

Guided by goodness, loyalty, faith, and fun

TRUE NORTH LIVING

18/2

Why Yoga?
Benefits for All Ages

Confessions of
a Caregiver:
Finding your Balance



Compliments of
Majestic Rim
Retirement Living



PLEASE TAKE ONE



Will Forsythe, Vice President
and General Counsel
Compass Senior Living

Caring Makes Us Human

Recently, I had the privilege of attending an employee training session led by Compass leaders Jean Garboden and Carrie Gallahan called “Caring is What Makes Us Human.” While the training offered many insights applicable to caring for people -- particularly for those with Alzheimers -- I loved the way it emphasized the simple, profound importance of human connections. I also loved

the way the employees attending the training were receptive and interactive, adding their own stories and demonstrating the “culture of caring” that is what we strive for every day, in every interaction. One of the initial slides in the training presented Maslow’s hierarchy of human needs -- and right there, smack in the middle of the 5-level pyramid, was “Love/Belonging.” To ensure that each Compass community is a place where warmth, love, and a feeling of belonging is apparent and pervasive . . . this is not just a lofty goal, but something truly essential.

What a unique opportunity we have in senior communities to bring out the best in one another, to connect and provide a genuine sense of love and belonging. While a focus is on making sure all of our residents feel this sense of love and belonging, it also extends to families, employees, and everyone with whom we interact during the course of a day . . . every interaction is an opportunity

to demonstrate care to others. As we move ahead in this new year into Spring and beyond, we look forward to all of these opportunities to connect with you!

Warm regards,
Will



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

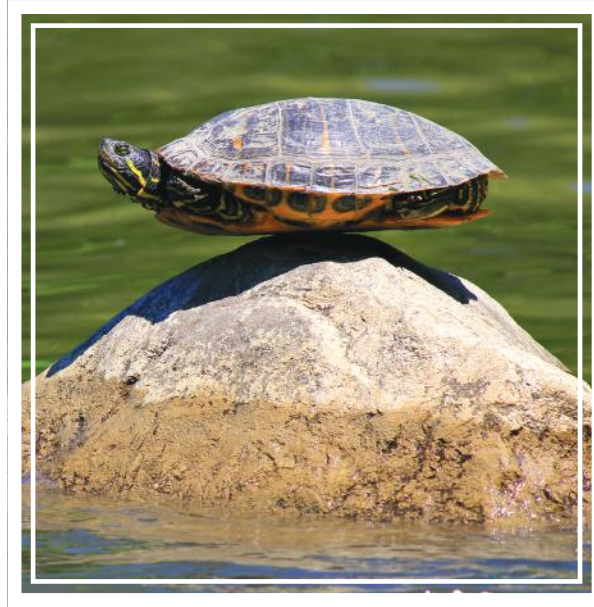
Please email croyer@majesticrim.com or call 928.474.3912 or
stop by 310 East Tyler Parkway, Payson, AZ.

To learn more about True North Elderhood, check out our website at www.majesticrim.com or
follow our True North Elderhood blog at <https://truenorthelderhood.wordpress.com>.

Starting the Conversation

Confessions of a Caregiver: Finding your Balance

Sometimes I find it difficult to manage my day to day tasks. Between family, work, home, and other activities, it leaves me stressed, and feeling like there is not enough time in my day to accomplish all the “to do’s” “on my growing “to do” list. Juggling my schedule and trying to find balance can leave me feeling both physically and emotionally drained. I often find myself seriously considering that if human cloning were a possibility, I’d have another one or two of me made. Since human cloning isn’t an option at this point, and the world isn’t ready for multiple Jennifer’s, I try to live by a few of the following suggestions.



1. **Take time for yourself.** The most important thing you can do is to revisit the hobbies you’ve put off enjoying - reconnecting with friends, finding a quiet place to read, going to a movie, or planning a date with your spouse. Do whatever you love that helps you recharge.

2. **Prioritize.** Look at that “to do” list. Determine what needs your immediate attention and which requires the least. Organize accordingly, allowing things that need moderate attention to fall in between.

3. **Ask for help.** There is no shame in asking for someone to help tackle that to do list.

4. **Take care of your health.** Make sure you are getting enough sleep. Lack of sleep leads to irritability and poor concentration. Choose healthy food options. Consuming a well-balanced diet leaves you feeling full longer and gives you the energy needed to make it through your day. Stay hydrated and exercise frequently. Exercise is a great way to improve your mental health and mood, it boosts your energy levels and helps aid in a better night’s sleep.

