

# Masterpiece Matters – April 2019

## Masterpiece Trainings

**April Network Call: Join us on Tuesday, April 2nd for [Taking Volunteers: Help Yourself by Helping the Community](#).**

Aristotle once said, “The essence of life is to serve others and do good.” We can’t think of a better way to broadly describe the impact volunteers have on our society. An equally beneficial aspect of public service is the improvement of one’s own health and wellbeing.

Masterpiece Living invites you to join us as we discuss volunteerism and take a look at what other senior living communities and organizations are doing around the country to serve others. Be prepared to bring your own community best practices and successes to share with the network if time permits.

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

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**Polish Your GEMS Practice Coaching 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. Keep in mind the following:

- Coaching call sessions are limited to 14 people.
- Registration for each session closes 7 days before the call.
- A calendar invitation with connection information from the host will be sent 3-5 days before the call.

Upcoming Sessions:

- 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](#)
- Monday, June 10<sup>th</sup> (10:30 am MT): [Click here for more information or to register](#)

## Highlighted Programs / Campaigns

The **Movement Matters Campaign** begins on May 1<sup>st</sup>. **Important: The contest format has changed. Movement Matters will be a social media based contest and promoted just like the Living It campaign.** Watch for detailed instructions to arrive by email mid-April. Website resources are also being updated to include the social media component and fitness resources from our partner [Go4Life \(National Institute on Aging\)](#). If you have questions, please contact your Partnership Specialist.

**Movement App Options:** [Check out these app options.](#)

The MPL Team will be supporting a charity as part of our Movement Matters 2019 Campaign using the **Charity Miles** app.

**Charity Miles Cost:** Free - Available for iOS and Android devices

**Description:** “Help yourself while helping others.” Log your workouts and support a charity at the same time. Through corporate sponsors, your moment translates to dollars for the charity of your choice.

**Benefit:** Create a team that moves and supports others together.

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## 2019 Virtual Lyceum

### SAVE THE DATES!

- What is the Virtual Lyceum format?
  - Round 1: Keynote and Breakout sessions (June 2019 / August 2019)
    - Keynote Speaker: June 5<sup>th</sup>
    - Breakout Sessions: August 20<sup>th</sup> – 23<sup>rd</sup>
  - Round 2:
    - Keynote Speaker: November 2019
    - Breakout Sessions: January 2020
  - Sessions are pre-recorded and will be accessible through the MPL website on the date of their release. A virtual interactive experience with the Masterpiece Network for each breakout session will be available at a pre-scheduled time on the same day of the release via video conference software.
- Who is the target audience?
  - Anyone who is aging, so that means you!
- How do I participate?
  - The Virtual Lyceum can be viewed from the comfort and convenience of your own community.
- What is the cost for the 2019 Virtual Lyceum?
  - The 2019 Virtual Lyceum is a no-cost partner benefit