

# TRUE NORTH LIVING



Rest. Reflect. Renew.

22/1  
COMPLIMENTS OF





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When we work with love  
we renew the spirit;  
that renewal is an act of self-love,  
it nurtures our growth.

~ Bell Hooks



“

COME TO THE WATER. LIVE  
IN THE MOMENT, AND BE.  
REFRESH YOUR MIND. REST  
YOUR BODY. RENEW YOUR  
SPIRIT. REGAIN A GENTLE  
HEART AND PEACEFUL SOUL.  
RECLAIM YOURSELF. RESTORE  
IN THE POWER THAT IS  
GREATER THAN YOU.

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BONNIE MOHR

TNL



# A note from the Home Office. . .

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Turning the calendar to a New Year always presents a good time to step back and reflect on how things have gone over the past year, and to look forward to what's to come in the year ahead. It's a time to reconnect with our purpose, to make sure the path we're on remains a good one. The modern world has a way of sweeping us along on its swift, busy day-to-day journey – where before you know it, days, weeks and months (even years?) can flash by in what seems like a heartbeat. The journey can be taken with the assurance of holding a trusty map, rather than finding yourself wandering aimlessly through the forest. So, let's take a moment to reflect.

How are we all doing? If I had to guess, and with everyone being perfectly honest, perhaps not the best! Let's consider that we are approaching two years living in the midst of a difficult pandemic, as well as living in an American society where government, politics, and media are as polarized, divisive, and driven by negativity as I can ever recall. There is plenty of stress and strife available for us all to consume and contend with each day. If you're feeling a bit worn down, you're certainly not alone. As much as I'd love to admit otherwise and claim some high ground of unaffected strength, I've felt this way too at times over this past year.

And so, I'll humbly suggest a collective resolution for this New Year. To not only continue doing our best to care for and be kind to others, but to also make sure we intentionally take the time to care for and be kind to ourselves. To make sure we stay closely connected with people and activities that give us joy. To make sure we are getting the good rest, good nutrition, and good daily movement needed to be at our best. To make sure we allow ourselves to breathe deep, feel appreciation for ourselves and for the good things in our lives. To establish – at least from time to time – a healthy bit of distance and space from the constant modern pull of loud negativity. It's not easy, but we all have the ability to turn these things off! Here's to a New Year where self-care makes a comeback – and in turn makes us all more capable of providing great care for others.

- Will

Will Forsyth, Vice President & General Counsel  
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# REJUVENATION

by **Delinda Hess-Sump**, *Resident, Shorewood Senior Living*

I find myself putting rejuvenation as the source for the relaxation & renewal to happen.

There are plenty of reasons to become disheartened with the bombardment on our psyche with negative information from news, TV, youtube, etc. This leaves us tense, and we can become addicted to the toxic chemicals the body produces from these negatives. Joy is the antidote to this!

Yes, it may seem simplistic, but by channeling our thoughts to focus on gratitude and what brings us joy, it prepares us to be lifted out of the darkness to a peaceful, renewed state of mind.

By meditating and filling our thoughts with kindness, peace, and goodness, we are rejuvenating our minds and bodies for a renewed sense of purpose. We become part of the solution to the negative energy broadcast to the world. As we relax into a peaceful state, we are in harmony with life instead of at war with it.

Thanks to the carefree, peaceful life I've found at Shorewood, I have the blessed opportunity to engage in contemplation of these things that bring me joy. This is at the top of my gratitude list. **What's on your gratitude list?**

.....



*Delinda has lived at Shorewood Senior Living in Florence, Oregon since 2019 and had a long career as an RN prior to her retirement. Delinda is a source of wisdom and joy to all at Shorewood.*



# WISDOM FROM OUR ELDERS

by **Kathy Kuntz**, *Executive Director, The Iris Senior Living*

If you're feeling a little bit weary as we leave 2021 and enter 2022, you are not alone. With so much going on, it is beneficial to examine how far we have come. Having a reflective spirit can help us to renew ourselves and recover our strength. As the Executive Director of The Iris Senior Living, I am blessed to be surrounded by over 50 residents who are part of the Greatest Generation. They are my mentors, teachers,



and my daily encouragement. Here are some lessons I have learned from our inspiring elders to refresh our mind, body, and soul.

**Take time for yourself.** Being alone doesn't have to feel so lonely. Reflect on life and be thankful for all the gifts you have.