5. **Find a support system.** Having someone you can talk to and voice your concerns and frustrations can help relieve those overwhelming feelings. Finding a support group with others who are dealing with similar issues can be very beneficial.

I recognize that making myself a priority and taking care of me assures that I can still be the Superwoman I aim to be for those who depend on me.

.....

Jennifer Milne is the Community Relations Director at Pennington Gardens Assisted Living located in Chandler, Arizona. Contact her at Jennifer@penningtongardens.com.

April - June ~ Public Welcome!

- **Nurse’s Corner** - 1st Fri. each month, 3 p.m. Health info, answers to your health questions, free blood pressure checks, and screenings.
- **Financial Seminar** - Chris Walsh, Edward Jones Advisor, 2nd & 4th Thurs. each month.
- **Total Fitness chair exercise class** offered every Wed. & Fri. at 10:45 a.m. Call Jeannie Price-White at 928.474.3912 for class schedule.

Payson Summer Concert Series – Saturdays in June, Green Valley Park, 7 p.m.

Apr 5 – Two on Tap - Payson High School Auditorium 7 p.m.; Call to “Win 2 TCCA Tickets” at 928.474.3912.

Apr 18 – Osteoporosis Truths and Myths at 10 a.m., Lisa Schultz, Physical Therapist and Educator, health discussion & exercise program.

Apr 27 – The Nelons - Payson High School Auditorium, 7 p.m.

Feel free to call in advance to confirm time and location as some programs may have adjustments, cancellations, etc. Thank you for your understanding.

CALENDAR OF
EVENTS



Why Yoga?

As a yoga practitioner and teacher, I am often asked by people why they should consider doing yoga. There are many obvious answers that come to mind, but I find that it's not as simple as saying "because it's great for you!"

I first sought out yoga for the same reason most people do: to feel better. I had turned 40 and my body was injured from running, my muscles had become less flexible, and I seemed to have more aches and pains than ever. The more I practiced, the better I felt and it became obvious to me that yoga is an incredible tool to combat many of our concerns associated with aging. Much research is available proving the physical benefits yoga has to offer, such as:

- Improves and helps maintain muscle tone in all age demographics
- Strengthens bones (that helps deal with arthritis and osteoporosis)
- Improves sleep quality and ability to fall and stay asleep
- Relieves stress and improves memory
- Normalizes blood pressure and blood sugar levels
- Creates an improved sense of body awareness which improves balance and reduces risk of falling



The physical benefits only tell part of the story, though. What I soon discovered after a few classes is that yoga offers so much more than a physical healing or benefit. It invites a balance of body, mind, and spirit giving the practitioner an improved self-awareness that can be carried with them throughout the day. For me, not only did my body feel better but yoga gave me the opportunity to self-reflect, finding more kindness, awareness, and self-compassion in my daily life. Not only did yoga make my body feel better, it also made my spirit feel better.

My teacher once said "if you can breathe, you can do yoga," and she is right.

Yoga is not about standing on your head or twisting into pretzel-like shapes. It is adaptable to any age group or physical challenge. It can easily be incorporated into your daily routine and is particularly well-suited for older adults because of its low impact qualities. Yoga can even be done from a chair, and all the benefits are the same.

