

Guided by goodness, loyalty, faith, and fun

# TRUE NORTH LIVING

18/1

## Inspired Aging Reimagine Elderhood



Compliments of



Starting the Conversation  
Let's look Alzheimer's in the eye this year

**JUNIPER SPRINGS**  
— SENIOR LIVING —  
**PLEASE TAKE ONE**





Dennis Garboden, President  
*Compass Senior Living*

## from the President

### Does a company's mission statement mean anything?

That is a question that I did not think about much until we started Compass Senior Living. I have been involved in other companies that had "mission statements" and "values". My experience was that these were words

that some in the company thought were a requirement to have as a company – but they had no actual meaning – and no Life.

When we started Compass Senior Living, we wanted a company that was founded on the belief that we are good people that will surround ourselves with good people. When we'd try and define the "type" of person we wanted to be associated with – the simplest and truest description was simply...Goodness.

So, when we were planning our new company in 2013 we knew that we wanted to have a Mission Statement that would describe us and describe those we wanted to associate ourselves with. We chose four words: Goodness, Loyalty, Faith, Fun.

**Goodness** – Be good, do good.

**Loyalty** – Be loyal to one another and have one another's back, especially in hard times.

**Faith** – Have faith that if you do the right things – the right things will happen.

**Fun** – in work, in life, in relationships...it is important to have balance and fun can be that balance.



"Guided by Goodness, Loyalty, Faith, and Fun" became our mission. This statement guides our decision-making. We ask ourselves when interviewing – Is this person someone that is good and loyal? Has the faith to do the right thing? Laugh easily and smile often?

Goodness is true north. This formed our "Compass" and in doing so, we not only have our mission statement for guidance – but we can also ask what our true north direction is. Is it goodness?



**Would you like a FREE subscription to *True North Living Magazine*?**

Please email [sayhello@juniperspringssl.com](mailto:sayhello@juniperspringssl.com) or call 541.636.4643 or stop by 590 NW 23rd St., Redmond, OR.

To learn more about True North Elderhood, check out our website at [www.juniperspringssl.com](http://www.juniperspringssl.com) or follow our True North Elderhood blog at <https://truenorthelderhood.wordpress.com>.



# Starting the Conversation

Let's look Alzheimer's in the eye this year

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

Over the last few months our Director of Education and Innovation, Jean Garboden, and I have traveled to several Compass Senior Living communities to conduct training we call Caring is What Makes Us Human: Empathetic communication with those who have dementia. It has evolved into a powerful and engaging series of stories that reflect the more than 10 years we've been working to try to understand dementia and find a better way to care for those who have it. Our employees are required to attend. It's those that are not required to attend that inspire me.

For several of the trainings elders and families have joined us. Recently, I was inspired looking out at the elders' faces that were engaged in the conversation—unafraid of what they'd learn. They aren't afraid of knowing what Alzheimer's or other dementias can do. And, with their presence, they are facing it head-on. Elders may see this daily amongst their peers and wonder, "am I next"? And yet, they were the ones most interested in learning what it means, how to understand, and how they can care for others.

## **Engaging in the conversation**

These elders inspire me because they are engaging in the conversation that most are too afraid to have. They are arming themselves with the knowledge that will help to eliminate fear. They are building understanding that those with dementia are still "in there" and they

are whole human beings to be loved-- not feared. They are showing us that age, impairments, and change are to be understood and accepted. The elders that choose to engage are ambassadors powerfully making a better elderhood future for the rest of us.

## **Disrupt the fear about Alzheimer's**

Like cancer, the movement to find a cure for Alzheimer's is growing because most of us know, or have known, someone with Alzheimer's or another dementia. If you haven't yet, you will. By learning about dementia and how we can communicate with those who have it, you join the movement to change language around "locked units". They are not prisoners to be locked away. They are mothers, fathers, brothers, sisters, daughters, sons, aunts, and uncles. They simply need us to look them in the eye, sing to them, dance with them, and know they still desire to be heard and understood.