**Meditate.** When things are tough, our minds tend to focus on the things that we do not have. This is the perfect time to reflect inward in prayer and meditation to look at all the goodness around us and be thankful. Unfortunately, when we focus on filling our lives with meaningless busyness, we tend not to have the ability to look at the blessed moments and express gratitude.

**Get active.** Exercise doesn't mean that we must do strenuous workouts, but rather any

movement helps relieve stress. Take a short walk, do some stretching, work on your balance, and do small activities daily to start feeling better. Even just getting outside for a walk around the block can help with so much.

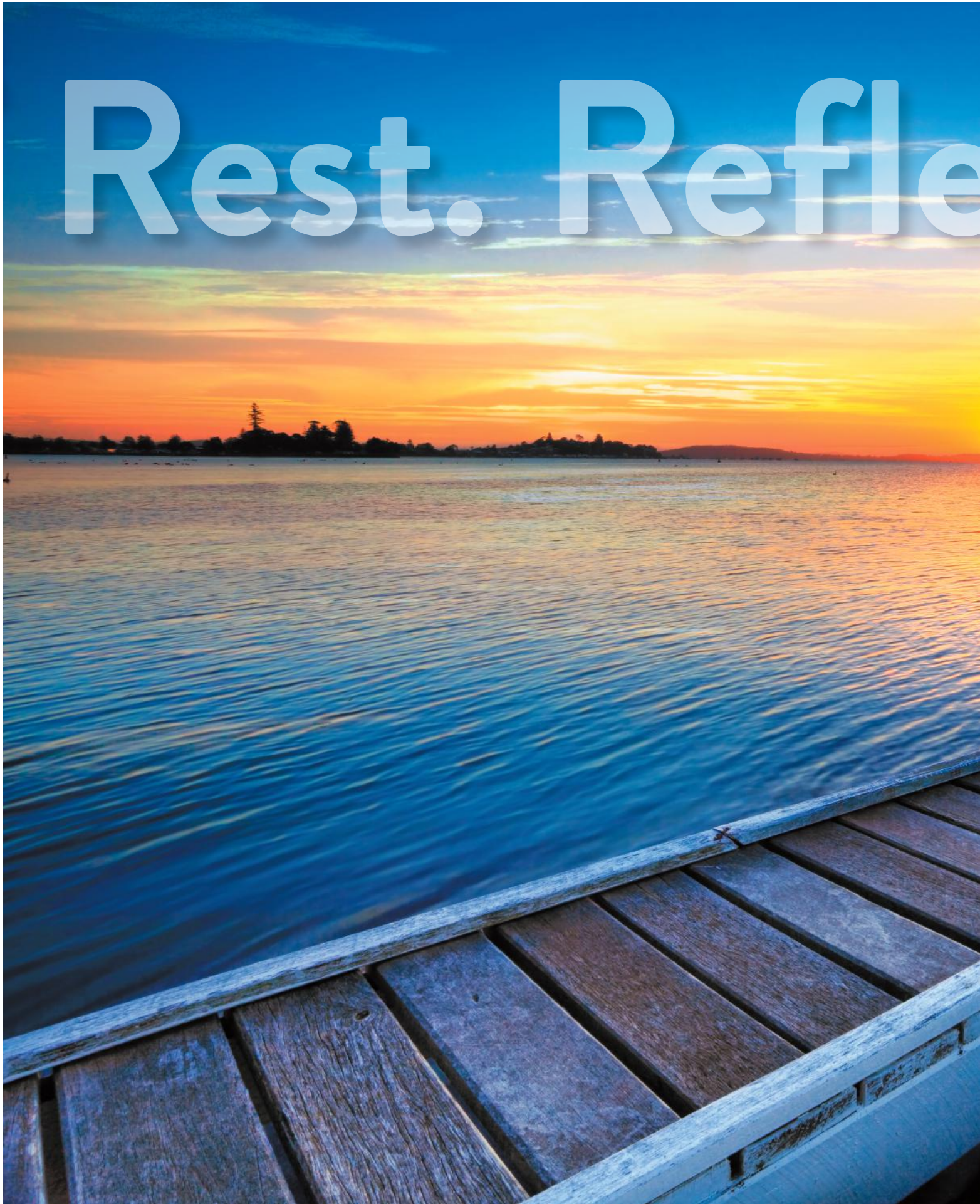
Our Elders inspire us, motivate us, guide and direct us. As we work to create an empowering, caring culture for elders, we are creating our own future.

