

TRUE NORTH LIVING

# Courage

*in caring*





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Fear is a reaction.  
Courage is a decision.  
We choose Courage.



“

Take care of the children,  
for they have a long way to  
go. Take care of the elders  
for they have come a long  
way. And take care of all  
those in between, because  
they are doing all of the  
care work.

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AFRICAN BLESSING

TNL



# A note from the Home Office. . .

Hello! As we gradually emerge from this pandemic year, I'll take the risk that it's not too soon to take stock of this difficult period, to consider how this year has changed us, and to look forward to the road ahead.

First and foremost, it's important to acknowledge how difficult this past year has been for everyone associated with senior living communities. Our dear residents and their families have had to abide by stringent visitation restrictions, while living with the anxiety brought by a virus so disproportionately harmful to seniors. Our courageous, devoted employees came to work every day to take great care of our residents, knowing how consequential every little action they took could be to the health of their residents and coworkers – all while managing challenges outside of work such as daycare/school closings or family members out of work. And then there were the periods where positive Covid cases touched our communities – there were days where it felt that the apocalypse was in sight, if not already upon us.

But this past year also put on full display so many hopeful things about the people in our senior living communities. It's shown the resilience of the human spirit; I'll always stand in deep admiration for our employees who showed such incredible commitment and made such great personal sacrifices over this period. It's also shown that people are

generally more grateful and appreciative than you might think . . . even in the worst experiences of the pandemic, the overall theme from families was one of generosity and support; the collective human spirit was strong.

There is something to the notion that it is a very short distance between gratefulness and happiness. As we now see families able to visit and reconnect in our communities, it's great to see such a strong sense of gratefulness and appreciation for these simple, meaningful experiences. Those hugs feel downright magical after a year without. And I'm hopeful that one silver lining from this past year may be a lasting sense of gratefulness for experiences we had to do without over the past year . . . and perhaps a heightened level of personal and collective happiness as a result.

I want to thank every one of you for your resilience, your strength, and your spirit over this past year. How we collectively behaved during this historically difficult period encourages me about the road ahead. I'm excited to share the road, side-by-side, with all of the great people who live, visit, and work in our Compass Senior Living communities. It's an honor to be among you.

- Will

Will Forsythe, Vice-President & Co-founder of *Compass Senior Living*.



# Re-imagining our **CARE WORK**

*“There are only four kinds  
of people in the world.  
Those who have been caregivers.  
Those who are currently caregivers.  
Those who will be caregivers, and  
those who will need a caregiver.”  
~ Roslyn Carter*

About the author:

**Jean Garboden**, Marketing and Innovation Leader for Compass Senior Living, is an elder in her 70's who is experiencing newfound joy in aging. She is working passionately to lift up care and to care for the caregivers. She is redefining elderhood. We are in the midst of re-imagining what it means to grow old. She has no plans to “hand over the torch” but is now claiming her role as a wise experienced leader who can now let her torch shine brighter and bolder than ever, while she lights the torch of others and exerts ongoing unique influence at the crescendo of her life.



Although we care for others or are cared for by others at different levels throughout the arc of life; at both poles of life, we are more vulnerable and dependent upon care.

Dr. Bill Thomas, an international authority on geriatrics, talks of embracing elderhood as a transformational developmental stage of life. Just as early childhood is unique, with specific challenges, joys, and perspectives, so is adulthood, and so is elderhood. Entering elderhood extends a possibility to shift into a new way of being human.

At both poles of life care is amplified. At both poles of life, humans are whole and complete—both children and elders offer us unique insights, unparalleled wisdom, and an invitation to live a creative life, to notice what matters and to live in the now.

Caring is in demand. Since the caring profession is the most rapidly growing sector of the workforce today, we have an opportunity to connect through care, to elevate care and recognize it as a specialized field.

Let's reimagine our care practices. By looking at care at both poles of life and by placing care in the context of the self-actualizing journey of human development—we realize the purpose of our work in caring for another is to nurture growth.

Care is a partnership that moves the other towards becoming more. Care offers independence, not helplessness. Care offers strength, not weakness. Care offers a connection, not isolation.

Let's rescue care from the confines of the undervalued, unappreciated realms where it has hidden. We can be blazing defenders of care. We can shine a light for the advancement of a great society. Let's be a part of the care revolution!



