



The Mosaic

A Masterpiece Living Network Newsletter About Living Well

Successful Aging vs. the Imitation of Youth

By: Teresa Beshwate

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The anti-aging industry, expected to bring \$216 billion by 2021, is all about fighting, avoiding or denying aging. At its core, anti-aging suggests that old is bad, and young is good, thus the unquenchable thirst for nipping, tucking and Botoxing, creams, fillers and lasers. It's the modern-day search for the elusive fountain of youth.

Successful aging would suggest that Ponce de León had it all wrong. "Successful aging means just what it says – aging well, which is very different from not aging at all," write Drs. Rowe and Kahn in their book *Successful Aging*.

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Five Popular Brain Myths

By: Dr. Rob Winningham

There are quite a few myths out there about human brains. This is the second part of a two-part series on brain myths. ([CLICK HERE](#) for part 1, #1-5)

#6-10 in Our Top Ten of Brain Myths...

6. Brain training requires video gaming. While many of the available brain training apps are impressive in their ability to exercise targeted cognitive abilities, there are many ways to get the benefits of brain exercise. Of course, there are paper and pencil options. And, many Sudoku and word-search books would work for that, not to mention books for reading. But there are also opportunities to learn new things and have new experiences.

- Read a real newspaper.
- Take a class.
- Develop a new hobby.
- Write a letter.
- Learn some new foreign language vocabulary.
- Learn and play a new board or card game.
- Visit museums.
- Attend community lectures.
- Program your electronic devices.

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Who Wants to Wobble?!

By: Danielle Palli

"I'm doing a flash mob Wobble. Who's in?!" Carolyn Teague had been wanting to initiate a flash mob for at least two of the 15 years she served as Fitness and Wellness Specialist for the Buckingham. Finally, she decided, the day had come. She teamed with resident Masterpiece Living Champions and members of their line-dancing group to make it happen – adapting the choreography to be inclusive for all levels of ability. Her version is walker-friendly. After lots of patience, practice and planning in secret, the Longest Day Celebration arrived, and more than 20 team members and residents surprised party-goers with the dance. Many residents from all levels of living opted to join in, and Carolyn found herself running around and quickly teaching newbies the moves. The day included games, food and lots of dancing that no one would soon forget.

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(Imitation of Youth - Continued from Page 1)

Successful Aging makes the assumption that if you have a pulse, you're aging. A newborn ages just as an older adult ages, because aging is synonymous with living. What matters most is how we age. The choices we make each day have a significant impact on our aging journey. It's hardly about genes and largely about choice.

Successful aging has chronological age take a back seat. Eighty-four-year-old body builder and world record holder Ernestine Shepherd is just one example, but it isn't just about "super-agers." If we are on the lookout, the irrelevance of chronological age is all around us. Successful aging is about honoring and optimizing aging; becoming the very best versions of ourselves.

In our ageist society, successful aging is a counter-culture ray of light that says aging can be a time of growth, achieving one's potential, and being all we can be. Let's spend a lifetime searching for that.

Home Life During Covid

*(Fitness & Wellness Specialist,
Caroyne Teague, shares her
experience sheltering
during the pandemic.)*



My home life is filled with love from three lovely cats and lots of bluebirds, sparrows, grackles, woodpeckers and fat squirrels. I feed all and have pleasure and joy watching all as they eat. The birds and squirrels know when I get home – perhaps when the car drives into the garage I suppose. When I am in the living room unpacking from work – I hear the Blue jays in my courtyard crate myrtle trees if I do not feed them in a timely manner. Ha. And then the fun begins. The birds and squirrels know that I lock up my three cats in the air-conditioned garage when arriving home and they are free from fear for a while. I also keep a fountain full of clean water for all to drink (photo shown right). Late at night, the raccoons and possums arrive for left-over food. So, I may not have children, but do not lack in love from my critters. ***Love will find you in the best and worst of times if you just give of yourself first, and open your heart and eyes.***

("Who Wants to Wobble? Continued from Page 1)

But fancy dance moves are not the only thing the MPL Champions have accomplished at the Buckingham. They've also been instrumental in facilitating the Masterpiece Living Mobility and Lifestyle Reviews throughout the year. "I found that if we scheduled the Reviews quarterly, based on birthdays, it was a smoother process. It also allowed us to meet and work with each resident one on one," Carolyn shared. Every member of the Champion team has read Dr. Roger Landry's book, *Live Long, Die Short*, and have taken the time to learn about MPL's four components of wellness – a prerequisite to supporting the Review process. And now, team members are also encouraged to participate. "It's wonderful seeing people maintain their health and even improve year by year," Carolyn said.