Remember to keep an optimistic spirit and calibrate your life to 'True North - guided by goodness, loyalty, faith, and fun.

.....

*Kathy Kuntz is the Executive Director of The Iris Senior Living in Great Falls, Montana. When not working she does yoga, meditation, reading, baking, and hiking. To learn more about The Iris Senior Living, go to [irisreatfalls.com](http://irisreatfalls.com)*

# Rest. Reflect





# ect. Renew.



**At first glance, the concept of rest seems both natural and simple.**

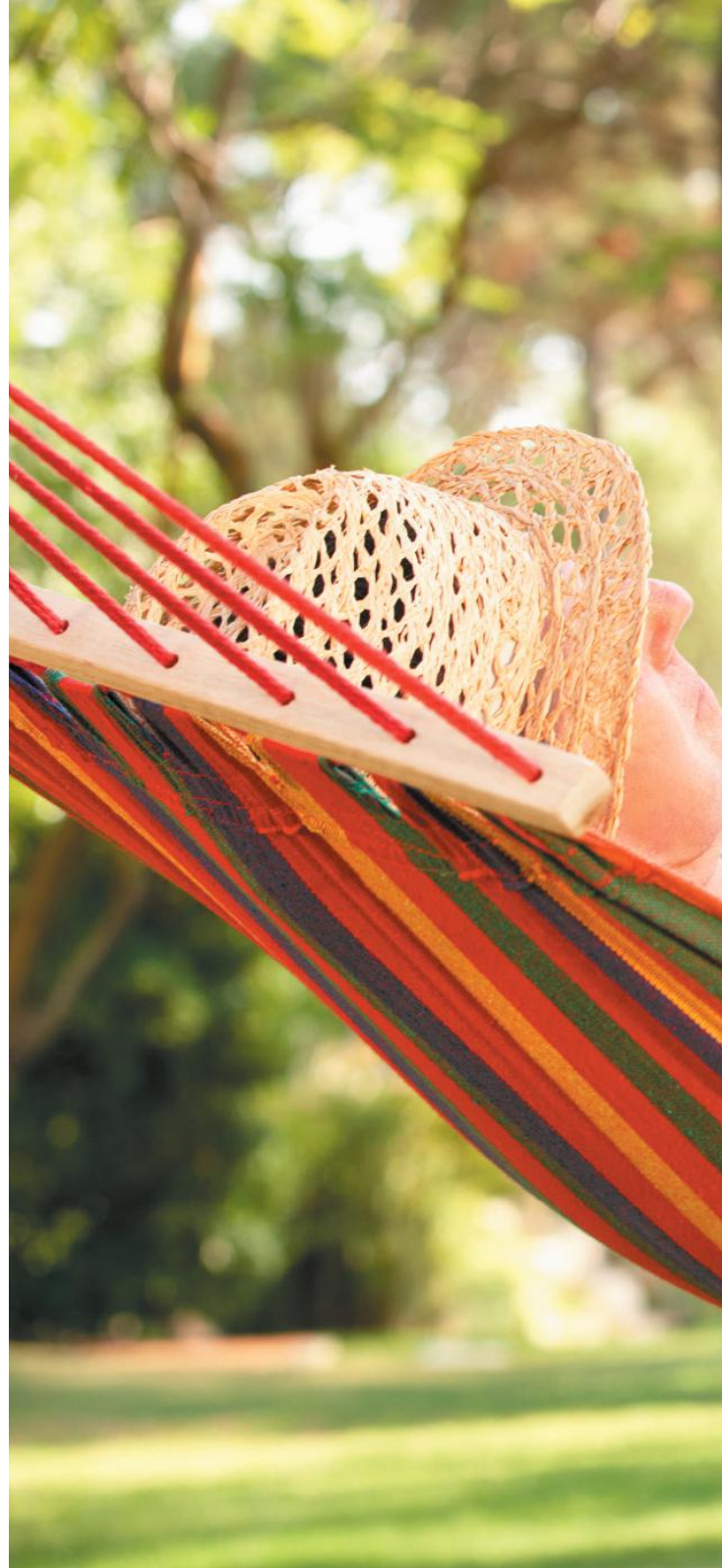
But if you're anything like me, true rest can be very hard to come by if you do not intentionally make space for it in your life. Unfortunately, our culture tends to communicate that the need for rest is self-indulgent or stems from some innate laziness. Rest, however, is absolutely essential to our health as human beings and its benefits should not be discounted.

