

Guided by goodness, loyalty, faith, and fun

19/4

# TRUE NORTH LIVING

The universe is made  
of *Tiny Stories*<sup>TM</sup>



*"Every time an old person dies,  
a library burns to the ground."*

*~African Proverb*

Compliments of



**DESERT PEAKS**  
ASSISTED LIVING & MEMORY CARE

PLEASE TAKE ONE



Will Forsyth,  
Vice President and  
General Counsel  
Compass Senior Living

*Our residents have many years to draw upon, and so many interesting experiences to recount . . .*

## The Power of Storytelling

One of the most enjoyable things in life is to hear someone tell a good story. It allows you to get to know the person in a unique and insightful way, sharing a window into an experience from their life. It could be about anything, really – an adventure, a family history, a recollection of daily life many years ago. It could be inspiring, heartbreaking, informative, or hilarious, and sometimes all of those things all in one story.

It doesn't take long in a senior living community to realize that these are places where stories are in great abundance. Our residents have many years to draw upon, and so many interesting experiences to recount . . . and they are typically very generous storytellers! In Compass communities, we embrace the telling of stories, since it is a key to our residents, families, and employees becoming well known to one another. People who know one another well are able to care for one another and make each other's lives more full – this is a simple, powerful truth.

One way we promote storytelling in Compass communities is through our *Tiny Stories*<sup>™</sup> project, where residents are given the opportunity to share stories from their past that are recorded and provided to family members and shared in various ways. A number of *Tiny Stories*<sup>™</sup> clips are available on our website at [www.compass-living.com/tinystories](http://www.compass-living.com/tinystories). If you have a few minutes, I encourage you to listen to a few of them – it'll brighten your day, as they are reflective of the stories you'll hear every day throughout our Compass communities. If you'd like to participate in the *Tiny Stories*<sup>™</sup> project, please contact your community's Administrator or Life Enrichment Director, as we'd love to help residents preserve and share their stories. In closing, I'd like to extend a heartfelt "thanks" to all of our residents for providing countless stories about their rich and varied experiences – and encourage them all to continue doing this, as it is an important part of what makes our communities enjoyable places to be.

Thanks –  
Will

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## An Elder once told me...

"Spend your days looking for ways to give instead of what you can take; you'll be much happier in life."

No words were spoken truer.

Our elders teach us many lessons that we can carry for our entire lives, but it all starts with listening to the stories they share with us.

One such story happened right here in our memory care community. She was a lady that was well known for walking throughout the community every day and moving random objects while she roamed.

One day, as she walked down the wide hallway towards me, a stuffed animal in one hand and a box of tissues in the other, she stopped and turned her eyes towards me.

Helen is a hugger. So, when she made eye contact, I knew exactly what I was in for.

We both smiled as we walked closer to our inevitable embrace, but this time was different. She stopped, inches from our practiced routine and asked. . ."why do you want my hug?"

I embarrass easily, so my face began to turn red as my mind scrambled for an answer to this question.

"I want a hug because it makes me feel good", I said.

She shook her head.

"My dear, you should look for hugs that make others feel good. . .you'll understand that one day."

Thank you, Helen, you've taught me well.

(*Tiny Story*™ from Zeth Owen, Community Relations Director, Regent Court, Corvallis, Oregon.)

# The universe is ma



*"If history were taught in the form of stories, it would never be forgotten."* Rudyard Kipling

## **The Power to Transform**

Stories have power. They delight, enchant, touch, teach, recall, inspire, motivate, and challenge. They help us understand. They imprint a picture on our minds. Our story-telling ability, a uniquely human trait, has been with us as long as we've been able to speak and listen. Not only do people love to tell stories, people love to hear stories!

## **Elder Storytellers**

We have a unique opportunity to harvest the wisdom, the humor, and memories we hear every day. We live and work alongside elders who have journeyed almost a full century on this planet. Through their stories, we connect with one another while giving our elder storytellers the

opportunity to reconnect with what was once taken for granted. We give them the opportunity to share their memories for generations to come.

## **Legacy Preserved**

Through the simple process of capturing these memories - these tiny stories - we create a profoundly enriching experience for both the storyteller and the recorder. Elders tell their stories of adventures, challenges, and wisdom acquired along their life journey. Deeper connections are made, and their legacy preserved!

