

Guided by goodness, loyalty, faith, and fun

TRUE NORTH LIVING

The Invisible Art of Caring:

Care Teams
embrace patience,
empathy, respect,
and kindness

Compliments of

Shorewood
SENIOR LIVING
PLEASE TAKE ONE





Dennis Garboden, President
Compass Senior Living

Why would I want to move in to a Senior Housing Community?

Good question!

Are we beyond the perception of senior housing being “an old folks home?” That is often what we may hear from an elder adult when exploring

the possibility of living in a communal setting in an Independent or Assisted Living Community.

What many discover is a new lifestyle opportunity, as my grandmother Dora did.

My grandmother Dora had significant visual decline due to macular degeneration, and also had mobility issues. She began occupying smaller and smaller areas of her home. She quit going upstairs and rarely used her bedroom. She spent a lot of time on the couch in her living room watching TV and eating microwaved meals. She could no longer drive safely, and had no way to maintain connections with friends, social groups, and church friends. Usually a vibrant, intelligent, optimistic life-long learner, and fiercely independent woman, she became depressed, and reclusive. She was feeling lonely and helpless.

My grandmother’s independence was apparent when she made the decision herself to do something about

her situation and make a move to a Senior Housing Community. Remarkably, this choice changed her life. Instead of sitting alone in her home watching TV, she now had a table of new friends to eat meals with (and a chef to prepare the meals!). She organized and led an outreach mission to the homeless in partnership with the Community. Her church family held monthly ‘circle’ meetings in the community room where she was the president of the Women’s Society. She learned to use a computer to connect with email.

Looking back, I saw that Grandma Dora was pulling inward and becoming isolated, and it was in large part due to her environment of being alone in her home. With the opportunities presented to her in her new senior housing home, she became more active and more outgoing, and found purpose again.



It is important to recognize that it is a very big decision to move from home to an Assisted Living or Independent Living Community. And – it is also important to note that a renewal of spirit can be a result of the move to a social setting with supports. It can be a thoughtful, intelligent decision - not something to be dreaded. It may just be

the next adventure! Dora’s grandchildren and great grandchildren loved to visit their happier, fun and smart grandma – calling her ‘Grandma Dora, the explorer!’

Take care,
Dennis Garboden

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

Please email nhill@shorewoodsl.com or call 541.997.8202 or stop by 1451 Spruce Street, Florence, OR.

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

Your Questions Answered about Social Security Benefits

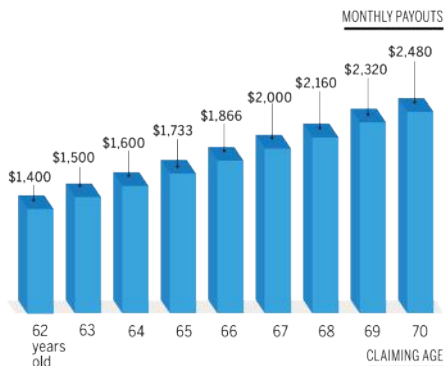
Social Security is the most important program the federal government operates. Last year, 1 in 6 Americans received benefits, and over half of all Americans contributed a chunk of their income through payroll taxes to help secure their own future retirement.

When should I start claiming Social Security retirement benefits?

The math is clear: Wait until age 70 if you can. That will maximize monthly and lifetime benefits, assuming you live to the average life expectancy for people your age. See the graphic below for how the first-year monthly payment would differ based on the age you start receiving benefits. (for those born between 1943 and 1954)

Patience Pays

Waiting to claim Social Security can boost your payouts significantly. Here's how it would affect a worker eligible to get \$2,000 a month at a full retirement age of 67.



Can I work and get Social Security?

Yes, you can work and get Social Security. If you wait until age 70 to start drawing Social Security, you can work as much as you like, and your benefits won't be reduced. But beware: if you are younger

than full retirement age, the agency will withhold some of your benefit if your wages exceed a certain limit. In 2019, the threshold on your earnings will be \$17,640. Make more than that, and the government will temporarily withhold \$1 from every \$2 you receive over the cap. (you

will receive this money eventually in the form of higher benefits once you reach full retirement age.)