## **Resolve to learn more**

As this new year starts please make a resolution that will make real change with one simple act. Resolve to learn more, participate in conversations, and try to understand Alzheimer's and other dementias. Follow in these elders' footsteps and learn what you can do to help just one individual. After all, caring is what makes us human.

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Amira Fahoum, Director of Operations, NW Region for Compass Senior Living. [afahoum@compass-living.com](mailto:afahoum@compass-living.com)





# Inspired Aging. . .

reimagine elderhood



It annoys me when people say, ‘Even if you’re old, you can be young at heart!’ Hiding inside this well-meaning phrase is a deep cultural and stereotypical assumption that old is bad and young is good. What’s wrong with being old at heart, I’d like to know? Wouldn’t you like to be loved by people whose hearts have practiced loving for a long time?

I travel around the United States and visit with elders who are 80, 90 and 100+ years old. I am inspired and amazed, that for many of them, no matter what their physical or cognitive challenges, the one thing they all have in common is that they are curious, interesting, and passionate life-long learners.

*People who perceive themselves as lifelong learners often are “superagers,” remaining vital and cognitively resilient through very old age.*

Between 1900 and 2000, average life expectancy increased by nearly 30 years in the United States and most other developed countries of the world. For the first time in history, most people now being born can expect to live seven, eight, nine, or more decades. This changes not only the trajectory of individual lives but also the shape of societies. Adults 60 and older are now the fastest-growing segment of our population.



**This increase in longevity gives rise to new important questions:**

- What do we want to do with an extra 30 years?
- How should we, as individuals and as a society, shape the direction and purpose of our longer lives?
- Can we design a path to our future that improves the well-being and opportunities of people at all ages?
- Should we be creating new social and business policies that will foster these opportunities?
- How do we prepare young people for longer lives—and can these questions be answered in ways that would be beneficial for all generations?
- How do I personally reimagine a purposeful lifestyle for myself?



**We have added 30 years to our lives**, not just for the lucky few but for the majority of people in the developed world. The truth is that we have created a new stage of life called Elderhood - but have not yet envisioned its purpose, meaning, and opportunities.

**What does this new stage of life mean?**

- Psychologists Erik and Joan Erikson viewed later life as a time when the impulse to give back to society becomes an urgent need.
- Carl Jung, an early psychologist with interest in the challenges of the second half of life, saw older age as a fertile period of spiritual growth and individuation.
- Betty Friedan, a social psychologist, researched aging late in her life and suggested that there is a “fountain of age,” a period of renewal, growth, and experimentation based on a new freedom.
- Dr. Bill Thomas, a geriatrician, is at the forefront of a strong nationwide movement to reframe life after adulthood, which is Elderhood, as an exciting stage of human growth and development. In his book *Second Wind*, he explores the dreams and disappointments, the struggles and triumphs of a generation of 78 million

people who once said they would never grow old and never trust anyone over thirty.

Having created a new stage of life, Elderhood - the next step is to make these extra 30 years meaningful! For some of us it may be:

- **Choosing a healthy lifestyle** so that the extra 30 years of life can be vibrant.
- **Volunteering or working** in jobs to make the world a better place; creating a legacy through service, mentoring and activism to benefit future generations.
- **Embracing new paradigms for aging** to realize our potential. Reinventing our life, and doing something we have always dreamed about but never had the opportunity to do.
- **Assuming the Elder teaching**

**role** as the conduit to connect the generations to restore the broken connections in our culture. Even the frailest elder has something to teach us, if we, as students, recognize the elder wisdom as an opportunity to actualize their purpose and legacy.

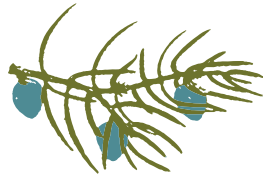
The truth is, we don't yet know what Elderhood, this new stage of life, can be, but the first step is to change the lens through which we view aging and challenge our stereotypical assumptions.

