

Guided by goodness, loyalty, faith, and fun

# TRUE NORTH LIVING

18/4

## What does your crescendo look like?

### Know when to start the conversation

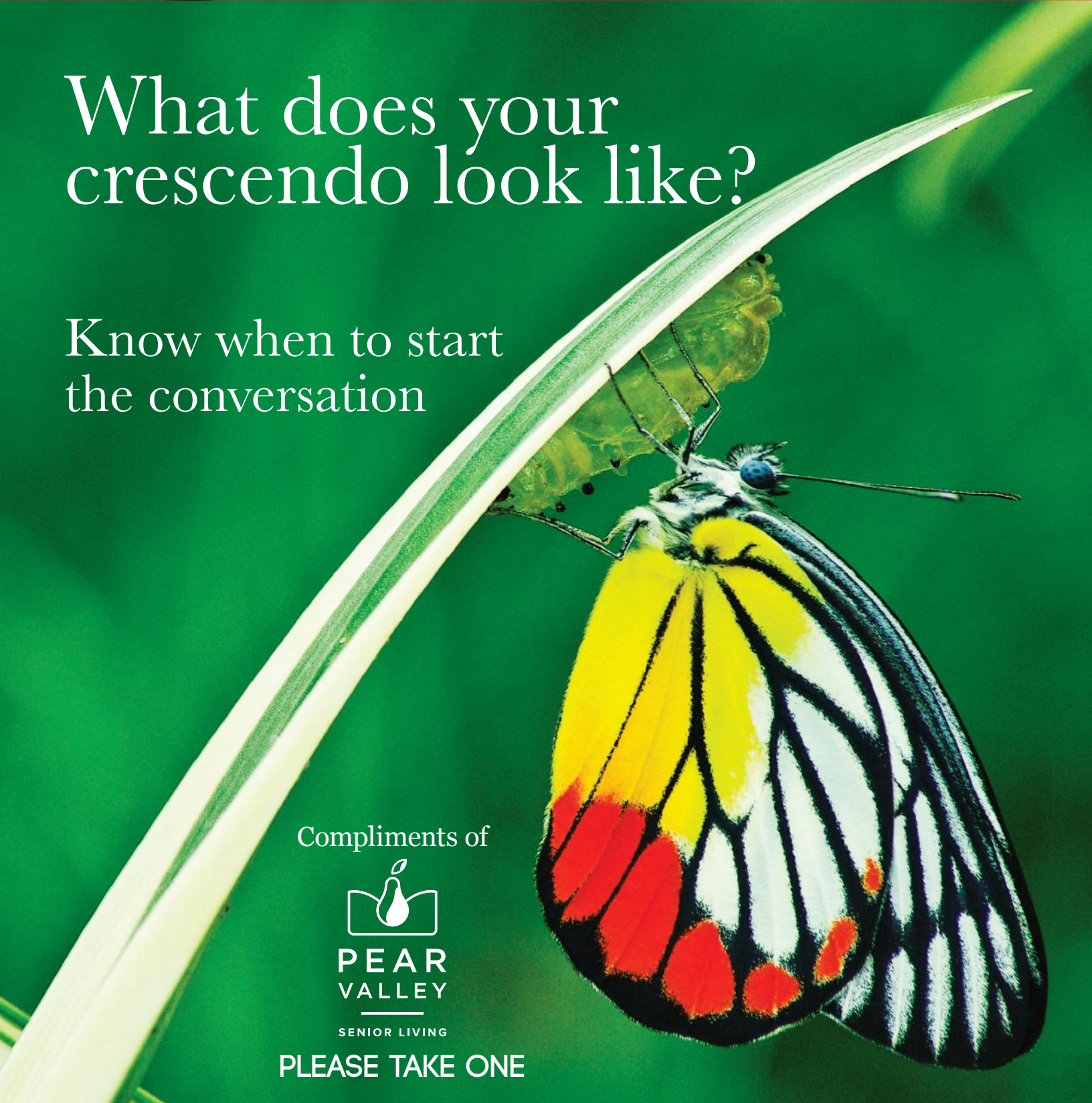
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SENIOR LIVING

PLEASE TAKE ONE





Will Forsyth, Vice President  
and General Counsel  
*Compass Senior Living*

## A Spirit of Giving

*“Those who are happiest are those who do the most for others.”*

– Booker T. Washington

There can be a frustrating misconception about elders as no longer being capable of accomplishing meaningful things. One of the joys of operating senior living communities is to see firsthand how much of a misconception this is, and a prime example is the extent of charitable activity that occurs by residents at our Compass

communities. It’s nonstop! Not a day goes by without news of an effort by our residents to help others in ways small and large.