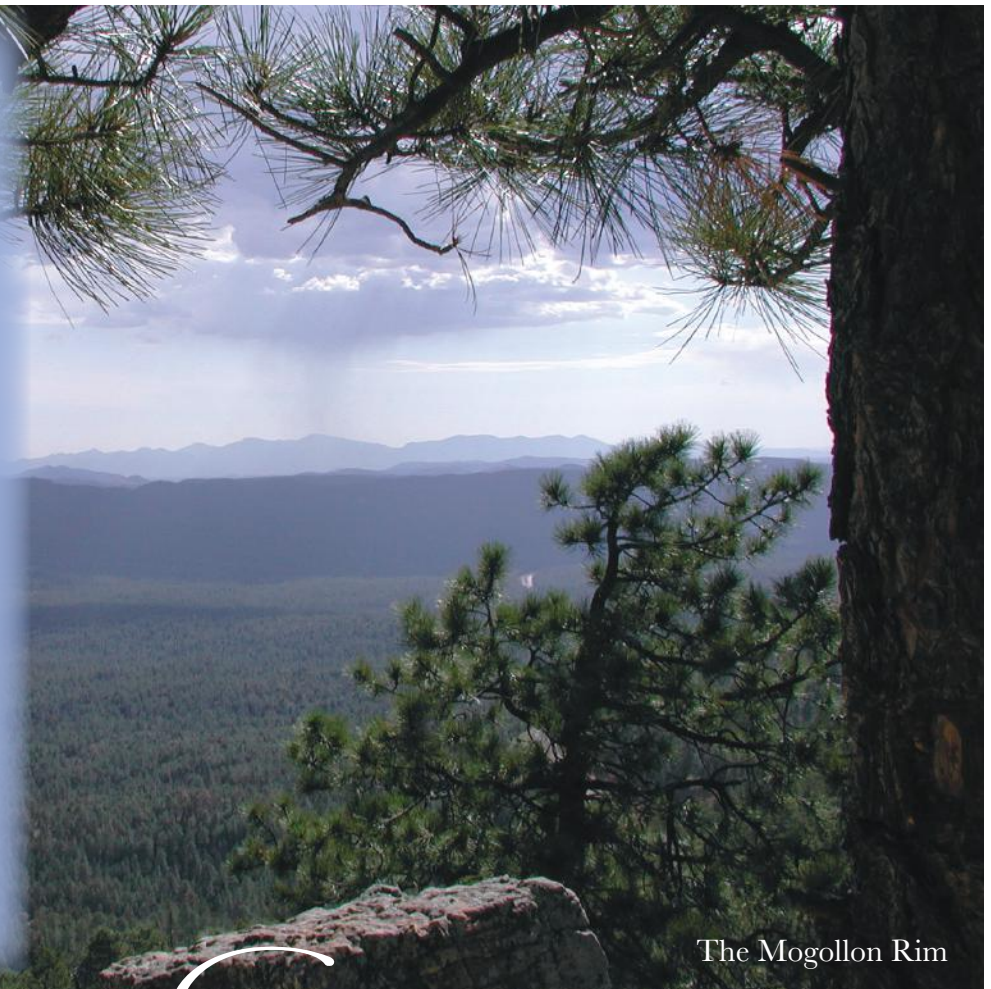
So when people ask me "why yoga?," I just smile and ask "how much time do you have?"

•••••

Carrie Gallahan has completed two 200-hour Yoga Alliance Teacher Trainings and has a Chair Yoga Certification. Carrie is also passionate about dementia education, keeping elders inspired and active, and preserving the stories and legacies of elders. She has worked in the assisted living industry for 15 years and is currently a Regional Director with Compass Senior Living.

“What is there to do in Payson?” is a common question we receive from visitors new to the Rim Country. Depending on the amount of time to explore, you could see many points of interests literally located just a few miles from town. There is so much to see, do and experience that we recommend you make a list and find Payson’s natural wonders.

For starters, be sure to visit the Tonto Creek Fish Hatchery located at the base of Mogollon Rim near Kohl’s Ranch located 16 miles east of Payson. The facility was constructed in 1937 and renovated in 1993 is now offering picnic areas and walking paths. The hatchery actually produces approximately 15% of all trout stocked in Arizona. Come learn more and join us when the fall colors arrive for an excursion that will truly amaze you.



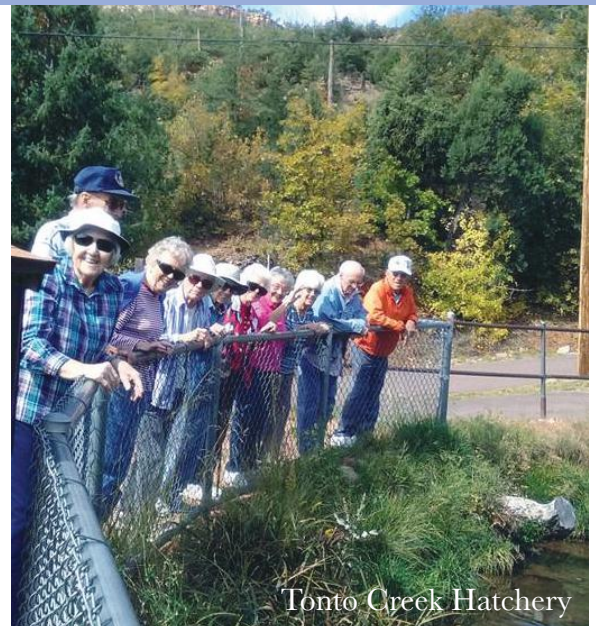
The Mogollon Rim

Majestic Rim Retirement Living

Excursions



Picnic in the Pines



Tonto Creek Hatchery

Beach Party Palooza
at Majestic Rim



Majestic Rim
Retirement Living

Exercise



Exercise comes in all forms and styles and at Majestic Rim we bring fun to everything we do. Being creative with exercise programs can be challenging but with a cooperative group of friends we are willing to try almost anything. For example, chair volleyball is a great indoor sport where everyone can join in. These friends caught on really fast and kept the ‘volley’ moving from side to side with energy and laughter!