*continued on page 10*

So how do we find good, meaningful rest? True rest can be found in anything that fills your proverbial bucket. Of course, rest can look like a nap or indulging in a comforting movie, but it can also look like going for a walk, playing with your grandkids, or working on a creative project. Rest doesn't have to mean idleness. Instead, rest can simply mean taking a break from the demands that have been placed on you and choosing something you want to do instead of something you have to do.

When we grant ourselves the gift of rest, it inevitably leaves space for reflection. When we quiet the noise of our obligations and allow ourselves time to focus in on the things that bring us joy and fulfillment, we begin to take stock of our lives. We get to ask important questions like *Am I happy? Where am I getting my value and meaning? Am I doing what I want to be doing?* All of this and more can be discovered through a bit of reflection and it's easier than you think! You don't have to be a meditation expert or a licensed counselor to experience meaningful reflection. Simply take some time to ask yourself a few questions--check in with yourself and ask *How am I really doing?* This can be done through journaling, sharing your thoughts with a trusted friend, or sitting quietly with a cup of coffee and no distractions.

The time and space that you sacrifice for rest and reflection will be returned to you in dividends by the sense of renewal that you will feel. Not only does true rest give us renewed energy and zest for life, but it also grants us a renewed sense of purpose and perspective.



When you take time to rest and reflect, what you really get in return is longevity, purpose, and hope. And really, who doesn't want more of that?

.....



*Author: Andrea Korn is the Community Relations Director at Aspen Valley Senior Living in Boise, Idaho. When she's not showing off the community to prospective family members, giving tours or laughing with residents, Andrea teaches and performs comedy improv at a local comedy venue. Andrea loves the creativity and fun that comes with her job and takes pride in helping individuals and their families find the assistance they need in a community they can call home. To learn more about Andrea and/or Aspen Valley Senior living, contact Andrea at [AKorn@aspenvilleseiorliving.com](mailto:AKorn@aspenvilleseiorliving.com) or visit the website at [AspenValleySeniorLiving.com](http://AspenValleySeniorLiving.com)*

# RENEW YOURSELF!

*About the author: Hannah Gallardo is the Community Relations Director at Heron Pointe Senior Living in Monmouth, Oregon. Hannah is also a Western Oregon University student currently finishing her Community Health degree and Gerontology program. To learn more about Heron Pointe go to [heronpointesl.com](http://heronpointesl.com)*



I have always been a strong advocate for self-care. As someone who has spent years caring for others, it is paramount to dedicate time for myself at the end of every day. Now more than ever, my self-care relies heavily on reflecting on each day to prepare for the next. With new challenges and situations being thrown all around us, one must prepare to ease one's mind.

At the end of each day, I sit with my husband, and we just talk. I mean we talk for hours. This is my peace; this is my renewal. As we talk each night, we talk about life, our new challenges, and maybe even a new strength. Regardless, we spend the time reflecting on our day and how we will use our experiences to grow. Each night we sleep soundly knowing that we are renewed for the day ahead of us. There is no challenge we cannot handle when we have good friends and loved ones to talk with, to listen to, and to share our struggles and our joys.

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Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from cares which will not withdraw from us.

~ MAYA ANGELOU

# Blueberry Breakfast Smoothie



## INGREDIENTS

1 cup fresh blueberries  
½ cup Greek yogurt  
¼ cup orange juice  
1 T white sugar, or to taste  
¼ t vanilla extract  
1 pinch ground cinnamon, or to taste  
3 ice cubes

## PREPARATION

Blend blueberries, yogurt, orange juice, sugar, vanilla extract, and cinnamon together in a blender on low speed for 30 seconds; increase speed to high and blend until smooth, about 2 minutes. Add ice and blend on high until smooth, about 1 minute more.

## Additional Notes:

If you want it less thick, add less ice. If you want it less cold, add less ice.

I do not recommend using regular yogurt, because it will make the smoothie super watery.

If you want it sweeter, try adding more orange juice first. If that doesn't do it, add another tablespoon of sugar or sweetener.

If you don't like vanilla, don't add it.