  
**Meadowlark**  
SENIOR LIVING

Join the **CARE** *Revolution*





# The Invisible Art of Caring:

Care Teams embrace patience, empathy, respect, and kindness

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by **Jean Garboden**, Marketing and Innovation Leader for Compass Senior Living

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I have had the privilege of working with and teaching our care teams about how to embark on a courageous journey to change the world by embracing and evoking their power as educated caregivers.

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The fact is – the care teams also teach me. When I am able to work with them while they are performing the sacred acts of caring – washing others, holding others, feeding others, dressing others, comforting others – it makes my heart sing. This is intimate work and requires patience, empathy, respect, and kindness.

***“We sometimes speak as if caring did not require knowledge, as if caring for someone, for example, were simply a matter of good intentions or warm regard. But to care I must understand the other’s needs and I must be able to respond properly to them, and clearly good intentions do not guarantee this. To care for someone, I must know many things.”  
~ Milton Mayeroff***

As I watched one team member tenderly helping a 90-year-old man get ready for bed, I was touched by how beautifully and intentionally she engaged with him. It was clearly more than a ‘task’. It was a loving and truly beautiful act of caring.

*continued on page 12*

When I commented on her work, she started crying and said, “I love this work and I feel I get as much back from the elders as I give to them, but I feel like my work is ‘invisible’. Thank you for making it visible for me today.”

Care work is not tangible like creating a beautiful painting or sculpture that will last forever. But care work is powerful and magical! Care is more than custodial – Caring is an art. Caring is a science. I believe that caring plays a much bigger role in our lives that you might think.

The experience of caring can ‘shape us’ and help create order and stability in our own lives.



## Let’s make the invisibility of care visible!

The deep assumption about caring is that it is something anyone can do. However, we do not care for human beings as we care for a house or a lawn! We must know many things.

### What is Care?

**Care is an action**, task, ritual, or routine through which we physically respond to the elders needs such as in dressing, feeding, holding, comforting, or grooming another.

**Care is the labor of providing** what is necessary for the health, welfare, growth, and protection of elder adults.

**Care is an attitude** through which we show our support for the elder’s growth, purpose, health, and well-being by our response, attention, tone, and presence.

**Care is an ethic**, a moral code by which we encounter one another with the view that care is the seed of our strength and survival. The field of care ethics centers on relationship and interdependence as the universal human condition and values the virtues of caring such as empathy, compassion, love and trust.

### **Caring is what makes us human!**

To learn more about this topic, contact [jgarboden@compass-living.com](mailto:jgarboden@compass-living.com)





“

To care for those who once cared for us is one of the highest honors.

~ Tia Walker

# Summer Cobb Salad



## INGREDIENTS

### For the Salad:

- 6 cups Greens Spring Mix or Romaine
- 2 chicken breasts grilled and sliced
- 8 slices bacon cooked and chopped
- 4 hard boiled eggs cut into quarters
- 2 cobs corn grilled and cut off
- 2 avocados sliced
- 1 cup cucumbers sliced
- 1-1/2 cups fruit
- Salt and pepper to taste

### For the Vinaigrette:

- 1/2 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 3 tablespoons lime juice
- 1 teaspoon lime zest
- 1 teaspoon dijon mustard
- 1 teaspoon honey
- 1/2 teaspoon salt
- 1/4 teaspoon dried basil
- 1/8 teaspoon fresh cracked pepper

## PREPARATION

Place the greens in a large bowl or platter. Arrange the chicken, bacon, eggs, corn, avocado, cucumber, berries, and cheese on top of the lettuce. Season with salt and pepper.

For the dressing, place all vinaigrette ingredients together in a jar and shake. Drizzle desired amount of dressing over the salad and serve immediately.

## OPTIONS:

4 ounces goat cheese crumbled

Other fruits to use – Strawberries, Blueberries, Cherries, Nectarines...any fruit you like

Other vegetables to use – Sweet Peas, Broccoli, Bell or Banana Peppers, Mushrooms, Cauliflower, Onions, or any other vegetable that you like

# Slow Roasted Citrus Salmon



## INGREDIENTS

1 (1-1/2 pound) piece of salmon fillet  
2 lemons, thinly sliced  
1 blood orange, thinly sliced  
1 tangerine, thinly sliced  
4 sprigs thyme  
1/4 cup parsley leaves, torn, plus additional for topping  
1/4 cup fennel fronds  
1 1/2 cups olive oil  
salt and pepper

## PREPARATION

Heat oven to 300°. Season salmon with salt and pepper on both sides. Place in a large baking dish with sliced lemons, oranges and herbs.