Whether it’s providing backpacks with school supplies for underprivileged kids, collecting food for a local food bank, or hosting an event to raise funds for a worthy cause, our residents are continually helping those in need. It’s as inspiring as it is life-affirming.

At Compass, we certainly encourage, organize, and support our residents in these endeavors, recognizing that giving back is an important way for our senior living communities to be part of the fabric of the cities and towns where we are located. And it just feels good to help! If you know of an organization that could use some help with a project or initiative, please let us know, as our staff and residents are always looking for ways to lend a hand and make a positive, meaningful difference.

My dear colleague Jean Garboden (Compass’s Director of Education and Innovation) has a phrase that I just love – that elderhood “is the crescendo of life.” One needs to look no further than the sheer volume of “good works” being done each day by residents in our communities – and the happiness that is generated in both the giving and receiving – to know that this is the case.

Will Forsyth



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

Please email Jaimie Griffin at: [jgriffin@pearvalleysl.com](mailto:jgriffin@pearvalleysl.com) or call 541.630.3038.

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

# Now is the time to Start the Conversation

In 2012 my son brought his paternal grandmother home to live with his family. At the time, she was in a less than desirable relationship, which required some changes be made. That was a tough choice, but turned out to be a great choice.

During the course of the next three and a half years, things on the home front were good. Grandma improved significantly as my daughter-in-law watched grandma's mental and physical health issues closely, taking her to physicians when necessary, and keeping up with her daily regime of prescribed medications as well as supplements. Grandma was happy and my son's family was happy as well.

Starting at the end of 2015, something changed. Grandma was still getting great care, but needed more stimulation from people of her age. While she loved being around the family, something was missing.

She hired a companion to take her to some senior activities and was continuing to attend monthly Red Hatter's meetings. Grandma had so much fun attending the activities at the senior center, but was reluctant to move.

Tensions were starting in the household, as grandma was not very tolerant of her two grandsons running around the house. She stayed in her room resting a lot. Still, she, my son and daughter-in-law were reluctant to start looking at alternative living for grandma.

During my visit in December 2015, I broached the idea of assisted living with grandma, my son, and daughter-in-law. The seed was planted, but after I left grandma was not happy that I talked with them about it.

During the first months of 2016, my daughter-in-law decided to take grandma around to show her assisted living and independent living communities.

To her surprise, grandma was open to the idea. They looked at several communities and grandma decided she wanted to live in a smaller one because the bigger ones would make her feel like she was living in a hotel. She made the decision to move in April of 2016. Tough choice~great choice.

While it took just a little while for grandma to adjust, she now loves her new home. She is participating in activities, loving the meals, and making new friends. She is more lively and enjoying her time with her family, as they visit several times a week.

They can now be in relationship as a family again and not caregivers to their elder grandma. Once again, tough choice~great choice, and the BEST choice she could have made for herself at this time in her life, at the age of 87.

I work in eldercare, and see families and elder adults struggling with the same tough choices as my family. We all have basic human needs to live purposeful lives, and to be part of a social structure that allows us companionship and the opportunity to continue to extend care to others.

For my children's grandmother, the tough choices were made with the primary goal to do what would result in a happy decision for all. Good choice!

*Candis Willis is the Director of Operations for the Southwest Region for Compass Senior Living. She is also a licensed nurse, with a bachelor's degree in Psychology. For over 20 years Candis has had a passion for education and elder care. To learn more contact Candis at [cwillis@compass-living.com](mailto:cwillis@compass-living.com).*

**September 22nd** - we will be at the Alzheimer's Association's Southern Oregon's Walk to End Alzheimer at U.S. Cellular Park. We have a Pear Valley Team and are also one of the sponsors. Come see our Tent with fun giveaways!

**September 26th** - we will be at the Medford Providence Hospital Resource Fair with an information table and giveaways

**September 28th** - we will be at the Southern Oregon Senior Fair at the Josephine County Fairgrounds. Come see our information table & giveaways.