Whether you are having an outdoor barbeque, birthday party or summer gathering, grab a large beach ball, line up chairs and gather friends of all ages to join a team. Expertise is not required but we strongly suggest you wear comfortable clothes and adjust chairs with a foot or two of distance in between players to be free from swinging arms and hands. As in regulatory sideout scoring volleyball, the first team to reach fifteen points is the winner! Kids of all ages will be engaged with this activity and expect to break a sweat (or tears of laughter)!



Here at Majestic Rim we explore for the unique opportunities where we can participate with others and build new lasting relationships. Over the years we have increased our community involvement by supporting summer concerts, a fiddler's contest, quilting exhibits, book fairs and other various non-profit fundraising events. There is always an event that stands out above all other events. . . Empty Bowls.

It is a blessing to witness the unequalled giving of time and support to area funding events like Empty Bowls offered by the residents, staff and families of Majestic Rim. They opened their hearts and community for an event to fight childhood hunger and provide funding to several area food banks in Payson and Rim Country. The Empty Bowls event raised \$11,630 through event ticket sales and donations while crafters, sponsors, and volunteers gave generously and freely to support this cause. With much care and planning, the evening event offered hand-crafted ceramic bowls, a hot delicious meal, musical entertainment, pottery demonstrations and more.

Explore Majestic Rim for yourself and discover the values, culture and commitment to community. Empty Bowls 2018 will be announced soon, so plan to join us for another opportunity to do something amazing!

Explore





Experience

Majestic Rim
Retirement Living

Do you ever wonder how chefs create perfect desserts? We may not always know what the chefs are cooking up from week to week, but we love their selections and passion for perfection!

The creativity of the Majestic Rim Dining team goes above and beyond the typical choices most offered at 'Five Star' restaurants. The tastes, ingredients, designs, aromas and plating is all captured right here every day. A special thank you for the scrumptious Valentine's desserts and who wouldn't be in love after that plate of goodness? You all are amazing and thank you for the special touches!

Come share breakfast or lunch with me as my guest, call Cristine at 928.474.3912 to make your reservation.



Watermelon Green Tea Refresher



You'll need:

1 1/2 cups green tea, brewed and chilled
4 cups watermelon, cubed and seeded, chilled
1/2 tbsp fresh lemon juice (use lime if you'd prefer)
some lemon slices for garnish (or lime, if you'd prefer)

To make:

A few hours in advance (or even the day before), steep a green tea bag in some freshly boiled water. Set it aside to cool to room temperature and then stick it in the fridge to chill (adding a few ice cubes always helps!).

Once your green tea is chilled, add 1-1/2 cups of it to your blender. Add the chilled watermelon cubes and lemon juice.

Blend on high speed for 45 seconds to 1 minute, or until the mixture is completely blended.

Pour into a glasses and serve with a slice of lemon!

If you're serving this delicious mocktail to friends it looks great in mason jars with a cute paper straw, but you could also serve it in some margarita glasses at a party.

This recipe makes 2-3 servings and since it's sweetened only with fresh fruit, it's the perfect no-guilt refreshing treat!!



Tossed Greek Salad with Greek Vinaigrette



Greek Salad Ingredients

romaine lettuce, chopped
red onion, thinly sliced
Kalamata olives, pitted and sliced
pepperoncinis, sliced
tomatoes, seeded chopped
cucumber, sliced
feta cheese, crumbled

DIRECTIONS

1. In a large salad bowl, combine the Romaine, onion, olives, peppers, tomatoes, cucumber and cheese.
2. Prepare dressing, drizzle over top, toss, and serve.

Greek Vinaigrette Ingredients

1/4 cup extra virgin olive oil
1/4 cup red wine vinegar
1 tsp. Dijon mustard
1 tsp. garlic powder
1 tsp. dried oregano
1 tsp. dried basil
3/4 tsp. onion powder
salt and freshly ground black pepper, to taste
(about 1/4 tsp. each)

DIRECTIONS

1. Pour vinegar and mustard into a food processor. Turn on low and slowly add the olive oil to emulsify. Add the garlic powder, oregano, basil, onion powder and salt and pepper. Pulse a few more times to incorporate. (Can be done by hand in a large bowl, adding the olive oil slowly while whisking vigorously to emulsify.)
2. Drizzle over salad and serve. Keeps well at room temperature.

Serves 6.