No matter what our age or frailty or ability, we are always fully capable human beings. Until our last breath, we are evolving, and are in a period of renewal, growth, and experimentation.

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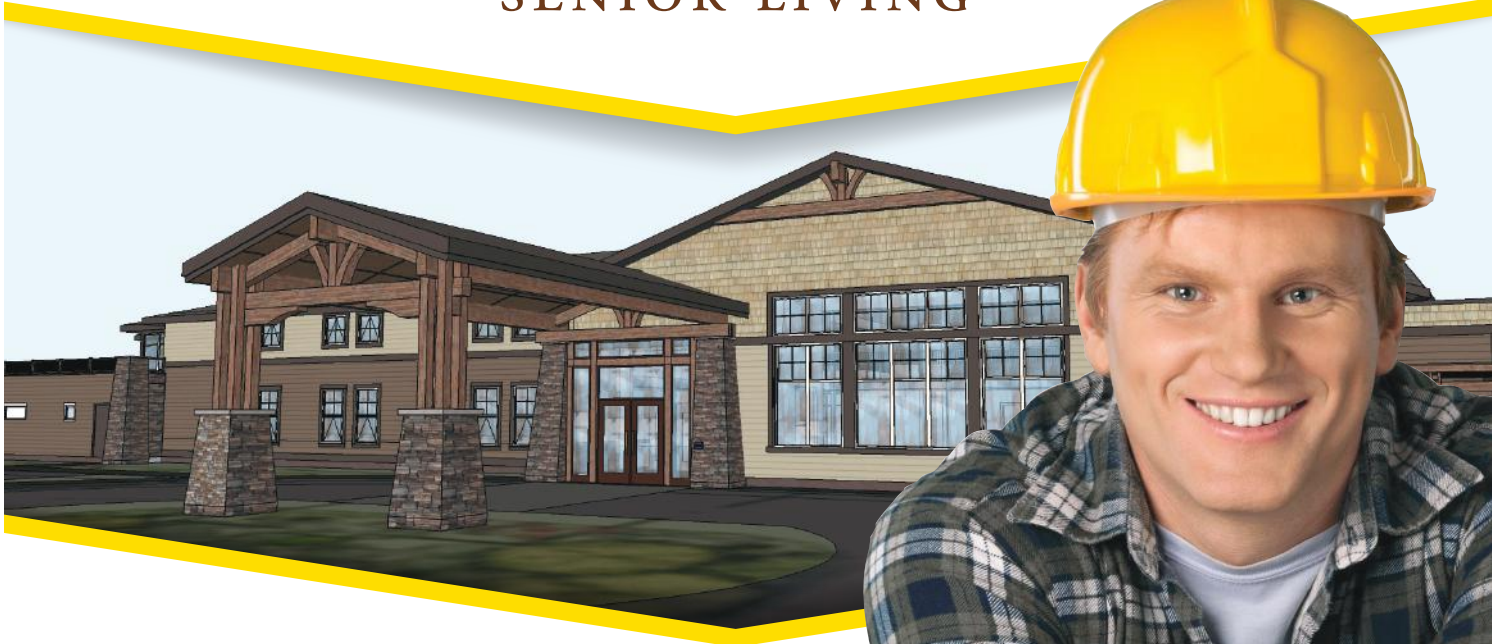
About the author: Jean Garboden is the Director of Education and Innovation at Compass Senior Living located in Eugene, Oregon. Jean is an elder advocate, and Eden Alternative Educator with over 30 years' experience in not-for-profit and for-profit health care organizations. She is honored to lead the mission and culture development for Compass Senior Living. Email: [jgarboden@compass-living.com](mailto:jgarboden@compass-living.com)





# JUNIPER SPRINGS

— SENIOR LIVING —



## Introducing Redmond's newest independent, assisted living, and memory care community!

Juniper Springs is scheduled  
to open in early fall 2018.

Call us to request a brochure  
or visit us online at  
[juniperspringssl.com](http://juniperspringssl.com).



