

# Masterpiece Matters – May 2019

## Masterpiece Trainings

### May Network Call: Join us on Tuesday, May 7 - Boosting Your Fitness Offering with Go4Life

Dr. Robert Butler, former Director of the National Institute on Aging, once said “If exercise could be packed into a pill, it would be single most widely prescribed and beneficial medicine in the nation.” Dr. Butler’s thesis on the correlation between physical activity and well-being has never been more relevant than it is today.

Tune into the Masterpiece Living May Network Call as we welcome Stephanie Dailey from the National Institute on Aging to discuss **Go4Life**, an exercise and physical activity campaign designed to give individuals resources and keep them on track with making movement a priority. Stephanie will discuss the various free resources available, how to utilize them, and examples of how other organizations have had success in implementing them.

**12:00 PT / 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:

- Thursday, May 9 (11:00 am MT): [Click here for more information or to register](#)
- Monday, June 17 (10:30 am MT): [Click here for more information or to register](#)
- Tuesday, July 16 (11:00 am MT): [Click here for more information or to register](#)

## 2019 Virtual Lyceum

### Keynote Speaker:

June 5: Roger Landry (with live Q&A at 12:00 MT)

**Breakout Sessions:** August 20 thru August 23 - Start time for all network discussions is 12 noon MT (speakers will not be present for discussion)

August 20 - Redefining Aging: The Importance of Strength Training

August 21 - Culture Change: How Can You Shape the Culture Around You?

August 22 - Learnings from the documentary film *Lives Well Lived*

[Click here](#) for more information about each speaker. Follow our Facebook page for ongoing Lyceum updates.

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## Masterpiece Campaigns and Programs

The **Movement Matters Campaign** begins on May 1. Refer to the resources on the MPL website for more information on how to participate.

The recognition categories are:

- Most Engaged Community (submit tracking results form)
- Most Active Community (submit tracking results form)
- Greater Good (Facebook posts)
- Moving with Purpose (Facebook posts)
- Most Creative Community (Facebook posts)

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The **2019 Valuing Gray contest**: Create a video explaining how your organization is developing systems for leveraging the value, skills, talents, wisdom, and experience of older adults to solve society's challenges. Submitted videos must be no less than two (2) minutes and no longer than four (4) minutes. Upload your completed video to YouTube.com, Vimeo, or send Masterpiece Living the hard copy of the video and complete the contest entry form.

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.

## Masterpiece Living Website

FYI - the RESOURCES section of the Masterpiece Living website will be undergoing some changes over the next few weeks.

## Research Applied

Exergames: Quality of Life in ALL Domains

An exergame, or exertion gaming, combines physical activity with actions, challenges, and achievements that are scientifically proven to enhance older adult wellness goals in multiple domains. Exergames rely on movement tracking technology that responds to physical movements by monitoring the reactivity of participants. Popular examples of exergames include Wii Fit sports and Dance-Dance Revolution.

In 2015, a study of 90 older adults compared Xbox Kinect exergames vs. traditional home-based balance exercises. Both groups exercised five days a week for six weeks and had significant improvements in balance after the study. However, the exergame group's increased balance was far more significant than the traditional exercise group. They also showed improvements in functional walking.

For older adults, exergames increase mental stimulation, feelings of social connectedness to peer groups, range of motion, focused attention, independence, and sharing through a fun and interactive experience. In contrast to other forms of physical activity, exergames are more accessible to older adults with limited mobility and can simultaneously help re-connect them to their passions. For example, if an individual was a lifetime golfer but can no longer walk, virtual golfing can reunite them with their hobby and contribute to a higher quality of life.

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Additional benefits of exergames include fall prevention measures. Since a large portion of falls occur due to incorrect weight shifting during walking or multitasking, slowed steps in wrong directions, and leg collisions during compensatory cross over steps, exergames provide supervised opportunities to train participants in making quick, well-directed corrective steps that have been proven to reduce falls by 50%.

Dennis L. Kappen, Pejman Mirza-Babaei & Lennart E. Nacke (2019) Older Adults' Physical Activity and Exergames: A Systematic Review, *International Journal of Human-Computer Interaction*, 35:2, 140-167, DOI: 10.1080/10447318.2018.1441253  
Karahan AY, Tok F, Taşkın H, Kuçuksaraç S, Başaran A, Yildirim P. Effects of exergames on balance, functional mobility, and quality of life of geriatrics versus home exercise programme: randomized controlled study. *Cent Eur J Public Health*. 2015;23 Suppl: S14-S18.  
Skjæret-Maroni, N., Vonstad, E. K., Ihlen, E. A., Tan, X., Helbostad, J. L., & Vereijken, B. (2016). Exergaming in Older Adults: Movement Characteristics While Playing Stepping Games. *Frontiers in Psychology*, 7. doi:10.3389/fpsyg.2016.00964

## Masterpiece Living Applications:

- Learn the residents' interests by offering them a brief questionnaire on their favorite sports and activities to help guide in planning.
- Provide opportunities for gaming tournaments in your community. Include games such as tennis, golf, bowling, ping pong, baseball, boxing etc., on various nights.
- Do you have a few regular attendees at your yoga class who just can't get enough? Invite them to try yoga on the Wii Fit Balance Board and perfect their form and balance.
- Encourage team-based exergame nights for more fun and social interaction.
- Host a training session for the exergame and educate residents on how to access the games and operate the console. Include large print instructions nearby.
- Offer "open gym" hours for the various Wii games. This could be hosted in the fitness center where the fitness coordinator could set up any game chosen by the individual or group.
- Place the console in an easily-supervised area.
- Consider providing multiple consoles for exergame competitions or popular interest.

## Consoles & Games

- Nintendo Wii Fit Balance Boards and Nintendo Wii consoles are available used on eBay for \$50 - \$100, or new for \$250.
- Xbox Kinect provides similar motion-tracking technology and hooks up to either an Xbox 360 or an Xbox One (available used for \$50 or new for \$180).
- Common exergames for Xbox Kinect include Just Dance, EA Sports Active 2 (includes heart rate monitor), and Dance-Dance Revolution.
- Wii Fit has over 40 activities, including yoga, strength training, aerobics, balance games, and various sports.