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			

ACROSS

- 1 Person on horse
- 6 Freudian selves
- 10 Abdominal muscles (abbr.)
- 13 Evades
- 15 Jabber
- 16 Bomb
- 17 Blossom
- 18 Opera solo
- 19 Also known as (abbr.)
- 20 Car rental agency
- 22 Snow transportation
- 24 Article for sale
- 26 Adolescent
- 28 Not there
- 29 Thump
- 30 Signal
- 31 Green plant with narrow flat leaves and jointed stems
- 32 Charged particle
- 33 Rolled chocolate candy brand
- 34 Contagious disease
- 35 Brown, fuzzy marsh plant
- 37 Difficulty
- 41 Cooking fat
- 42 Cultivate
- 43 Environmental protection agency (abbr)
- 44 Strict
- 47 Obstacle
- 48 Ripe
- 49 Goofs
- 50 Close
- 51 Contemplate
- 52 Country in South Eastern Africa
- 54 Always
- 56 Genetic code
- 57 Praise enthusiastically
- 59 Wears away
- 63 Fall mo.
- 64 Water pitcher
- 65 Albanian capital
- 66 Megahertz
- 67 Women's magazine
- 68 No longer wild

DOWN

- 1 Game official
- 2 Ailing
- 3 Two
- 4 British King's name
- 5 Put a rope through a hole
- 6 Epoch
- 7 Area of land used for cultivating plants and flowers
- 8 White vegetable
- 9 Buck
- 10 Flower
- 11 Bread makers
- 12 Card suits
- 14 __ Lanka
- 21 Calm
- 23 Bush
- 24 Hold it there
- 25 Father's sister
- 27 Self
- 29 Twitch
- 30 Earth
- 31 Emit light
- 33 Precipitation
- 34 Pond dweller
- 36 Upper body
- 37 Chatter
- 38 Not arms
- 39 Dueling sword
- 40 Angry
- 42 African antelope
- 44 Infrequent
- 45 Furrow
- 46 Artificial
- 47 Long-handled scoop used for digging
- 48 Dawn
- 50 Shoulder covering
- 51 Rate
- 53 Perennial woody plant consisting of roots, trunk, and branches
- 55 Animal doctor
- 58 Before, poetically
- 60 Levee
- 61 East northeast
- 62 Unhappy

6	5	9		1		2	8	
1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
		3		7	8	6	4	
3		2			9			4
					1	8		
		8	7	6				



<p>1. </p>	<p>2. </p>
<p>3. PENNIES</p>	<p>4. back</p>
<p>5. b bird b bird bird b b b b b</p>	<p>6. Finger PIE</p>
<p>7. MILONELION</p>	<p>8. Matter</p>
<p>9. funny funny word word word word</p>	<p>10. Not = Cent</p>

Brain Game Answers:

6	5	9	3	1	4	2	8	7
1	8	7	6	5	2	4	3	9
2	3	4	8	9	7	5	1	6
4	2	6	1	3	5	9	7	8
8	7	1	9	4	6	3	5	2
5	9	3	2	7	8	6	4	1
3	1	2	5	8	9	7	6	4
7	6	5	4	2	1	8	9	3
9	4	8	7	6	3	1	2	5

Solution:

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

- | | |
|---------------------------|--------------------------|
| 1. A bundle of nerves | 2. Small potatoes |
| 3. Pinching pennies | 4. Back on one's feet |
| 5. The birds and the bees | 6. A finger in the pie |
| 7. One in a million | 8. Grey matter |
| 9. Too funny for words | 10. Not worth a red cent |

Resource Credits:
 Page 10 & 11: Premeditatedleftovers.com; JessicaLevinson.com; BakerbyNature.com
 Pages 12-15: Crossword: EvelynJohnson/qets.com; Rubus: puzzle-to-print.com;
 coloring page: FaberCastell.com





THE ULTIMATE CHOICE FOR

INDEPENDENT LIVING



Majestic Rim Retirement Living

Is there such a place where active adults can enjoy the outdoors, attend community events, volunteer their talents all while having fun in a serene mountain town? *Short answer, absolutely!*

Let us unveil this gem to you. Call to schedule a tour, request literature, or ask for our Payson relocation package and discover Rim country first hand.

Come discover the unique retirement community of Majestic Rim where active adults find a haven full of new friendships, spacious floor plans, abundant amenities, and delicious meals. Excellence is our priority at Majestic Rim!

Call Cristine Royer at 928.474.3912 or **Email** croyer@majesticrim.com and get answers to your retirement questions. Stop by and join us for a cup of coffee. The Bistro is always open.



310 E Tyler Pkwy, Payson, AZ 85541
majesticrim.com