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### **A Hello!**

Favorable December weather afforded us the opportunity to welcome Redmond community members to the construction site for a “Hard Hat Hello”. Those in attendance included city officials, Redmond Chamber of Commerce representatives, members of the Community Presbyterian Church (our neighbors!), members of the Redmond Senior Center, area business professionals, and many interested in potentially moving into the community.

Compass Senior Living Vice-President and Co-owner Will Forsyth made introductions of the ownership, contracting company (CS Construction of Bend), provided project updates, and answered questions from curious community members. Attendees gathered around floor plans and a rendering to gain an idea of what the completed campus would look like while enjoying hot cider, cocoa, and scones. Despite the freezing temperatures, the crowd demonstrated their excitement and support for this project—for which we are truly grateful.

We look forward to more informational events as construction progresses. Stay up-to-date by following us on Facebook at [facebook.com/JuniperSpringsSeniorLiving](https://facebook.com/JuniperSpringsSeniorLiving).

If you would like to request a brochure call us at 541.636.4643 or visit us at [www.junipersprings.com](http://www.junipersprings.com).



**JUNIPER SPRINGS**  
— SENIOR LIVING —

# Coming Soon



## **Sneak peek at Juniper Springs Senior Living**

We desire Juniper Springs to be a place of vibrancy and life, promoting meaning and joy in the lives of residents, families, and our team members.

*Coming Soon*





Juniper Springs offers independent, assisted living, and memory care services and amenities that enhance the homelike environment while encouraging social interaction. Community living is an opportunity to reduce isolation and strengthen the connections you desire to maintain.



**JUNIPER SPRINGS**  
— SENIOR LIVING —

A bit of decadence from our

# Dark Chocolate Raspberry Bark



Prep time: 2 hours Cook time: 5 mins Total time: 2 hours 5 mins

## Ingredients

- 10-16 ounces dark chocolate
- 6-8 ounces raspberries

## Instructions

1. Place a piece of parchment paper or foil on a flat tray.
2. Rub cookie cutters with oil.
3. Melt Chocolate according to package directions.
4. Pour or spoon chocolate into cookie cutters (1-2 ounces per cookie cutter) reserving some for the topping.
5. Place raspberries upside down into the chocolate while it is still soft.
6. Chill for 30-60 minutes, until it is solid enough to be removed from cookie cutters.
7. Drizzle remaining chocolate over the tops of the raspberries.
8. Chill in the refrigerator for another 30-60 minutes.
9. Store leftovers in the refrigerator.

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# Dark Chocolate Strawberry Smoothie

*Dark chocolate, creamy greek yogurt, and sweet strawberries are the perfect combination in this frosty heart healthy Dark Chocolate Strawberry Smoothie!*

Prep Time: 5 minutes Total Time: 5 minutes Servings: 2

## Ingredients

- 1/2 cup nonfat or lowfat strawberry Greek yogurt
- 3/4 cup frozen strawberries
- 1 cup skim milk or milk of choice
- 1 tablespoon unsweetened dark cocoa powder
- 1/2 cup ice only if using fresh berries

## Instructions

1. Place all ingredients in a blender (or Bullet, food processor, etc.) and blend until smooth.
2. Pour into a glass and top with sliced fresh strawberries, if desired. Enjoy immediately!





Kitchen to yours. . .

# Greek Yogurt Honey Blueberry Muffins

## Ingredients

- 2 cups whole wheat flour
- 1 cup all purpose flour
- 1/2 cup + 3 tablespoons brown sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 cup low-fat greek yogurt
- 1/2 cup whole milk  
(you may use another fat percentage if preferred)
- 1 teaspoon vanilla extract
- 2 large eggs, at room temperature
- 1/4 cup honey
- 1/2 cup olive OR coconut oil (if using coconut oil,  
be sure it is above room temperature and melted)
- 1 cup blueberries

