

PHYSICAL

77%



Increased or maintained physical activity
**44% of non-MPL older adults are physically active nation-wide*

Aerobic Activity
60%



Participate at least once a week



1 in 2

Participate in strengthening activity

**29% of non-MPL older adults nation-wide meet recommendations*



1 in 3

Have fallen in past year
**Half of persons 80+ fall each year*



70%

Have NOT been to the ER in past year



% eating two or more servings of fruits/vegetables daily



47%

Report "Excellent" overall health

**Slightly better than non-MPL older adults five years their junior (45%)*

SPIRITUAL

3 out of 4

Reported a sense of meaning and purpose in life



96% Report maintaining or increasing spiritual activity



Feel they have a significant amount of **CONTROL** in their life



74%



HALF

Volunteer on a weekly basis

**Exceeds national average for non-MPL older adults by 26%*



Are Satisfied with life

MASTERPIECE LIVING®

Changing the Experience and Perception of Aging...

Get a glimpse of how Masterpiece Living is working to create a society in which aging means growth, engagement, vitality and purpose.



Challenge themselves at least once a month or more intellectually

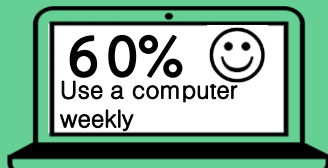


Have maintained or increased intellectual activity



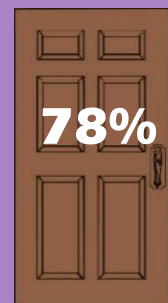
1 in 2 respondents

Connect with others via the internet
**27% of non-MPL older adults 80+ use social networks to stay connected*



60% Use a computer weekly

**37% of non-MPL older adults 80+ use the computer/internet regularly*



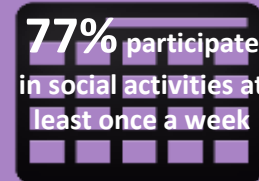
Report NOT feeling LONELY

**42% of non-MPL older adults 80+ feel lonely*

90% of people



Report maintaining or increasing social activity



Feel staff support their successful aging efforts

Opportunities to Use Skills:

74%

Reported "Very Often to Somewhat"

Opportunities to Gain Skills:

62%

Reported "Very Often to Somewhat"



INTELLECTUAL

SOCIAL