What if I stop working in my 50's? Will it affect the benefits I receive if I apply at age 62 or 66, or even if I wait until 70?

Your program benefits are calculated based on your 35 highest years of earnings. It doesn't matter what age you were when your earnings peaked.

I am making contributions to my 401(k). Will that change my Social Security earnings limit?

Contributing to a 401(k) plan does not reduce the amount of Social Security earnings. Social Security looks at your gross earnings before any tax-deferred deductions and allotments.

If I start taking my benefit at 62, can I switch to spousal benefits when my husband claims his Social Security?

You can claim your own benefit at 62 and then pick up a spouse's benefit on your husband's record later if his is higher, and if your full-retirement age amount is less than half of his.

Can I collect a survivor benefit from my deceased spouse at age 62 and switch to my own retirement benefits later?

Yes. When you are eligible for both your own retirement benefit and a survivor benefit, you have the option of collecting one benefit early and waiting until you are older to switch to the other. You can collect a survivor benefit on your deceased spouse's record as early as age 60 and wait as late as age 70 to switch to your own record.

Get more of your questions answered at <https://www.aarp.org/>

Call Shorewood for more information.

Balance Class Mondays and Wednesdays at 9am.

Yoga on Tuesdays at 11am.

Art Club Fridays at 1:30pm.

Pinochle games on Tuesday and Thursday at 1 pm - Join us!

All are welcome!

To receive more information on these or other activities, please contact Vanessa at 541.997.8202/vuhrig@shorewoodsl.com

CALENDAR OF
EVENTS

The Invisible Art of Caring:

Care Teams embrace patience, empathy, respect, and kindness



Recently, I had the privilege of working with and teaching our care teams about how to embark on a courageous journey to change the world by embracing and evoking their power as educated caregivers.

The fact is – the care teams are also teaching me. I usually see people in a class-room setting, but here, I see them doing the daily tasks of washing others, holding others, feeding others, and dressing others. It is intimate work and requires patience, empathy, respect and kindness.

As I watched one team member tenderly helping a 90-year old man get ready for bed, I was touched by how beautifully and intentionally she engaged with him. It was clearly more than a ‘task’, it was a loving and truly beautiful act.

When I told her what I had observed, she started crying. She said, “*I love this work and I feel I get as much back from the residents as I give to them. But I feel like my work is invisible.*” She continued, “*My husband does body work on cars, and you can see the work he does every day, and people appreciate it. No one has noticed my work - It is invisible. Thank you for making it visible today.*”

I knew she was right! Caring work is powerful and magical – but for the most part, caring is invisible.

Care is more than custodial – Caring is an art. Caring is a science. I believe that caring plays a much bigger role in our lives than you might think. The experience

of caring can ‘shape us’ and help create order and stability in our own lives.

Let’s make the invisibility of care visible!

The deep assumption about caring is that it is something anyone can do, but we do not take care of human beings the same way we take care of a house or a lawn! We must know many things.

The way we touch others increases or diminishes their self-worth.

· **The sensations of the body are the pathways to intellect and emotions.** Caring routines involve engagement around bodily functions (elimination, cleaning, eating, sleeping) and therefore they hold the most intimate importance.

· **In the past, caring tasks may have been viewed as custodial.** In the emerging future, care is viewed as an honorable practice that requires specialized knowledge about human development.

· **When we see the other as competent and capable, we practice caring as a conversation** – a reciprocal exchange. We find ourselves doing things “with” others instead of doing them “to” others. We engage in relationship-planning rather than care-planning.

· **We view care as a practice that nurtures another’s development, actualization, and self-sufficiency.** This is the opposite of caring in a way that creates helplessness, frustration, dependency, or entanglement.

· **Caring is associated with strength and power** – not passivity or weakness. The other feels his or her wholeness in our caring response.

I am so grateful for every touch, every smile, every kindness that is given to one another, to our families, and to the residents. My deepest gratitude and respect for each one of you. I am honored to be on this journey with you.

Jean Garboden is the Director of Education and Innovation at Compass Senior Living. Jean is a Certified Eden Alternative Educator, and a passionate person-centered, elder-directed advocate. To learn more, contact her at jgarboden@compass-living.com.