All are welcome! To RSVP or receive more information on these or other activities please contact Jaimie at [541.630.3038](tel:541.630.3038)/[jgriffin@pearvalleysl.com](mailto:jgriffin@pearvalleysl.com)

CALENDAR OF  
EVENTS

# What does Your rescendo Look Like?

Life is a series of events that, when put together, write your story. The next chapter is up to you. Always strive to write it better than the one before...your Crescendo.



I have moved through my life, guided by the silent anticipation and stereotype of what each stage of my life should look like. I became focused on seeking certain expectations, or landmarks so to speak, that I thought I needed to achieve during each decade as I aged with the vision of my future during my teens hitting its pinnacle when I hit middle-age. And then, all of a sudden I found myself sitting at that pinnacle. That age where I realized that I am now on the cusp of a stage in my life that seemed so far away, elderhood. While the story I have written so far is good, it is not really what I envisioned and it sure isn't over.

I have started to think about what aging looks like and how I will wear it as I move closer to that reality. Will my hair turn gray? Will I use a walker? Will I have to give up my drivers license? Will I shuffle when I walk? Will I view it as a time of life where I sit in a rocking chair waiting for the inevitable? Will it be considered a time when living becomes viewed as 'going through the motions' just to get through a day.

As I enter my fifth decade of life I am one of 108.7 million folks age 50-plus. This includes 76.4 million boomers (born 1946-64), compared with 49 million Gen Xers and 82 million millennials. Moreover, people 50-plus will continue to grow over the next decade to the tune of 19 million vs. a growth of only 6 million for the 18-49 population.

My life is a book, with chapters created from every milestone, moment, or mundane/routine/ordinary day I have lived so far. Some chapters are thicker, happier, or more exciting than others, but these scripts are what build the story of my life.

**Crescendo. . .  
used as  
a verb it  
means to  
increase in  
loudness or  
intensity.**

Crescendo. . .used as a verb it means to increase in loudness or intensity. I associate this word with music, mystery novels, movies, dramatic tv shows, and the list goes on. But I have never thought to use that word to define my life. . .until now.

We are supposed to get better, smarter, wiser with age, not simply exist to mark time. There are a lot of people out there just like me wanting to change the face of aging, to change our perception of what our elderhood will look like.

So grab that pen, write that next chapter, and create your crescendo. I know I am.

Age loudly. Live intensely.

•••••

About the author: Tina Woodcock is the Graphic Designer at Compass Senior Living in Eugene, Oregon. Tina creates all of the print advertising for 21 Compass Senior Living communities in 7 different states. She takes great pride in sharing the goodness, loyalty, faith, and fun of all of our communities.



# Matt Tartaglio

## *Campus Administrator*



Matt's career has spanned 20+ years in the Multi-family Real Estate industry in Southern California, building his own business for four years before moving to Southern Oregon. After moving to Eagle Point in 2013 with his family, Matt owned a couple of businesses before getting into senior living. Matt first began as a Marketing Director, then as an Administrator for an assisted living and independent community for two years before coming to Pear Valley. Matt is excited to build the team and move Pear Valley's first residents into the community as the Campus Administrator. In Matt's free time, he enjoys rafting, hiking, and just spending good quality time with his daughters and wife.



# *Welcome to...*

# Pear Valley Senior Living

# Jaimie Griffin

*Community Relations Director*



Jaimie has a vast background in Healthcare Marketing and Community Outreach. Prior to joining the team at Pear Valley, she was the Marketing Director for a nationally ranked Orthopedic Group in Seattle, WA. Jaimie is excited to join the field of senior living and has always had a passion for helping others. She moved to Medford, Oregon in May of 2018 with her husband, daughter, and 2 dogs and loves all of the beauty that Southern Oregon has to offer. In her spare time, she enjoys being active and spending time outdoors with her family. They love camping, hiking, golfing, disc golf, frisbee, and watching football (Go Seahawks!). She also is an active volunteer with the American Cancer Society and Arthritis Foundation.

# Senior Living



PEAR  
VALLEY  
SENIOR LIVING

## CHECK. LIST.



I am a list maker. In our household, we have two multi-itemed lists (one is taped on the pantry wall and the other on the back door going into the garage so it will not be missed). One is titled "Groceries," and today it includes soy milk, mangos, and dog bones. The other announces "Weekend Yard Work" and divides the pending tasks. There are notably more items in my husband's column. I like it that way.

I have a thoughtfully categorized list embedded in my iPhone. It acts as a reminder for daily tasks. And, yes, I occasionally put something that has already been completed on my list just to have the satisfaction of checking it off as accomplished. In checklist lingo, that's a "do confirm" action.