If you want to learn more about this legacy collection project, contact us. We would love to hear your story and share ours too!

# de of *Tiny Stories*<sup>TM</sup>



*"Every time an old person dies,  
a library burns to the ground."*

*~African Proverb*

**Irene:** *I was born in a log cabin down there in the country. We had the old local doctor, Fred Murray, and he one time told me - He had a real cracky voice, and he said, "I had the choice to make whether you would live or die." And if my mom had been living now it would have been Caesarean, definitely. But, he said that, and he told me one time I was born in "tater diggin" time. [laughs] He was comical, he was a comical old guy. He had a real cracky voice. [laughs]*

**Carrie:** *You were born in what? What did he say?*

**Irene:** *Tater digging time! October.*

To read and hear more tiny stories go to: [compass-living.com/tiny-stories](http://compass-living.com/tiny-stories).



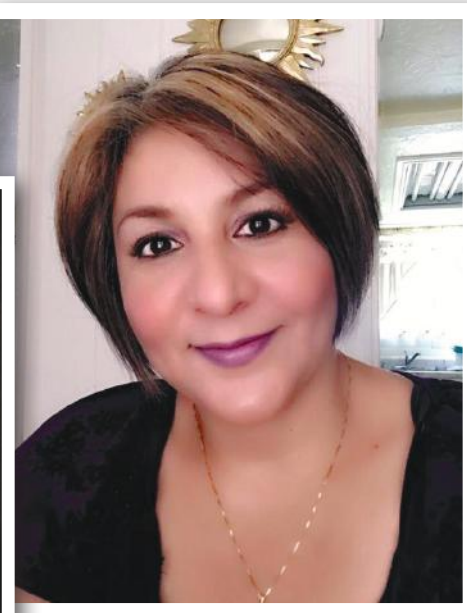
## Josie Olvera

I was born in Hereford, Texas, and raised in both Mexico and Los Angeles, California, in the earlier days of my life. My work in this community began as a caregiver in 2008, where I fell in love with caring for our residents.

A week after I started, I became a night-shift Medication Technician, a position I've held for 11 years!

I'm a single mother of 5 daughters, 2 sons, and 4 beautiful granddaughters.

God has blessed me so much by giving me the opportunity to care for his angels here on earth. Caring for another person is life's greatest value.



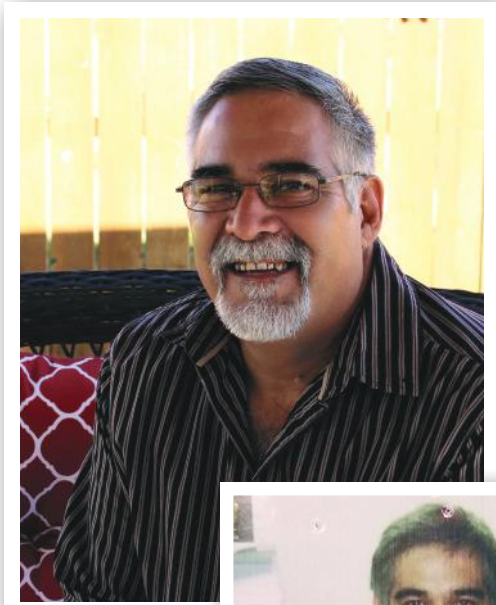
## Marissa Ramirez

I was born and raised in Las Cruces, New Mexico. My father came to the United States years ago from Villahumada, Mexico. My mother is from Las Cruces, New Mexico and together they have three children, my two brothers and myself. I am a mother of three as well, I have a son and two daughters, I have a granddaughter (9 years old) and a grandson on the way! Starting my employment in 2008 with Desert Peaks which at the time was Cottonbloom, was one of my biggest blessings ever, to continue caring for the elderly after caring for my grandparents. I said to myself "Now I'm on the right path of doing what I really want to do!" Desert Peaks continues to be my home away from home with my eleven years of dedication, respect, love, and support. In 2014, my role as a Wellness Director was a learning experience for me and I have no regrets. I returned to our Memory Care Unit, where my heart belongs with all of the beautiful people we are blessed with. My journey started eleven years ago and shall continue for many more with all my heart and respect.