Random Acts of Kindness

Shorewood Residents planning on spreading the Love with RAK.

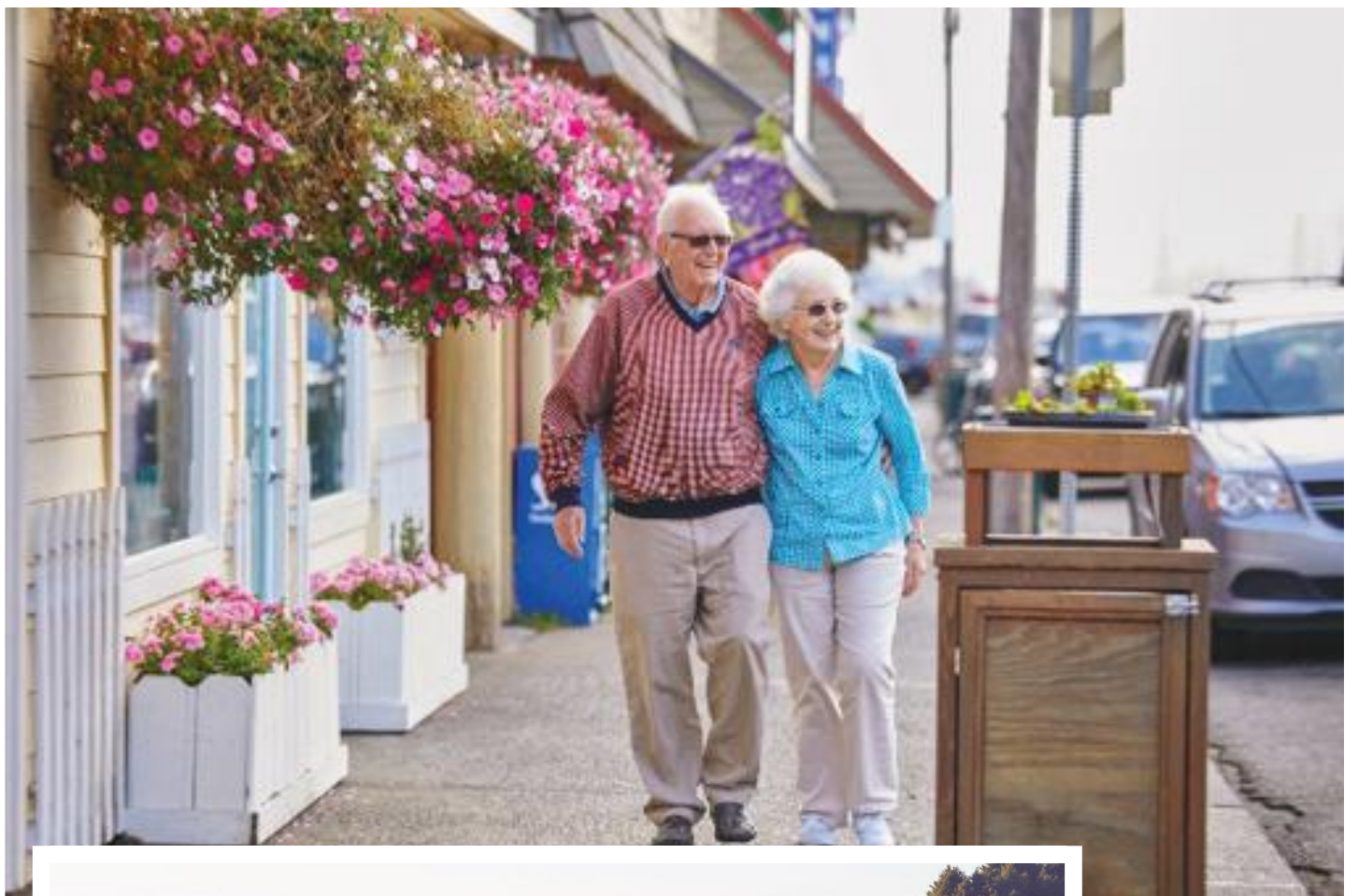


A new program will be starting in January that is expected to be both fun and rewarding. The intention is to provide an opportunity for doing something good while interacting with our local community and each other.