I am unapologetic about my penchant for making lists. Lists can change the world. You'll become a believer, too, after you read Atul Gawande's *The Checklist Manifesto: How to Get Things Right*. The author is a physician, so the book is a series of well-written stories about the effective (life-saving) use of checklists in surgery settings and clinics. One list starts with the simple reminder to "wash hands with soap." When this type of checklist was used in one hospital, the proportion of people not receiving appropriate care dropped from seventy to four percent. The occurrence of pneumonia fell by one-fourth, and twenty-one percent fewer people died as compared to the preceding year. Let's take time out here for a quiet, "Wow."

A riveting story launches Gawande's book. It's about a 200-pound man who got into an altercation at a Halloween costume party. The stab wound in his abdomen seemed relatively minor and the emergency room triage team did not think he was in immediate peril. Had there been a checklist requiring them to ask about the type of weapon that had caused the injury, their treatment decisions would have been

quite different. In this case, it was a bayonet, which can cause a much deeper and life-threatening wound to the intestines. The guy survived—barely.

I want any hospital I'm in to use checklists—apparently ninety percent of physicians queried feel the same way. Checklists are not just used in lowering infection rates and saving lives in medical settings, they're used in remarkable ways on construction sites. They are even starting to play a role in investment banking decisions. Of course, checklists are used in airplane cockpits.

Do you recall "The Miracle on the Hudson," when a US Airways jet was struck by a huge flock of Canadian geese right after take-off? The plane immediately lost both engines and was forced to land in the icy Hudson River. The pilot, Sully Sullenberger, and his first officer, Jeffrey Skiles, were highly experienced. The entire crew had a combined 150 years of flight experience and absolutely no record of accidents. It was a routine flight. It would have been easy for them to begin the flight without attending fully to the required checklists. But before they even started the engines, they ran through their checklists as a team—with practiced discipline.

So when the incident occurred, what do you think they referred to immediately? I am fairly sure it was their checklists.

# HOW GRAY IS MY VALLEY



## Enlightened Observations About Being Old

SHARON JOHNSON, M.S.

### True Stories to Engage, Educate, Entertain, and Delight!



For over a decade Rogue Valley (southern Oregon) retiree Sharon Johnson has written a weekly recently-syndicated newspaper column titled *Healthy Aging* in which she shares observations and insights, serious and humorous, about life through a 70-year lens. Sharon is an Oregon State University Associate Professor Emeritus with a long career in public health, human services, and academia. In recent years, Sharon and her husband launched a not-for-profit organization focused on providing assistance to low-income elders and persons with disabilities. The organization and its volunteers conduct in-the-home fall-risk assessments and initiate simple home modifications (grab bars, railings, shower benches, etc.) to reduce the risk of fall injury. All proceeds from the purchase of this book will go to this organization's *Grandma's Porch Fund*.

"I thoroughly enjoyed *How Gray is My Valley*. Sharon Johnson directly engages the reader and even those who do not know her will feel a warm, personal connection. And now those of us who do know her can now hear her 'voice' anytime we want."

—Anne Bellegia, author of *Touched by Fatality: A Novel*

"Sharon Johnson is a riveting storyteller. *How Gray is My Valley: Enlightened Observations about Being Old* is a collection of insightful well-written essays filled with enthusiasm and humor."

—Ellen Waldman, M.A., Aging Life Care Professional; Senior Options, LLC; author of *Aging Happens*

"I loved this book! This is a must-read . . . through real-life stories, Sharon Johnson captures the keys to living and aging well, regardless of one's age."

—Vicki Schmall, PhD, Gerontology Specialist; Professor Emeritus, Oregon State University; author of *The Caregiver Helpbook*



# Don't Wait To Prepare

There are two main items that might need some clarification for families and friends of those diagnosed with dementia and other memory impairments. One is how to communicate effectively, and the other is the advice to not waste one moment in getting the proper legal/medical/financial documents in place. Here's a story that illustrates this vital need to plan in advance. In another column, I'll present a true story about how two family members tried to address this important communication aspect.

Bill and Helen live in a lovely retirement facility in Medford. Both had been doing just fine, until Bill started having "mini-strokes" or TIA's (transient ischemic attacks), as they're called. His memory was failing, as was his ability to manage his normal monthly finances. Helen used to be an investment expert, so she took over this task. But after many months of Bill's continued decline both cognitively and physically, Helen's memory was also being impacted. It's well known that stress caused by caring for a loved one can create a serious health issue for a care provider. In this case, and at this point, neither one was really tracking too well.