# 11 years of Service!

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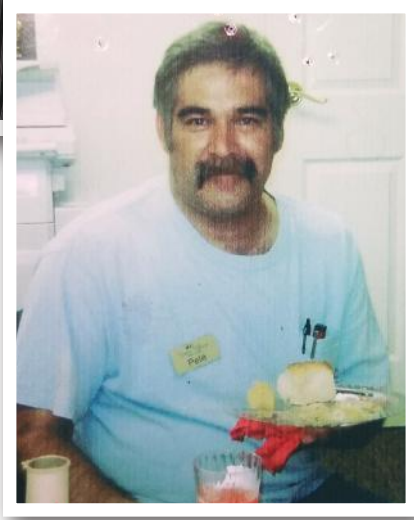


## Pete Frias

I've been employed at Desert Peaks Assisted Living and Memory Care for 11 years. I started working here in October of 2008. I did maintenance for 10 years, and a year ago I transferred to Transportation. I still offer my services in the maintenance department whenever it's needed. I enjoy one on one conversations with the residents and the transportation position allows me to do that.

Throughout my tenure at Desert Peaks, I have worn many hats. I have done everything from public outreach in the community, serving tables and washing dishes, monitoring the physical plant, delivering resident furniture, transporting residents in and out and even leading them in song in the dining room. I enjoy doing anything in the building that serves to benefit the residents. I like to think that I know my residents. Sometimes they are not able to communicate verbally but I am able to pick up on nonverbal cues to assist them. When you spend as much time around them as I do, you recognize what they want and when something isn't right.

I believe that a healthy work environment requires teamwork. This is why I am willing to do any job at Desert Peaks to keep the residents happy. Because I love what I do, it doesn't even seem like work a lot of time and speaking with the residents is just an added bonus. It is all about the teamwork!



# KYOU



“I worked at the telephone company very young. I made \$30 dollars a month. What I am job wise, I donated my time and became an exercise instructor, I taught Yoga and Zen and the whole bit. I was a dancer those young years after I worked for the telephone company. I became a professional dancer; as soon as you’re paid, you’re a professional. I like waltz and I like jazz. I came from that era. We cannot live without music. I just love to be alive, let me put it that way, I don’t care what year it is, I love it all!”

*~Bette Harse*

“We lived in Mississippi; the house that we lived in was on about 25 acres, that was a big shot. \*laughs\* My father was a preacher; his name was Johnny, that is how he made his money. He would go around different churches preaching for \$10 to \$15, maybe not that much at that time. My momma is a great cook; she used to make those good pound cakes. When mother would bake potato pie, I was really crazy about them; she could bake some good pies. And that coconut cake, boy it was out of sight. I ate about half by myself, my momma and daddy didn’t get a chance to get too much of it.”

*~Walter James Williams*

“I remember my best job; it was working on the airplanes. My mother and three aunts all worked at the Douglas aircraft. I worked as a waitress at a café in Las Cruces for a long time and picked cotton all over Texas. My first love was HL; I was married to him for 55 years. I’ve had a good life.”