Residents are eager to implement “The Random Act of Kindness” program by making small inexpensive gifts (candy bouquets, cards, balloons...) to be handed out to unsuspecting people when we go on outings. Each gift will be accompanied by a small card which reads, “we hope you enjoy this random of act of kindness, from Shorewood Senior Living”.

The excitement is building as resident volunteers prepare to launch this new adventure. We hope to brighten someone’s day just because it is nice to be nice.





Our Town - Florence Oregon
*Throw away your winter coat, bring a jacket and
enjoy the enchantment.*

What is a “wait list”?

Why be on a “wait list”?

How do I add my name?

The person who is just beginning to look for senior living may be surprised when... they find out that the community where they are looking, has no availability. Some communities like Shorewood Senior Living offer various types of floor plans. Say you want a one bedroom and only need one bathroom, but you do not want to give up the family dining room table. Well, there is an apartment that can accommodate that need. However, you are about six months to a year from being ready to make the commitment. So, how can you be assured that, when ready, you will be able to move into your dream home and still have room for the holiday meals around the table? *A wait list.* Then there is the shopper who wants the smallest unit available and has already downsized, but needs to sell the house. Yes, *a wait list.*

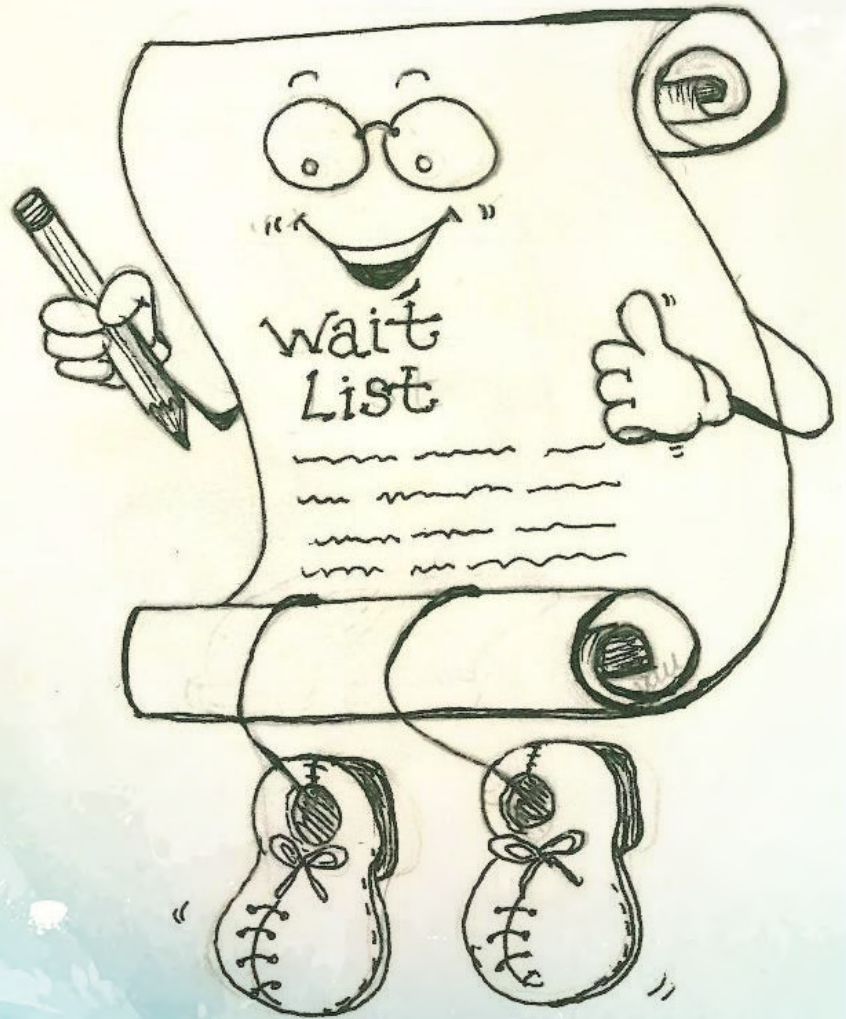
Some people walk through the door and say, “I’m ready” and they find that perfect apartment just waiting for them. However, other times, it can take up to 2+ years. The fair way to handle availability is; yes again, *the wait list.* It is important to know there will be a place to call home, once the decision has been made. This is how it works at...SHOREWOOD SENIOR LIVING.