Helen decided that she needed to make sure all her documents were in place. She could not remember what she had already done, and where they were being stored. Here's the gist of this story. She was shocked to realize they had no advance directives, expressing their medical wishes and appointing someone to advocate on their behalf, should the need arise. They also lacked an actual will or trust, and there was no durable power of attorney, allowing someone to step in and help them, which at this point, they sure needed.

Basically, they had to start from the beginning. Somehow, it just slipped their minds to attend to this years ago. They could not really envision the need would arise "this soon." This is an example of people thinking they had plenty of time to organize and prepare. Was it too late now? Here's what happened next.

First, Helen and Bill, with some expert coaching, were able to fill out their advance directives and get these forms into the right hands. Next, the services of an estate planning attorney, Michael Mayerle (541-779-8900; [roguelaw.com/#!/michael-j-mayerle/c171u](http://roguelaw.com/#!/michael-j-mayerle/c171u)) were enlisted. There are quite a number of estate planning and elder law attorneys in Ashland and Medford, but in this case, Mike was the one they chose. He came to their apartment to meet with them in person.

In order to begin to prepare their wills, he needed to know what their wishes were for the remainder of their estates, after each one had passed away. Helen and Bill shared their wishes with Mike and his legal assistant. Mike returned a few days later to have them sign their wills, and once again, asked what their wishes were. Helen was able to repeat her original plan exactly the same as she did the first time. But on that day, Bill was not as clear about his choices as he had been during the first meeting. Helen shared that he had taken a fall the night before and was more confused that morning. The will that Mike created for Bill could not be signed, as his intentions seemed to have changed. Without this same understanding and clarity, it was not possible to have Bill sign this will. A person must be very clear-minded and consistent in their wishes. The bar is rather high

# AGING HAPPENS

## One Year Of Columns From The Ashland Daily Tidings



by

Ellen Waldman, M.A., CMC

for this, and with good reason. If there are any questions about the person's capacity, it's possible that someone down the line, like a family member, could contest this will. They could claim that the person was not in their full capacity when they drew this up, and that's when legal troubles begin.

For Bill, the outcome regarding his will is still ongoing and uncertain. He would have saved a load of worry for himself and his family if he had done this years ago. So, this is a cautionary tale of not thinking it's too soon to go over your documents and to make sure they are accurate, appropriate and in place. My famous, and by now repetitive statement, is that it's always too soon, until it's too late.

August 17, 2015

Ellen Waldman, M.A., CMC (SeniorOptionsAshland.com) is a certified Aging Life Care™ Professional. She writes a column for the Ashland Daily Tidings, where this first appeared.



# White Bean Chicken Chili

Hearty stews and belly-warming soups are coming out of the kitchens; frost is sparkling, and jackets are coming out of hiding. Families are craving slow-cooked, savory meals that yield health benefits and leftovers.

Delicious, savory fall-recipe ingredients that will surely satisfy are white beans and sweet onions. Onions are not only believed to be a cancer preventative, their low-salt, low-fat health benefits are the proactive equivalent to superhero powers. Onions have 25 compounds that lower blood pressure and cholesterol, prevent

thrombosis, inhibit strokes and battle heart disease, says the American Heart Association.

Plus, the antioxidants and flavonoids found in onions don't lose their potency once cooked. This makes them ideal for slow-cooked recipes. They add a punch of flavor and a whopping serving size, making them an affordable luxury during the crisp fall months.

Use the following recipe for a tasty detour from your typical red chili.



- 1 bag dried white beans
- 2 Sweet Onions
- 1/2 cup Garlic (chopped)
- 1 pound ground chicken or turkey
- 1 cup celery (chopped)
- 1 cup corn
- 1 tsp Oregano
- 1/4 cup Olive oil
- 2 each large green mild chili (deseeded)
- 2 quarts chicken stock or water (to cover)
- 2 tsp Cumin

Saute onions, garlic, celery, corn, chilies, chicken/turkey for 10 minutes on medium heat. Add half of the chicken stock. Then add salt, pepper, oregano and cumin and simmer for 45 minutes. Then adjust with the remaining chicken stock. Combine all ingredients in crock pot or large heavy-bottomed pot, bring to a boil and then simmer overnight, or 8 hours.