.....

# Grilled Fish Filet with Mango Salsa



## INGREDIENTS

½ cup extra-virgin olive oil  
1 clove garlic, minced  
2 t dried basil  
2 t ground black pepper  
1 t salt  
4 salmon or tilapia filets  
⅔ cup chopped mango  
2 T lime juice  
2 T orange juice  
4 t minced jalapeno pepper  
4 t minced red onion  
2 t minced red bell pepper  
2 t minced green bell pepper  
1 t dried parsley  
1 t ground black pepper

## PREPARATION

1. Stir the olive oil, garlic, basil, black pepper, and salt together in a bowl. Put the fish filets in a resealable plastic bag; pour the olive oil mixture over the filets and seal the bag. Marinate in refrigerator for 1 hour.
2. Make the salsa by stirring the mango, lime juice, orange juice, jalapeno pepper, red onion, red bell pepper, green bell pepper, parsley, and black pepper together in a bowl. Refrigerate for 1 hour to allow the flavors to blend.
3. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
4. Remove the filets from the marinade, shaking off any excess oil, and wrap each filet in a piece of aluminum foil.
5. Cook the filets on the preheated grill until the flesh easily flakes with a fork, 3 to 4 minutes per side. Spoon the salsa over the tilapia to serve.

# 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		



**ACROSS**

- 1 Resort hotel
- 4 Tempos
- 9 Calorie
- 12 Gust
- 14 Take into one's family
- 15 Wheel
- 16 Singing voice
- 17 Pertaining to the north or south ends of the earth
- 18 Makes hot cereal
- 19 Heavy and widespread snowstorm of lengthy duration
- 21 On the other side
- 23 Bullfight cheer
- 24 Old-fashioned Fathers
- 25 Hairstyle
- 28 Pat lightly
- 31 Ritzy
- 34 Express approval
- 36 Lavatory
- 38 Police officer
- 40 Water film
- 41 Heroism
- 43 Out of bounds
- 44 Decade
- 45 Stretch to make do
- 46 Slovenly
- 48 Sprint
- 51 Central nervous system
- 53 Stare at
- 54 Net
- 56 Greedy person
- 58 Short open jacket
- 61 Runnerless sled that is curved upwards
- 66 Waterless
- 67 Fatty vegetable
- 69 World organization
- 70 Strong wind
- 71 Sounds with reference to pitch, strength, or duration
- 72 Experts
- 73 Wily
- 74 Inscribed stone
- 75 Observe secretly

**DOWN**

- 1 Wash with a mop
- 2 Tablet
- 3 Opposed
- 4 From the pope
- 5 Worshiped
- 6 Frigid
- 7 Government agency
- 8 Tie down
- 9 See ya!
- 10 Branch of learning
- 11 Fewer
- 13 Dozen (abbr.)
- 15 Upper body
- 20 Where animals are kept
- 22 Head cover
- 25 Curved
- 26 Animals in a region
- 27 Boundary
- 29 Type of wrench
- 30 Ghost's greeting
- 32 Frown angrily
- 33 Provide housing for
- 34 Pacific Time
- 35 Evening
- 37 Sphere
- 39 Wooden sheet
- 42 American Kennel Club (abbr.)
- 43 Cloudlike mass made up of tiny water droplets suspended in the air near the ground
- 47 Company symbol
- 49 Swedish citizen
- 50 Possessive pronoun
- 52 Large, long-handled scoop for digging or scooping heavy material
- 55 Coverings for the feet worn for protection
- 57 Overly fat
- 58 Containers
- 59 Spoken
- 60 Spring flower
- 61 Prong
- 62 Gross national product (abbr.)

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

# MIGRATING BIRDS

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.

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

- Bluebird
- Bobolink
- Bullfinch
- Cardinal
- Crane
- Duck
- Eagle
- Falcon
- Flycatcher
- Goldfinch
- Goose
- Heron
- Hummingbird
- Kingfisher
- Loon
- Robin
- Skylark
- Swallow
- Swan
- Whimbrel
- Woodpecker