There is no fee for having your name on the list. It is a service offered to you.

If you are called that the perfect apartment is ready, but you are not, your name will go down one line and you will be called the next time that floorplan is available. This rotation keeps repeating itself until you are ready and move into your dream home.

So, come in for a tour. There will be zero pressure and if you would like, you can become a part of the ever so popular *wait list.*

Niki Hill • nhill@shorewoodsl.com • 541-997-8202



APARTMENT HOMES OFFERED BY SHOREWOOD SENIOR LIVING

ALCOVE STYLE - 400 Square Feet.

\$2395 monthly for one occupant

Private bath with step in shower. Kitchenette includes, microwave, sink, refrigerator/freezer and plenty of storage. \$600 per month for second occupant. Occupancy includes three meals per day, weekly housekeeping and utilities.

ONE BEDROOM/ONE BATH - 475 Square Feet.

\$2595 monthly for one occupant

Private bath with step in shower. Large windows to give you lots of natural light. Kitchenette includes, microwave, refrigerator/freezer, sink, and plenty of storage. A very pleasant home just for you. \$600 per month for second occupant. Occupancy includes three meals per day, weekly housekeeping and utilities.

TWO BEDROOM/ONE BATH - 720 Square Feet.

\$3195 monthly for one occupant

This apartment has a 6-feet x 6.5 feet walk in closet in the hallway. Private bathroom with a step-in shower. The two bedrooms have large closets. Kitchenette includes microwave, refrigerator/freezer, sink and plenty of storage. \$600 per month for second occupant. Occupancy includes three meals per day, housekeeping and utilities.

ONE BEDROOM/TWO BATH - 875 Square Feet.

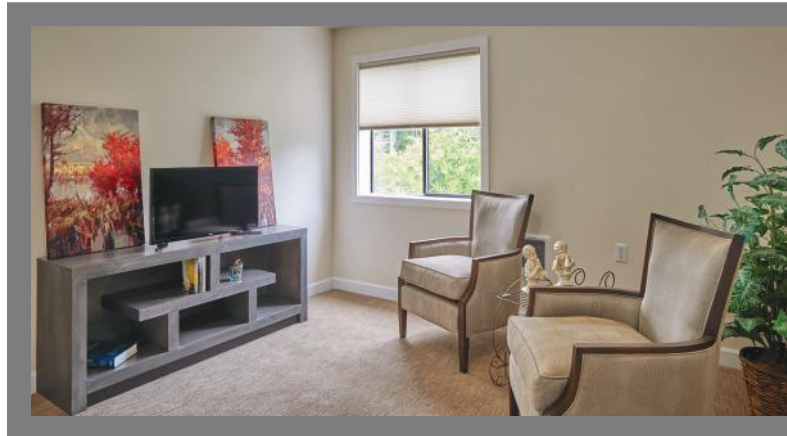
\$3200 monthly for one occupant

PLUS, an area for a TV room or office. The one bathroom has a step-in shower, the other bathroom has a tub/shower. Kitchen with a stove, refrigerator and lots and lots of storage. Six feet of counter space with a large sink. This apartment will amaze you. So comfortable you will want to call it home. \$500 per month for second occupant. Occupancy includes one meal per day, weekly housekeeping and utilities.

TWO BEDROOM/TWO BATH - 950 Square Feet.

\$3600 monthly for one occupant

As large as many free-standing homes, without the work. Downsizing will not be a problem. Keep your cherished dining room table and the buffet that goes with it! Two bathrooms, one with a step-in shower, one with a tub/shower. Lots of storage and room to fit your life style. You will be amazed at what retirement living has to offer. \$500 per month for second occupant. Occupancy includes one meal per day, weekly housekeeping and utilities.