Puree 1 cup beans for a thicker chili and serve. Garnish with shredded cheese, fresh cilantro, tarragon or basil, chopped Tabasco peppers, raw chopped sweet onions or hot sauce.

# Apple Crisp Cookie Cups

1 1/4 c. brown sugar (divided)  
3/4 c. granulated sugar (divided)  
2 sticks unsalted butter, softened (plus more for cooking apples)  
2 eggs  
1 tsp. vanilla  
1 1/4 c. all-purpose flour  
1 3/4 c. rolled oats  
1 tsp. baking powder  
1/2 tsp. ground cinnamon  
1/2 tsp. kosher salt  
6 Granny Smith apples, peeled, cored and finely chopped  
2 tsp. cornstarch  
1/2 tsp. ground nutmeg  
1/2 tsp. ground cinnamon  
Caramel sauce, for serving

## DIRECTIONS

Preheat oven to 350 degrees F.

In a large mixing bowl, combine butter, 1/2 cup granulated sugar and 1 cup brown sugar. Beat with hand mixer until light and fluffy. Add eggs and vanilla and mix until evenly combined. Add flour, oats, baking powder, cinnamon and salt and stir until just combined.

Spray 2 regular sized muffin tins with cooking spray. Using a medium ice cream scoop, scoop dough into muffin tins, press down with a spoon to create cups. Bake for 15-20 minutes until the cookie cups are golden brown and set. (Don't worry if the cookie cup centers rise!)

While the cookies are still warm, make the cups. Spray the bottom of a small shot glass with cooking spray and press the shot glass down into the center of each cookie to create cups. Let cool in pan for 15 minutes, then transfer to wire cooling racks.

Meanwhile, melt about 2 tablespoons butter in large nonstick skillet over medium-high heat until beginning to brown. Add apples and sauté until beginning to soften. Add the remaining sugars, nutmeg, cinnamon and cornstarch and cook until soft and caramelized.

Spoon the apple filling into the cups. Drizzle with caramel and serve warm or at room temperature.



Jonathan Boutton

# Brain Games

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**ACROSS**

- 1 Swiss mountains
- 5 Deliver by post
- 9 Piece together
- 14 Gambling game
- 15 Decorative needle case
- 16 Sound of a sneeze
- 17 On top
- 18 Doings
- 19 Belonging to you
- 20 Review
- 22 Ornamental stand
- 24 Hubbub
- 25 Bearing
- 26 African country
- 28 Compass point
- 29 April (abbr.)
- 32 Disturbance
- 33 Pulls along
- 35 Sign of the zodiac
- 36 List of highly desired guests
- 37 Atmosphere
- 38 Small talks
- 40 Permit
- 41 Courage
- 43 Comfortable
- 44 Those who make the food laws (abbr.)
- 45 Hard boiled food
- 46 Draw with crayons
- 47 What a mosquito bite does
- 49 Pole
- 50 Crop
- 53 Heat
- 57 Once more
- 58 Black
- 60 Deviate
- 61 Gathered the leaves
- 62 Baseball's Nolan
- 63 Self-esteem
- 64 Clothe
- 65 Gorgeous
- 66 Shrimp

**DOWN**

- 1 Far away
- 2 Unpunctual
- 3 Professor (abbr.)
- 4 HBO mob show
- 5 Time of the year
- 6 Engrave
- 7 Tree seed
- 8 Unload from a ship
- 9 Recipient
- 10 Squirrel's dinner
- 11 Hoodlum
- 12 Cob vegetable
- 13 Flexible tube
- 21 Decreases
- 23 \_\_\_ pong
- 26 Bundled hay
- 27 1997 Madonna movie
- 28 Twist the water out
- 29 "Remember the \_\_\_"
- 30 \_\_\_, Paul and Mary
- 31 Good outlook
- 32 Not whole
- 33 Female children
- 34 What children attend
- 39 Held over tradition
- 42 Upper body muscles
- 46 Nook and \_\_\_
- 47 Crawling vines
- 48 Takes care of
- 50 Difficult
- 51 Seaweed substance
- 52 Collect leaves
- 53 Cajole
- 54 Prego's competition
- 55 Take the wrinkles out
- 56 Saclike structures filled with fluid or diseased matter
- 59 Farewell