## Instructions

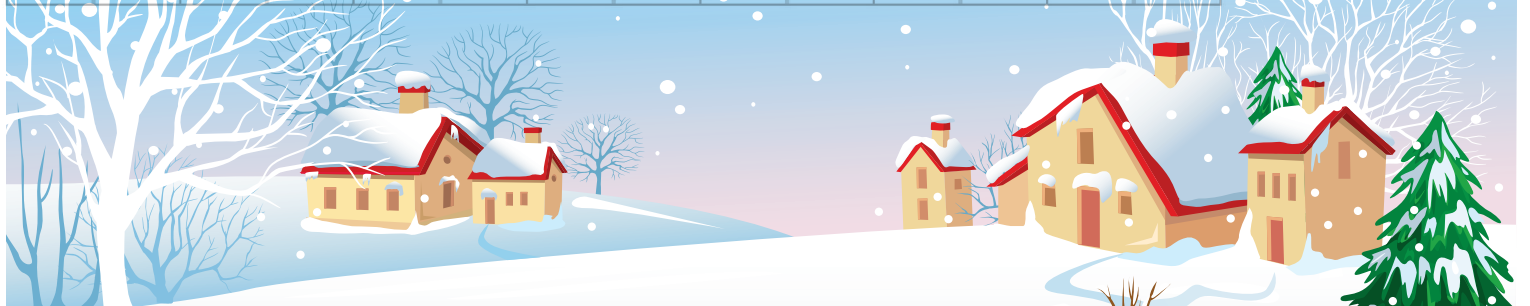
1. Preheat oven to 400 degrees F.
2. Line a 12-cup muffin tin with paper liners; set aside.
3. In a large bowl whisk together flours, sugar, baking powder, baking soda, salt, and cinnamon; set aside.
4. In a medium bowl whisk together the yogurt, milk, vanilla, eggs, honey, and oil.
5. Gently fold the yogurt mixture into the flour mixture, and using a spatula, fold until combined, being sure to mix just until all the flour disappears. Fold in blueberries.
6. Divide the batter evenly among the prepared muffin tins, place pan in the oven, and bake for 18 minutes, reducing the heat to 375 degrees after 9 minutes of baking.
7. Allow the muffins to cool for 5 minutes in the pan before carefully transferring to a cooling rack to cool completely.



