



MASTERPIECE LYCEUM 2019

Round 2: Addressing loneliness & social isolation

Conference Program

Welcome to the 2019 Lyceum

Tune in from VIRTUALLY anywhere!

We welcome you to the 11th annual Masterpiece Living Lyceum! We hope you enjoyed the first round of virtual sessions focusing on *Where you live matters*. If you didn't have a chance to catch the sessions, they're available on our website ready for you access anywhere, anytime.

The second round of this year's Lyceum sessions focuses on addressing social isolation and loneliness, both of which have emerge as major public health issues. The research surrounding these issues have found them to be just as detrimental to health than other chronic conditions such as obesity or smoking. For these reasons we feel it's necessary to dive deeper into these topics and give you strategies for addressing it at your community.

We're pleased to have Shahab Kaviani, Director of Social Connectedness from the AARP Foundation share on the scope and breadth of social isolation and loneliness. We also have Dr. Linda Sasser, a cognitive psychologist and national authority on brain health addressing how social isolation and loneliness can impact cognitive wellbeing. Additionally, we're excited to have Dr. Toni Antonucci, who has devoted her career to studying social relations, discuss social convoy theory and why everyone should keep their own convoy strong. And last but not least, Heidi Wagner, a photographer and creator of the "Passions Project" discusses her experience working with older adults and how she helps people stay socially engaged by encouraging them to stay involved with the things that provide meaning and purpose within the community.

So grab your notepad, maybe a colleague...or two, and make a plan to check out these sessions which take a look at some serious issues that impact our physical and mental wellbeing in a big way.

It goes without saying, please plan to participate in our interactive sessions to share practices with the Masterpiece Living network. Who knows, you might just make a new friend in the process.

Stay connected,

Dr. Roger



Shahab Kaviani

Director of Social Connectedness of AARP Foundation

Recorded Session Release:

Monday, November 4, 2019

*Log on to the Masterpiece Living website to watch Shahab Kaviani's recorded session (Under Resources>Lyceum).

Interactive Live Q&A session with Shahab Kaviani:

Thursday, November 14, 2019

(2:00ET/1:00CT/12:00MT/11:00PT/AZ)

[Click Here to Register for Live Q&A with Shahab Kaviani.](#)

Session Title: Addressing loneliness & social isolation: A global perspective

In his keynote address, Shahab Kaviani addresses the difference between social isolation and loneliness and creates awareness around the detrimental impact these can have on an individual's overall health and wellbeing. More importantly, Shahab will share proactive strategies on what we can do about it and discusses the role digital technology can play as a resource.

Shahab Kaviani's Background:

Dr. Roger Landry is a preventive medicine physician, author of award-winning *Live Long, Die Short: A Guide to Authentic Health and Successful Aging* (as well the *Official Summary of Live Long, Die Short*), *Where You Live Matters: The Role of Culture in Our Aging Journey*, contributing author to *80 Things to Do When You Turn 80*, and president of Masterpiece Living, a group of multi-discipline specialists in aging who partner with communities to assist them in becoming destinations for continued growth. Trained at Tufts University School of Medicine and Harvard University School of Public Health, Dr. Landry specializes in building environments that empower older adults to maximize their unique potential.



Linda Sasser, PhD

Author of *Brain SENSE: A Guide and Workbook to Keep Your Mind and Memory Sharp*, and owner of Brain and Memory Health

Recorded Session Release:

Monday, January 6, 2020

*Log on to the Masterpiece Living website to access Linda Sasser's recorded session (Under Resources>Lyceum).

Live interaction with the MPL network:

Tuesday, January 21, 2020 (2:00ET/1:00CT/12:00MT/11:00PT)

*Linda Sasser will not be present during the network interactive session.

[Click Here to Register for Interactive Session with MPL Network.](#)

Session Title: The effects of social isolation and loneliness on cognitive health and what we can do about it

Social isolation and loneliness are not the same, but both can negatively affect brain health. Learn how these differ and what research has revealed about their relationship to dementia. Dr. Sasser will discuss some evidence-based practices for being proactive and combating loneliness and isolation.

Linda Sasser's Background:

Linda earned her Ph.D. from the University of Colorado, where she conducted her dissertation research on memory. As a professor on both the graduate and undergraduate faculty of Wheaton College and Judson University, she taught educational and cognitive psychology, among other courses. For her sabbatical research, she conducted a national survey on brain health.

As a national speaker Dr. Sasser presents on topics including brain fitness, maximizing memory and productivity, using memory to write memoir, and enhancing emotional intelligence. *BE! Brain Enrichment*, her curriculum to help people learn about brain health and improve their cognitive skills, is being taught at numerous senior living communities and centers throughout the country. In 2019 she published her book, *Brain SENSE: A Guide and Workbook to Keep Your Mind and Memory Sharp*.