**Brain Game Answers:**

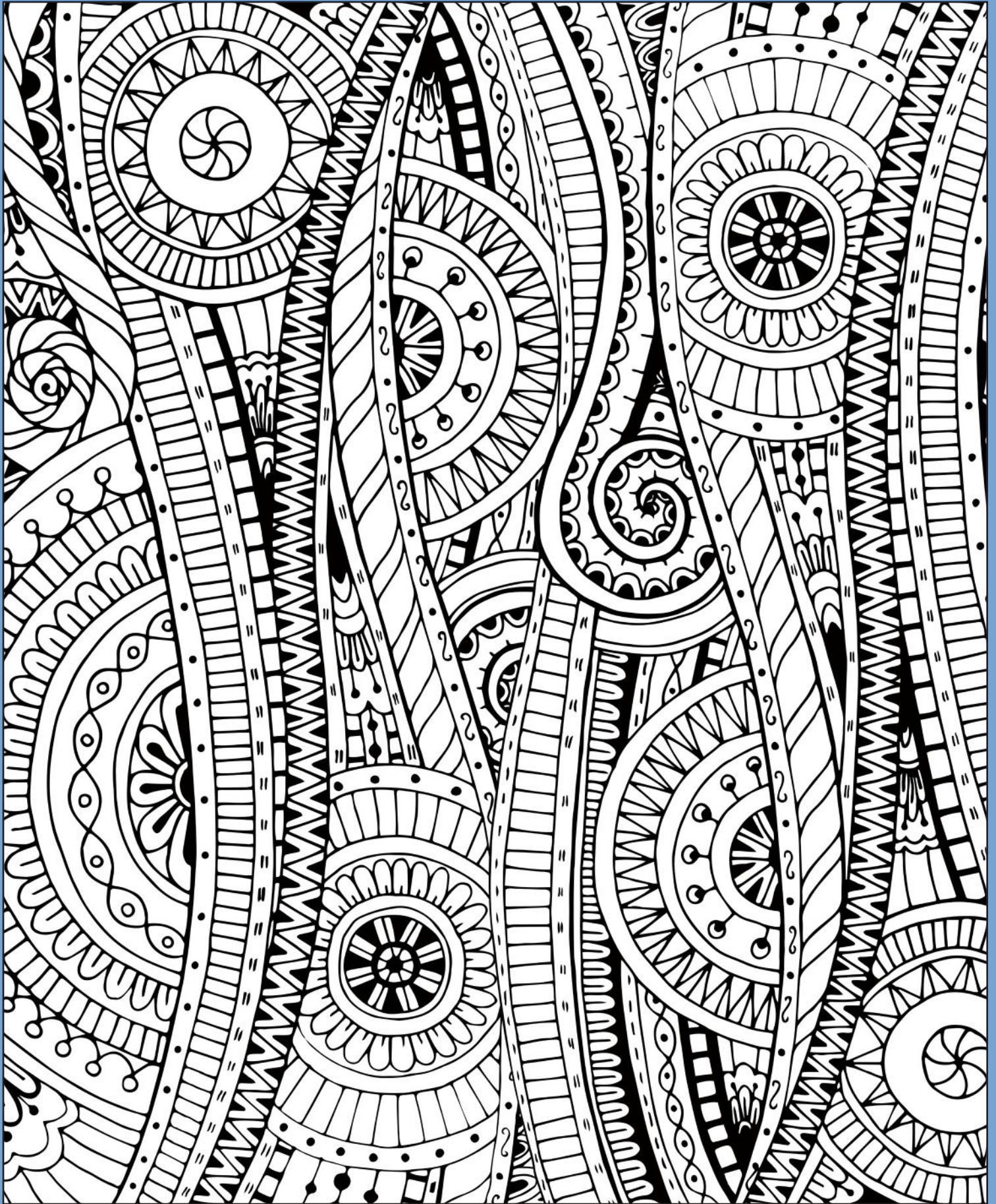
HUMMINGBIRDTHERE  
 ISNOTHINGINWHIC  
 WHSTHEOBIIRDSLOON  
 HHKWDIRFFKRALYKS  
 ECIRAREHCTACYLFM  
 RONMRLHBOBOLINKE  
 ECGIBFLROMMANTHA  
 KAFOFRNOBTHCEWAY  
 CRIIODEUWNWRHICD  
 EDSHTSLLHEEAYCRN  
 PIHANLEODLNNBIAN  
 DNEUFIOUGGLEBWID  
 OARIANCDYAEESBTL  
 OLNEAKVLEEU AOLAN  
 WCDSCAPEALARSITW  
 HASBEFORBFERNHRN

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

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

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