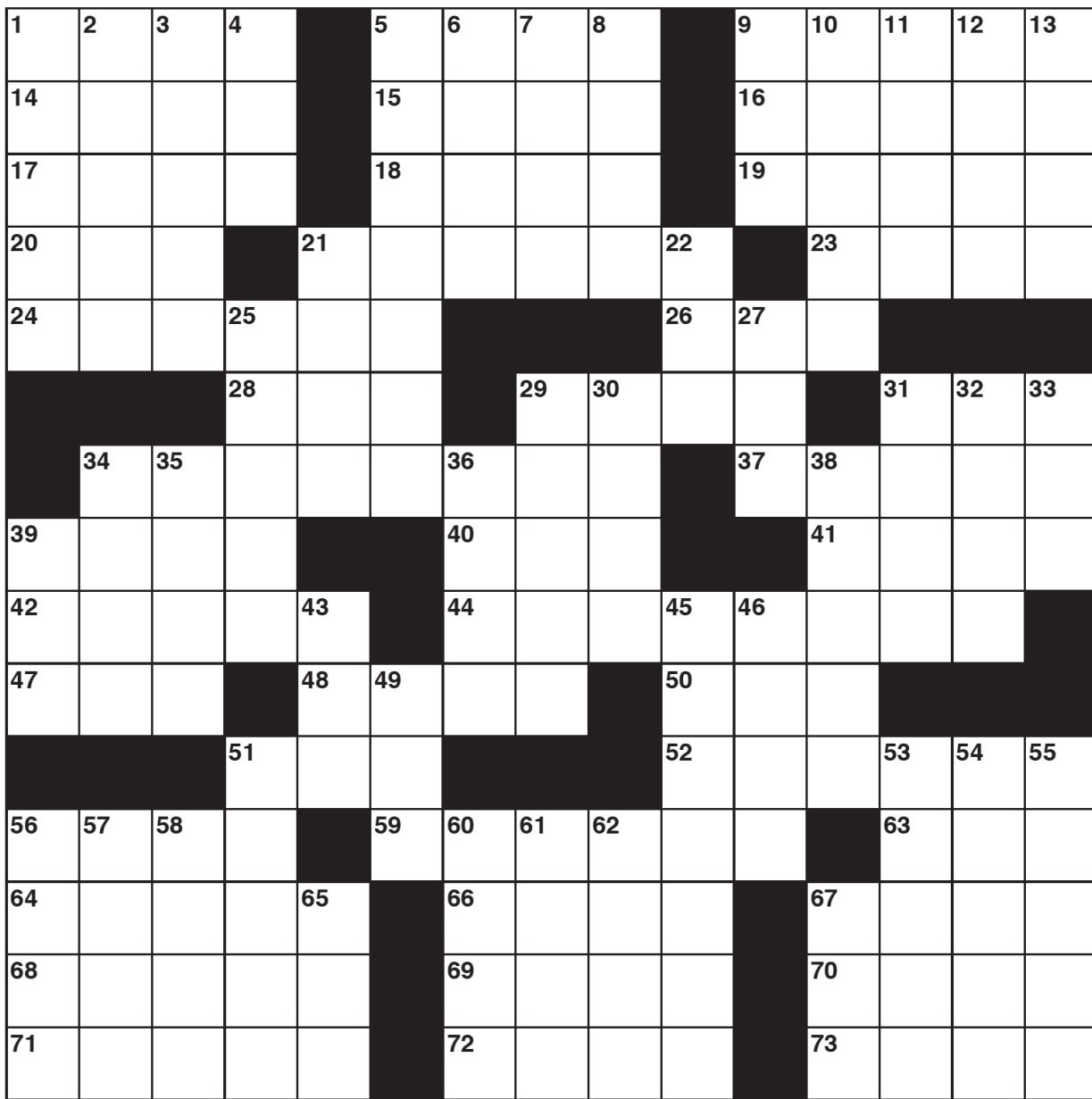
# Brain Games

L	O	K	I	L	L	A	B	W	O	N	S	T	E
N	B	S	W	W	L	K	N	S	W	W	N	L	W
S	G	N	K	H	I	K	A	L	T	I	N	S	O
A	N	D	E	I	G	O	T	E	N	N	B	L	N
N	N	O	G	T	I	I	B	D	Y	T	B	B	D
E	A	S	W	F	S	N	L	D	P	E	S	L	E
L	L	N	T	F	R	I	G	I	P	R	K	I	R
C	I	O	G	A	A	O	L	N	I	F	A	Z	L
I	O	W	N	B	F	L	S	G	N	R	T	Z	A
C	D	F	Z	I	W	N	L	T	E	O	I	A	N
I	N	L	D	N	T	N	F	E	Y	Z	N	R	D
B	L	A	G	I	I	O	L	E	E	E	G	D	O
Z	W	K	L	D	S	H	N	H	L	N	L	O	O
F	D	E	T	A	L	O	C	O	H	C	T	O	H

- SLEDDING
- SNOWBALL
- SNOWFALL
- HOT CHOCOLATE
- FROZEN
- BLIZZARD
- WONDERLAND
- SKATING
- SNOWFLAKE
- SKIING
- NIPPY
- WINTER
- ICICLE
- FROSTY
- GLISTEN