*~Grace Marie Murphy*

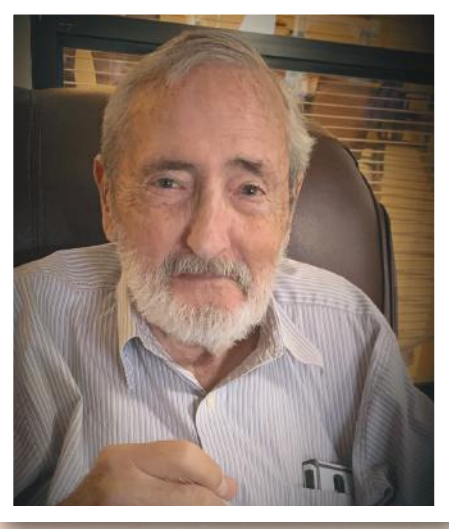






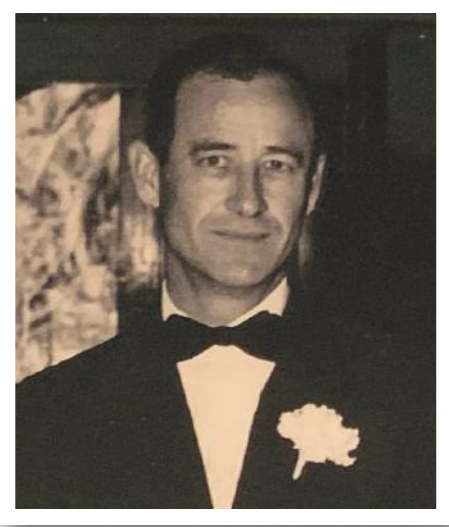
I graduated high school but I quit my senior year, I had everything I needed to graduate the end of my junior year. I started to go to night school in 1958 at the branch college in Farmington for NMSU. I got my draft notice to join the Navy in 1961. I got out of the Navy in 1965 and went back to New Mexico State University and graduated. I started out majoring in accounting and they changed my degree major at the end of my sophomore year to general business. I bought my first convenience store in 1987, in Socorro. In 1998, came to Las Cruces to follow my money and bought a Mobile Home park, which is now a RV Park.

*~Paul Winston Black*



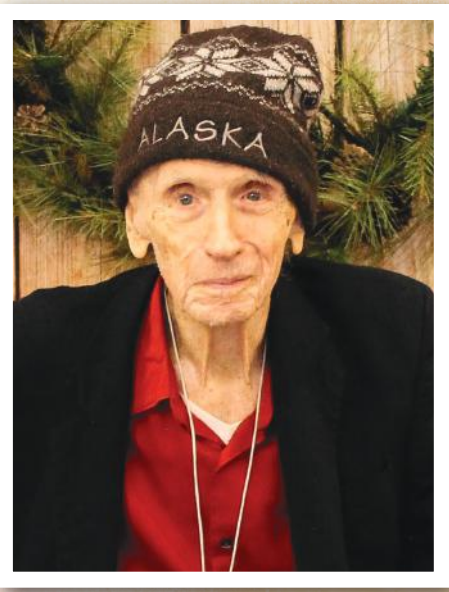
"We had a real, big graduating class. We tried out for our stage play, for our graduation it was "The Ghost Train" and there were 3 to 4 hundred boys and girls for the leading part and I tried out and won, I had the lead. I was musical, I took piano lessons. I dreamed of this curtain opening with the piano and me on the stage and I was singing."

*~Nettie Cora Durbin Kriegel*



"I lost 22 years of my memory from the war, but I learned to drive and did a lot of it. My dad taught me, and my sister taught me how not to! I always wanted to be a hermit- a person who lives all by himself and helps others and situations, like finding some beat up church and rebuilding it. I enjoy the summer, because I like that you can go out at night and it will be warm, and you can look at the stars. There are somethings that I would want to change but "Let It Be" instead of trying to change something just "Let It Be."

*~Charles Joseph Miller*



# Roasted Pumpkin-Apple Soup

Apples add just a hint of sweetness to this velvety pumpkin soup. Try it as a delightful first course for a special meal.

## Ingredients

- 4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks (see Tip)
- 4 large sweet-tart apples, such as Empire, Cameo or Braeburn, unpeeled, cored and cut into eighths
- ¼ cup extra-virgin olive oil
- 1¼ teaspoons salt, divided
- ¼ teaspoon freshly ground pepper
- 1 tablespoon chopped fresh sage
- 6 cups reduced-sodium chicken broth or vegetable broth
- ⅓ cup chopped hazelnuts, toasted (see Tip)
- 2 tablespoons hazelnut oil



## Preparation

Preheat oven to 450°F.

Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more. Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining ¼ teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

**Make Ahead Tip:** Cover and refrigerate for up to 3 days. Reheat in the microwave on High, covered, stirring frequently, or on the stovetop over medium heat.



**Tips:** Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.

To toast chopped nuts, small nuts and seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

**Cut Down on Dishes:** A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.

# Pumpkin Custard with Hazel Nuts and Caramel

## Ingredients

1 cup canned pumpkin puree  
2 large eggs, lightly beaten  
2 cups nonfat evaporated milk  
1 teaspoon vanilla extract  
 $\frac{3}{4}$  cup packed dark brown sugar  
1 tablespoon cornstarch  
1 teaspoon ground cinnamon  
1 teaspoon ground ginger  
 $\frac{1}{4}$  teaspoon freshly grated nutmeg  
 $\frac{1}{4}$  teaspoon salt 10 hazelnuts,  
( $\frac{1}{2}$  ounce)  
 $\frac{1}{2}$  cup granulated sugar  
 $\frac{1}{4}$  cup water 4 ounces reduced-fat  
cream cheese, (Neufchâtel)  
2 tablespoons confectioners' sugar  
 $\frac{1}{2}$  teaspoon Cognac, or vanilla  
extract



## Preparation

Preheat oven to 350°F.