Carolyn encourages others within the Masterpiece Network to take advantage of MPL resources located on the Masterpiece website. Her success in getting team members and residents excited about health and longevity, and trying new opportunities, has been by using the data and research and then adapting it to both fit the Buckingham community and each individual's pursuits. "Masterpiece Living," she told us, "fans the flame that brings out the passion and purpose in people."

We'd like to take a moment to honor the Buckingham's 2020 Resident Champion Team.

They work so hard to inspire and support others within their community. Thank you: *Gail Borgen, Jill Bott, Claudia Burch, Bob Harris, Elaine Harris, Jack Hurt, Kathy McLean, Gaye Mastal, Eldon Nuss, Julia O'Shea, Jim Patterson, Dr. M. Shamsi, Brenda Smalling, Allan Zama, Nancy Zama.*

Thank you to team members: *Elizabeth Lopez, Liz George, Gloria Marks, Michaela Simmons, Lauren Corcoran, Yumaira Hernandez, and Carolyn Teague.*



7. **Crossword puzzles can help our ability to make new memories.** There is no direct evidence that I can find that shows crossword puzzles lead to people being able to maintain or improve their ability to make new memories. Crossword puzzles primarily require, and exercise, your ability to retrieve an old memory, not your ability to make a new memory. Earlier stages of cognitive impairment are primarily related to an inability to make new memories. While crossword puzzles certainly won't hurt and they can be enjoyable, they exercise the wrong cognitive ability in order to prevent impairment in one's ability to make a new memory.

8. **You are born with all the brain cells you will ever get.** It looks like we can grow new neurons, through the process of neurogenesis, throughout all of our life. Unfortunately, we can't grow those neurons everywhere, but we do grow them in the hippocampus. And, the hippocampus is where we make new memories. But the rest of our brain is not static. In fact, most of our 86 billion neurons are very dynamic, making and breaking connections between neurons as we learn and forget. (I mean who needs to learn the last 2000 places you parked your car? You just need to remember the last place!)

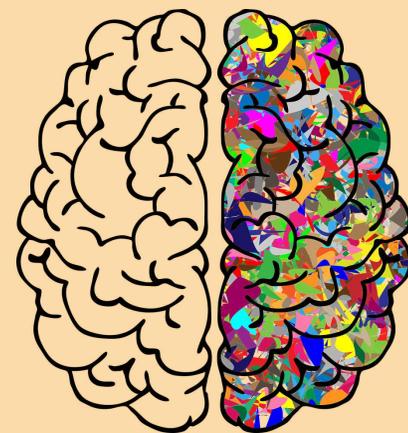
9. **We are either visual or auditory learners.** While some people might prefer to learn by hearing someone talk, versus reading the same information, there is almost no evidence showing that teaching to a preferred learning style has any effect on learning. This surprises many people, but it makes sense if you think how we immediately turn visual information into an auditory code in our inner voice. Reading is actually auditory for the mind and brain. If someone cannot learn visually, or if they cannot learn auditorily, that would actually be a sign of a serious problem.

10. **Memory and cognitive ability go on a steady downhill slide after about age 20.** Fortunately, this is a myth. While there are changes in cognitive ability in older adulthood such as a slightly slower neurological processing speed and a very slight decrease in aspects of attention. The truth is that we are constantly learning new things and increasing what psychologists call crystallized intelligence. And, the more you know the easier it is to understand your world and make sense of it. Others have argued that the increased experience with the world also contributes to greater wisdom.

In case you missed it...

From [Brain Health Myths Part 1](#)

1. Myth: We only use 10% of our brain.
2. Myth: Drinking alcohol kills brain cells.
3. Myth: Medication is our best chance of reducing dementia rates.
4. Myth: We have only five senses.
5. Myth: We have 100 billion brain cells.



Congratulations to this year's #MovementMatters2020 award recipients!
Friendship Village of South Hills (Most Engaged; Most Active), **Querencia** (Most Engaged; Most Active), **Acacia Creek** (Moving with Purpose) and **La Loma Village** (Most Creative)!