**DOWN**

- 1 Jewish religious leader
- 2 Abraham's son
- 3 British princess
- 4 Convert into leather
- 5 Sub's weapon
- 6 Voiced
- 7 Soft cheese from Greece
- 8 Wields
- 9 Night bird
- 10 First processes in the freezing of water
- 11 Clock sound
- 12 Decorative needle case
- 13 Loch \_\_ monster
- 21 Cut open
- 22 Beret
- 25 Shut down
- 27 Clock time
- 29 Plant with shiny leaves, red berries and prickly edges
- 30 Singing voice
- 31 Make unclear
- 32 Petite
- 33 Delivery service
- 34 Snob
- 35 Make over
- 36 Animal house
- 38 Utilization
- 39 Expert
- 43 Revolutions per minute
- 45 Melted ore
- 46 Certain
- 49 Operate
- 51 Type of wood
- 53 Long, skinny boat
- 54 Rank
- 55 Freezing rain
- 56 Throw off
- 57 Tub spread
- 58 Singular form of name for Russian pancakes served with sour cream
- 60 European monetary unit
- 61 Frozen form of precipitation that falls as ice crystals
- 62 What a clock tells
- 65 Affirmative
- 67 High naval rank (abbr.)

**ACROSS**

- |                                     |                                       |                       |
|-------------------------------------|---------------------------------------|-----------------------|
| 1 Chasm                             | 28 Container top                      | 52 Constructs         |
| 5 Meat alternative                  | 29 Head coverings                     | 56 Baseball player Ty |
| 9 Many times                        | 31 Energy unit                        | 59 Nuzzle             |
| 14 Afloat                           | 34 Code                               | 63 Cause of sickness  |
| 15 Mined metals                     | 37 Spring flower                      | 64 Blend of metals    |
| 16 Make a letter                    | 39 Greek god of war                   | 66 Troop              |
| 17 Farm building                    | 40 Alternative (abbr.)                | 67 Stake              |
| 18 Evaluate                         | 41 Phoenix's Basketball team          | 68 Weighted fishnet   |
| 19 Place                            | 42 Fermented juice of the apple       | 69 Capital of Italy   |
| 20 Pouch                            | 44 List of definitions                | 71 Frozen pizza brand |
| 21 Hit the water                    | 47 Self-esteem                        | 72 Payable            |
| 23 Runners used to travel over snow | 48 Quarry                             | 73 Get together       |
| 24 Tapered spike of frozen water    | 50 Heavy drinking cup made of pottery |                       |
| 26 Feign                            | 51 Flightless bird                    |                       |

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

<p>1.</p> <p><b>FACE</b></p>	<p>2.</p> <p><b>EGG EGG HAM</b></p>
<p>3.</p> <p><b>BUR</b></p>	<p>4.</p> <p>THUMBS THUMBS THUMBS THUMBS THUMBS THUMBS...</p>
<p>5.</p> <p>TEEF FEET TEEF</p>	<p>6.</p> <p>FAMILY SHEEP</p>
<p>7.</p> <p>po<b>FISH</b>nd</p>	<p>8.</p> <p>ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE ISSUE</p>
<p>9.</p> <p><b>TIME</b></p> <p>a b d e f g h i j k l m n o p q r s t u v w x y z</p>	<p>10.</p> <p>DAYSALLWORK</p>

Brain Game Answers:



1. Red in the face
2. Green Eggs and Ham
3. Backrub
4. All thumbs
5. Two left feet
6. Black sheep of the family
7. Big fish in a little pond
8. Tennis shoes
9. Long time, no see
10. All in a day's work

Resource Credits:

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*“There’s a long life ahead of you, and it’s going to be beautiful, as long as you keep loving and hugging each other.” – Yoko Ono*

**Juniper Springs** believes that trusting relationships are the most basic of human needs and the strongest foundation for caring for one another. We are creating a place where elders, families, and employees are growing and teaching each other.


We nurture and encourage family connections.

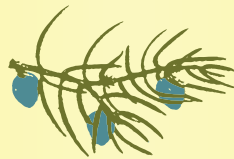
Join us for a meal or a cup of coffee, hot chocolate or tea. Experience our family for yourself.

**Call** 541.636.4643

**Email** [afahoum@compass-living.com](mailto:afahoum@compass-living.com)



 a Compass  
Senior Living community



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