Whisk together pumpkin, eggs, milk and vanilla in a medium bowl. Combine brown sugar, cornstarch, cinnamon, ginger, nutmeg and salt in a small bowl. Sift into the pumpkin mixture and whisk until incorporated.

Divide the mixture equally among six  $\frac{3}{4}$ -cup custard cups. Set the cups in a baking dish and pour in boiling water to come halfway up the outsides of the cups. Bake until a knife inserted in the center comes out clean, 50 to 60 minutes. Remove the custards from the oven and cool them to room temperature. Chill for at least 2 hours before serving.

Meanwhile, spread hazelnuts on a pie plate and toast in a 350°F oven for 10 minutes to loosen the skins. Rub off skins and let cool. Chop finely and set aside. Line a baking sheet with foil.

Combine granulated sugar and water in a small, heavy saucepan. Bring to a simmer and cook, without stirring,

until the syrup is a deep amber color, 5 to 10 minutes. Do not let the syrup burn. Pour the hot syrup onto the prepared baking sheet. Quickly tilt to spread the caramel in a thin layer. Sprinkle on the toasted nuts. Let cool. When the caramel is hard, break into shards.

Process cream cheese, confectioners' sugar and Cognac (or vanilla) in a food processor or blender until smooth. Garnish the custards with a spoonful of the cream and shards of the hazelnut caramel.

**Make Ahead Tip:** Prepare the custards through Step 4; cover and refrigerate for up to 2 days. The caramel (Step 6) can be prepared up to a week ahead and stored in an airtight container.



# Brain Games

1	2	3	4	5		6	7	8	9		10	11	12	13
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65			66		67						68			
69					70						71			
72					73						74			

**ACROSS**

- 1 Grazing area
- 6 Clothed
- 10 Floating ice
- 14 Pointed weapon
- 15 Healthy
- 16 False god graven image
- 17 View
- 18 Institution (abbr.)
- 19 After eight
- 20 Way
- 21 Unmakes
- 23 Those who make the food laws (abbr.)
- 24 Advance
- 26 Wax coloring device
- 28 Observe
- 31 Mix
- 32 Genius
- 33 Pedals
- 36 Detail
- 40 Cover a present
- 42 Vane direction
- 43 Adore
- 44 Exchange for money
- 45 Amends (2 wds.)
- 48 Second day of the wk.
- 49 Giant
- 51 Twerp
- 53 Rat
- 56 Appeal
- 57 Liberal (abbr.)
- 58 Beam
- 61 Post
- 65 Won
- 67 Oaths
- 68 Remain
- 69 College head
- 70 Rewrite
- 71 Throws
- 72 Writer Bombeck
- 73 TV rooms
- 74 Resources

**DOWN**

- 1 Invitation abbreviaton
- 2 Capital of Western Samoa
- 3 Bird's home
- 4 Bring together in one place
- 5 Epoch
- 6 Spine
- 7 Solid part of earth's surface
- 8 In addition
- 9 Notices
- 10 Container
- 11 Teach
- 12 Musical piece
- 13 Gather straw
- 21 Opp. of pretty
- 22 \_\_\_ Lanka
- 25 MD
- 27 Very dry
- 28 Animal feet
- 29 Unit of land measurement
- 30 Bluish green
- 31 Meets
- 34 Give
- 35 Acid drug
- 37 Dorothy's dog
- 38 Decorative needle case
- 39 Sports event
- 41 Farm tool for turning earth
- 45 Came
- 46 Prepare ground for planting
- 47 Lyric poem
- 50 Stiffen
- 52 Verse meter
- 53 Forest clearing
- 54 More friendly
- 55 Right angle to a ships length
- 56 Unwanted insects
- 59 What a leaf comes from
- 60 Matching
- 62 Ventilates
- 63 Lazy
- 64 For fear that
- 66 Genetic code
- 68 Expression of surprise

