

Holly Creek unveils a Masterpiece of a wellness program

By GARY MASSARO

Holly Creek Retirement Community introduced its Masterpiece Living program Sept. 29 with a few masterpieces of its residents.

In a side room off the entrance, residents showed off their artwork – oils, pen and ink, pastels, sculptures.

The exhibit was one piece of the introduction of the new program at Holly Creek, 5500 E. Peakview Ave., Centennial.

It's voluntary.

"It's an added value," said Cindy Hogan, Holly Creek's executive director. "We consider it a gift to our residents."

In the main hallway off from the art exhibit, staff answered questions from interested residents.

Lisa Marie Downey, the Masterpiece lifestyle coordinator, was on hand to answer questions.

Rhonda Wolffis, fitness coordinator, demonstrated various exercises residents can do – from dancing to treadmill workouts.

Volunteer coordinators signed up folks who want to pitch in on various projects – making toy cars, knitting clothing for underprivileged children, renovating a room at the Joshua Station, which provides housing for homeless families.

Infinity Rehab physical therapists talked to residents about tools and techniques that can make life a bit easier.

Pastor Jim Kok, who coordinates a world religion class, led residents in singing hymns later on.

All activities add up to the four components of the new program: spiritual, physical, intellectual and social, Downey said.

Masterpiece was founded by Dr. Lawrence Landry, who developed the wellness program after a 10-year MacArthur Foundation Study on Aging with the Mayo Clinic.

Basically, the program encourages senior citizens to take control of their lives by offering them a variety of activities to engage in.

Representatives from Morrison Dining were on hand to talk with residents about their diets and possible changes they could make.

"We have four core beliefs: use it or lose it; loneliness hurts but involvement heals; there are no age limits, it's never too late; I can make a difference," Downey said.

That's why volunteer coordinators were on hand, to explain to residents that there are a variety of ways for them to become involved.

Same for Wolffis – that there are a variety of exercises for people, ranging from the super-active to the ailing.

The program is geared to benefit staff and administrators as well – that they're not just on hand to teach, but also to participate and learn.

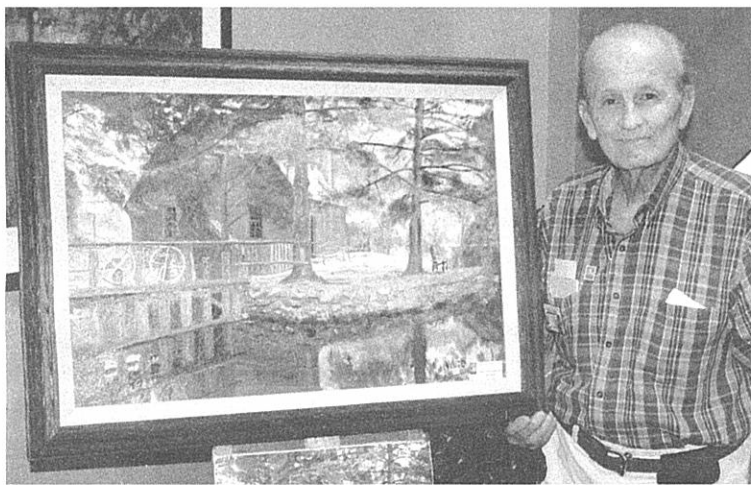
The goal of the entire program is to defeat the stereotypes of aging by reminding all that people are never too old to try something new, something different, something that will help them live better.

Holly Creek is the first inland senior living community to incorporate the program, which has been in use in similar facilities in Florida and California, said Hogan.



Maxine Willingham exhibited two pencil and ink pictures of steam engines at the Holly Creek Retirement Community's kickoff of its Masterpiece Living program.

Photo by Gary Massaro



Resident and artist Jack Vente stands by one of his paintings.

"Participants will be able to develop a plan around their specific desires and goals," she said. "We firmly believe that they should take control of their own lives. And Masterpiece Living will help them to assume that control."

Hogan said Holly Creek began publicizing the program in Au-

gust to its residents.

"I think it's already successful because we've created conversation," Hogan said.

The real success will come when resident stop asking why Holly Creek initiated the program and begin asking why Holly Creek didn't do it sooner, Hogan said.



Masterpiece Living Coordinator Lisa Marie Downey talks to residents Art and Barbara Bryant.

Photos by Chuck Montera

St. Anne's Episcopal School

Open House



When:

Friday, October 22, 2010
9-11 a.m.

Where:

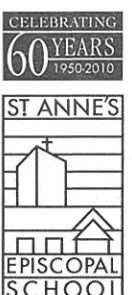
At the Mother Irene Library
2701 S. York St.
Denver, CO 80210

What to Expect:

- 9:00 Welcome
- 9:15 Campus Tours
- 10:00 Comments and Questions
- 10:15 Panel Discussion

RSVP arelyea@st-annes.org or to Alicia Relyea 303.756.9481 x245

If you are unable to attend the Open House but would like to schedule a tour of St. Anne's Episcopal School, please contact the Admissions Office at 303-756-9481 x210.



St. Anne's Episcopal School
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