-olds listed yoga as their top choice. As a matter of fact, this is the preferred group exercise choice of all ages, so it offers a great opportunity to create intergenerational connections.

When people of all ages participate together, the benefits of yoga are enhanced, and active lifestyles are promoted. Intergenerational interactions through common interest are proven to reduce loneliness, debunk ageist stereotypes and provide meaningful connections. If your community does not currently offer yoga, consider partnering with a local yoga studio, recreation department, YMCA, or university fitness team to explore this opportunity to boost well-being within your community.

For more fitness statistics read the report from [MINDBODY 2019 on Fitness in America: Behaviors, Attitudes, and Trends](#).

Masterpiece Living Applications: Adding Movement through Yoga

- Educate residents and team members on the benefits of yoga, promoting this form of movement adaptable for all levels of physical ability.
- Start meetings and classes with a 5-minute yoga exercise that involves deep breathing and brief stretching. Take breaks at meetings with similar practices.
- Bring local yoga classes in to your community or seek opportunities nearby.

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- Offer to host beginner-level classes for a local studio and encourage attendance from residents, team members and the greater community.
- Seek out instructors who can adapt the exercises to chair and bed-yoga.
- Volunteer your community as a location for instructors-in-training to complete their teaching hours. RYT (Registered Yoga Teacher) has 7,000 registered schools nationwide. In order to become certified, students are required to complete teaching hours under the supervision of trained instructors. Invite team members and family.
- Invite elementary, middle, or high schools to bring their P.E. classes to the fitness center to practice yoga together, increasing opportunities for intergenerational connection. (Note: In some areas private schools have more flexibility to schedule this). Also consider student clubs and service groups.
- Target some of your yoga offerings to Mom-Tot/Parent-Preschooler exercise groups in your area. Not only could this save parents money, but it is likely to provide added fun for residents.
- Inform residents about the RYT 200 Yoga Teacher Certification to encourage resident-led programming and continued learning.
- Encourage regular practice of simple meditative techniques and provide quiet spaces throughout your community for residents and team members to enjoy.

[Find a Yoga School Near You](#)

[Become Certified to Teach Yoga](#)

Yoga is considered a safe form of physical activity for healthy individuals when practicing under the supervision of a certified instructor.