3	5	1			8	7		6
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7	1			4	6			5
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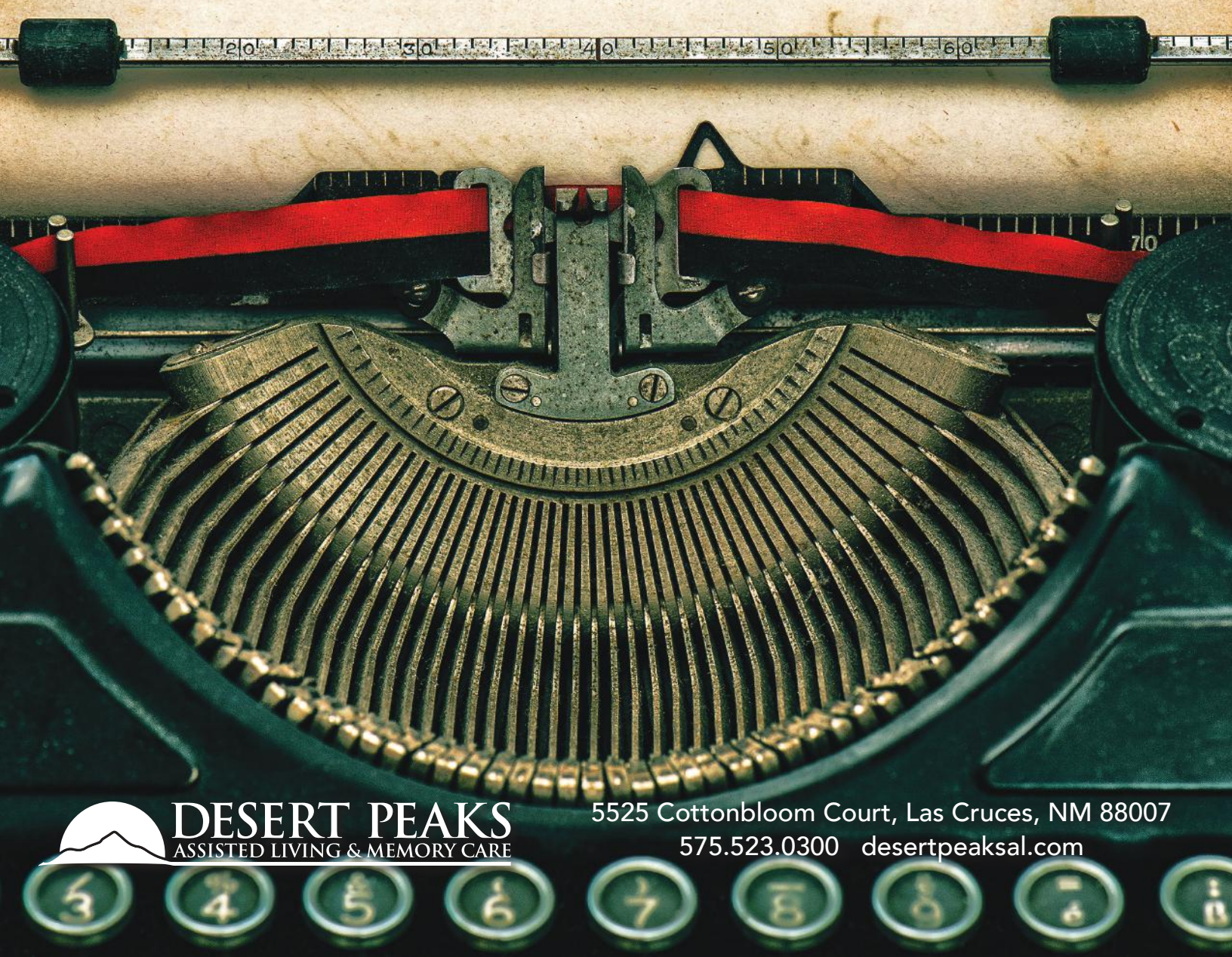




Everyone has a story.

Continue yours at Desert Peaks.

Call, email, or stop by and join Heather  
for lunch or a cup of coffee to learn more.



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5525 Cottonbloom Court, Las Cruces, NM 88007

575.523.0300 [desertpeaksal.com](http://desertpeaksal.com)