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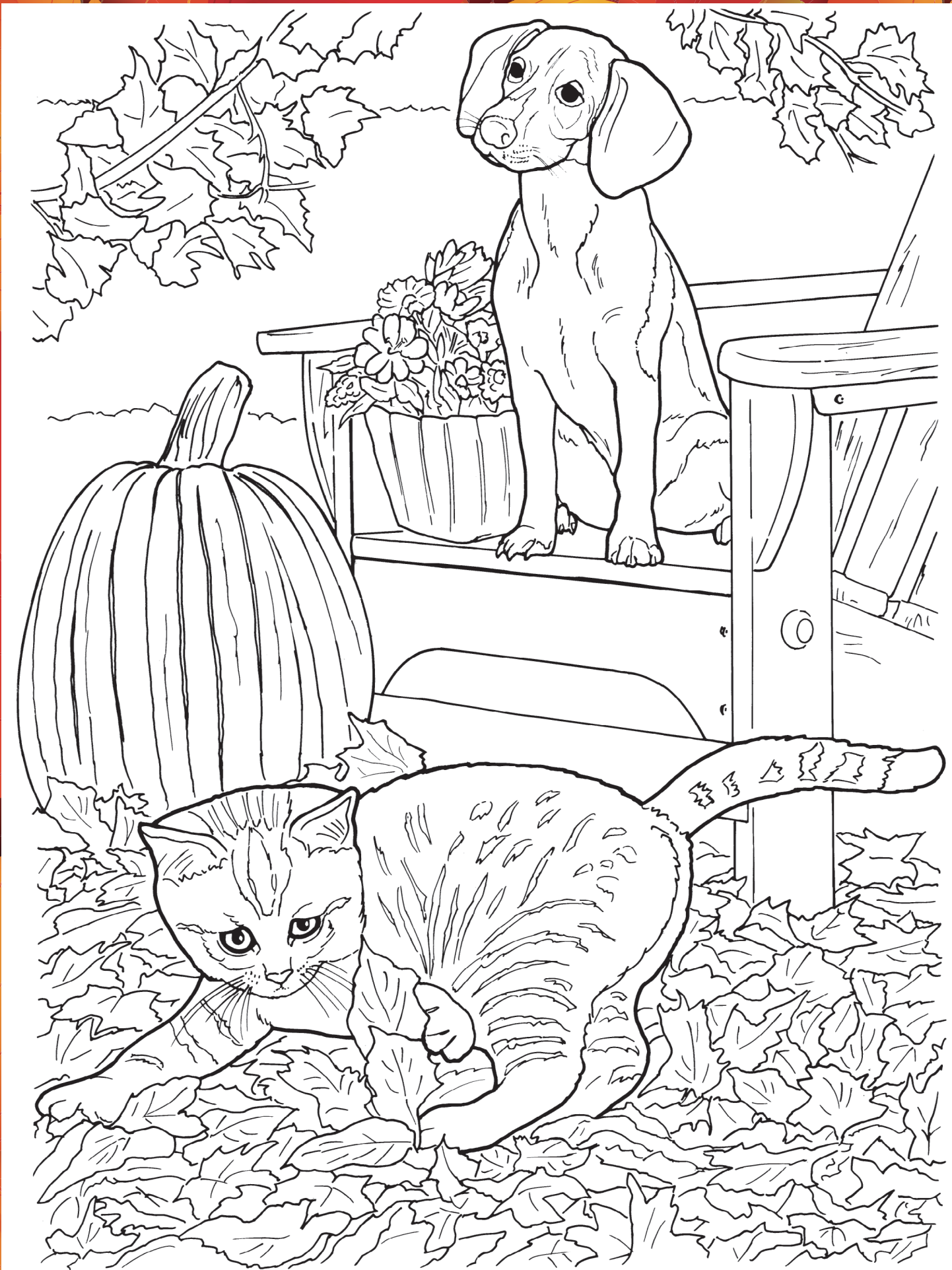
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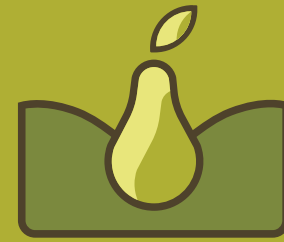
Brain Game Answers:

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5	4	3	9	8	2	6	1	7
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# PEAR VALLEY

SENIOR LIVING

Welcome to the new  
Pear Valley  
Senior Living!

*Pear Valley Senior Living is pleased to be one of Twin Creeks' newest neighbors. Assisted living and memory care all on one campus and designed with elders' needs in mind.*

Call today to reserve your spot!



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