Toni Antonucci, PhD

Elizabeth M. Douvan Collegiate Professor of Psychology and Senior Research Scientist, Institute for Social Research Life Course

Recorded Session Release:

Monday, January 6, 2020

*Log on to the Masterpiece Living website to access Toni Antonucci's recorded session. (Under Resources>Lyceum).

Live interaction with the MPL network:

Tuesday, January 28, 2020 (2:00ET/1:00CT/12:00MT/11:00PT)

* Toni Antonucci will not be present during the network interactive session.

[Click Here to Register for Interactive Session with MPL Network.](#)

Session Title: *Social Convoy Model*

Toni Antonucci and Robert Kahn coined the phrase "social convoy". The Convoy Model explains social relations from a multidisciplinary perspective. The convey model represents the supportive people who move through life with an individual. The convoy measure involves placing close and important individuals into three concentric circles representing three levels of closeness: close, closer, closest. She will discuss the importance of a social convey and the impact it has on your life.

Toni Antonucci's Background:

Toni's research focuses on social relations and health across the life span, including multigenerational studies of the family and comparative studies of social relations across the life span in the United States, Europe and Japan. She is particularly interested in how social relations optimize or jeopardize an individual's ability to face life's challenges.

Toni previously served as the President of the Gerontological Society of America and is the President-Elect of International Society for the Study of Human Development Council Member for the International Association of Gerontology. She has released several scientific publications on social relations and older adults.



Heidi Wagner

Photographer and creator of *The Passions Project*

Recorded Session Release:

Monday, January 6, 2020

*Log on to the Masterpiece Living website to access Heidi Wagner's recorded session. (Under Resources>Lyceum).

Live interaction with the MPL network:

Tuesday, February 4,

2020(2:00ET/1:00CT/12:00MT/11:00PT)

*Heidi Wagner will not be present during the interactive session.

[Click Here to Register for Interactive Session with MPL Network.](#)

Session Title: *What's your passion?*

Heidi's session will focus on eradicating isolation and ageism through discovering and pursuing your passions. Instead of asking people, "how old are you?", let's start asking, "what's your passion?" We are currently living in a culture that supports ageism. How do we support each other around this issue? We will explore how our limiting thoughts about aging can create isolation and how we can change the current paradigm of aging by focusing on our passions. Let's blow the lid off ageism and start a passions movement!

Heidi Wagner's Background:

For 15 years, Colorado based photographer Heidi Wagner has used her camera to look closely at extraordinary people of all ages. Since 2011, Wagner has made *The Passions Project* the central focus of her creative work. Through **The Passions Project**, Wagner finds a platform to share the beauty and vitality she sees in people who are living life to the fullest and following their passion: "When you see someone doing what they love to do, you no longer see their age. You see their passion."

Wagner captures images of older adults through striking photographs that portray the beauty of aging while redefining our ideas about what it means to age. Through photographing her subjects in the midst of actively living out their passions, Wagner shares a new and different perspective on aging. Instead of looking back at life as something that's passed, she looks at life as an exciting time filled with vitality and wellness where each day has purpose and meaning.



MPL Network Partner Featured Practice

Recorded Session Release:

Monday, January 6, 2020

*Log on to the Masterpiece Living website to access this recorded session. (Under Resources>Lyceum).

Live interaction with the MPL network:

Tuesday, January 6, 2020 (2:00ET/1:00CT/12:00MT/11:00PT)

[Click Here to Register for Interactive Session with MPL Network.](#)

If you believe your community is doing something cutting-edge and innovative in supporting individuals stay connected and engaged (consistent with the theme “addressing social isolation and loneliness”) and would like to be a featured speaker at the virtual Lyceum, click on the link below to apply.

[Click here to submit a cutting-edge practice.](#)

Live Interactive Sessions with the Masterpiece Network

As with any conference, part of the value in attending is the networking and interaction that takes place among colleagues. The virtual Lyceum will allow opportunities for face-to-face interaction with peers who are part of the Masterpiece network from across the country. Each breakout session will offer an opportunity to discuss the topic, how it may be applied, and hear best practices from others who choose to join the interactive video conference.



Peer interaction will be offered only during the listed day and time for each session. Registration for each is required in order to join and participate (see specific details under each session listing). Interactive sessions will utilize Zoom Communications video conferencing software. Participating in a Zoom video conference will not require a software download, however, testing the link ahead of time is recommended due to the differing privacy and security safeguards organizations may have in place.

At the start of each interactive session, attendees will be connected as a whole, larger group. A facilitator will give a brief welcome and instructions and will then break the participants into smaller groups (“Zoom Rooms”) – by random assignment – where interaction between attendees will be open.