Drizzle everything with olive oil and bake until salmon is just turning opaque around the edges and is nearly cooked through, 25 to 35 minutes.

To serve, season with additional salt and pepper, fresh parsley and a squeeze of lemon juice.

# Brain Games



1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21			22			23				
			24			25		26						
27	28	29		30			31		32		33	34	35	36
37				38				39			40			
41			42			43				44				
45						46			47			48		
49				50	51		52					53		
				54		55		56			57			
58	59	60	61				62		63			64	65	66
67					68			69			70			
71					72						73			
74					75						76			





## ACROSS

- 1 Information
- 5 Woolly animals
- 10 Chilled
- 14 Eagerness
- 15 Souvenir
- 16 Church part
- 17 Thick drink
- 18 Rule over
- 19 Musical bass \_\_\_
- 20 Cut into
- 22 Being prepared to help those in need
- 24 Gadfly
- 26 Ball holder
- 27 Greenwich Mean Time
- 30 Organization concerned with civil liberties (abbr.)
- 32 Cooked
- 37 Fish eggs
- 38 Ersatz
- 40 Ritual
- 41 Mid-Eastern dwellers
- 43 Rio de Janeiro
- 44 Doldrums
- 45 Electrical current unit
- 46 Rustic
- 48 Discs
- 49 Make certain
- 52 Roman emperor
- 53 Dress edge
- 54 Tax agency
- 56 Saturates
- 58 Thin wire
- 63 Duller
- 67 Churn
- 68 Raccoon-like animal
- 70 Insect in a cocoon
- 71 Volcano
- 72 Poison
- 73 Object
- 74 Chow
- 75 Hurt
- 76 Tints

## DOWN

- 1 Prefix for half
- 2 Actor Alda
- 3 Baby powder
- 4 Practical joke
- 5 Shriek
- 6 Shade
- 7 Little Mermaid's love
- 8 Number of notes in an octave
- 9 Small horses
- 10 Ancient Indian
- 11 Shout
- 12 Always
- 13 Hold out
- 21 Hits with an open hand
- 23 Ex-serviceman
- 25 Great honor, praise or fame
- 27 Final resting place
- 28 Idiot
- 29 Small ducks
- 31 Worker's organization
- 33 Gray sea eagle
- 34 Winding tool
- 35 Musical composition
- 36 Rationalism
- 39 Harnesses
- 42 Heat unit
- 44 Marry secretly
- 47 Wearing away
- 50 Boundary
- 51 Constructs
- 55 Snout
- 57 Agreeable taste
- 58 Not held back or contained
- 59 Small particle
- 60 Pocket stuff
- 61 Alack's partner
- 62 Ride on the runway
- 64 Responsibility
- 65 Fencing sword
- 66 Los Angeles football team
- 69 Container

# Riddle me this. . .

1. You have me today, tomorrow you'll have more; as your time passes, I'm not easy to store; I don't take up space, but I'm only in one place; I am what you saw, but not what you see. What am I?
2. If eleven plus two equals one, what does nine plus five equal?
3. The 22nd and 24th presidents of the United States of America had the same parents, but were not brothers. How can this be possible?
4. I have four wings, but cannot fly, I never laugh and never cry; On the same spot I'm always found, toiling away with little sound. What am I?

# SUMMER

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically, and diagonally in all eight directions.



- Barbecue
- Baseball
- Camping
- Family
- Fishing
- Friends
- Gardening
- Golf
- Hiking
- Holiday
- Humidity
- Picnic
- Recreation
- Sky
- Sun
- Sunscreen
- Swimming
- Tennis
- Travel
- Vacation
- Walking



**Riddle me this** answers:

1. Memories
2. 11 o'clock plus 2 hours = 1 o'clock  
9 o'clock plus 5 hours = 2 o'clock  
3. They were the same man. Grover Cleveland served two terms as president of the United States, but the terms were not consecutive.
4. A Windmill.

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 Page 11: [abetterhappiersebastian.com](http://abetterhappiersebastian.com)  
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