Rick says... "I was born to cook". He actually began cooking professionally at age 16. One of our staff members said watching Rick cook was like "poetry in motion - He can multi-task." He has Southern roots and it shows in the signature dish of Southern Fried Chicken. Fresh only, never frozen. He likes to cook with organic products, and always fresh. When asked how he keeps 70 people happy at once he said he was not sure, but leaned on his cooking prowess. Previously from Little Brown Hen, and now such a blessing to have him at Shorewood Senior Living. I asked Rick for a quote and he said, "I feel I was meant to be here and I love having the freedom to use my creativity." Thank you, Rick, for joining our team and helping make Shorewood Senior Living a great place to live.

Welcome to Shorewood Senior Living

Rick Charles - Chef

Oven Fried Chicken

Gluten and Dairy Free

1-3 pound fryer chicken cut up

2 eggs

2 tablespoons water

½ cup rice flour

½ cup organic fine cornmeal

1 teaspoon salt

¾ teaspoon thyme

¾ teaspoon dried basil

½ teaspoon dried oregano

1 ½ teaspoon celery salt

1 ½ teaspoon black pepper

1 ½ teaspoons mustard powder

2 tablespoons paprika

1 tablespoon garlic salt

1 ½ teaspoon ground ginger

1 ½ tablespoons white pepper



Preheat oven to 400 degrees. Whip egg and add water, set aside. Combine all the remaining ingredients except for chicken. Dip chicken pieces into egg wash and then into breading mixture

and place onto a parchment lined baking sheet. Bake for 45 minutes to an hour basting the chicken with its own cooking juices half way through.



Super Decadent Flourless Chocolate Torte

Adapted from King Arthur Flour

makes 16 super rich slices

I like to double the recipe and stack it.

Cake:

1 cup semisweet chocolate chips

½ cup butter

¾ cup sugar

¼ salt

1 teaspoon vanilla extract

3 large eggs

½ cup cocoa powder

Glaze:

1 cup semisweet chocolate chips

½ cup heavy cream

Prepare the pan: Preheat oven to 375 degrees. Lightly grease round 8" cake pan. Cut a piece of parchment to fit, grease it



and lay it in the bottom of the pan. **To make the cake:** Combine butter and chocolate chips in microwave safe bowl and heat and stir and heat and stir until completely combined. Stir in sugar, salt, and vanilla. Beat in eggs followed by cocoa powder. Spoon into prepared pan. Bake for 25 minutes. The center should read 200 degrees. Remove from oven and cool for 5 minutes. Loosen

the edges of cake with a knife and flip it onto a serving plate, the top will now be the bottom. Cook cake completely before glazing.

The glaze: Combine chocolate chips and cream in a microwave safe dish and heat and stir and heat and stir until well combined. Pour over cake, allowing it to drip over sides a bit and let glaze set several hours before serving.



ACROSS

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

DOWN

- | | |
|---------------------------|---|
| 1 Wash with a mop | 42 American Kennel Club (abbr.) |
| 2 Tablet | 43 Cloudlike mass made up of tiny water droplets suspended in the air near the ground |
| 3 Opposed | 47 Company symbol |
| 4 From the pope | 49 Swedish citizen |
| 5 Worshiped | 50 Possessive pronoun |
| 6 Frigid | 52 Large, long-handled scoop for digging or scooping heavy material |
| 7 Government agency | 55 Coverings for the feet worn for protection |
| 8 Tie down | 57 Overly fat |
| 9 See ya! | 58 Containers |
| 10 Branch of learning | 59 Spoken |
| 11 Fewer | 60 Spring flower |
| 13 Dozen (abbr.) | 61 Prong |
| 15 Upper body | 62 Gross national product (abbr.) |
| 20 Where animals are kept | 63 Long fish |
| 22 Head cover | 64 A spinning toy (2 wds.) |
| 25 Curved | 65 Prying |
| 26 Animals in a region | 68 Large number |
| 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 | |

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
66					67	68					69		
70					71						72		
73					74						75		

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.

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

Blizzard
 Blue
 Boots
 December
 February
 Fireplace
 Frozen
 Gray
 Hibernate
 Icicle
 January
 Shovel
 Silvery
 Skates
 Skis
 Sled
 Snow
 Snowstorm
 Sweater
 White
 Winter

Brain Game Answers:

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

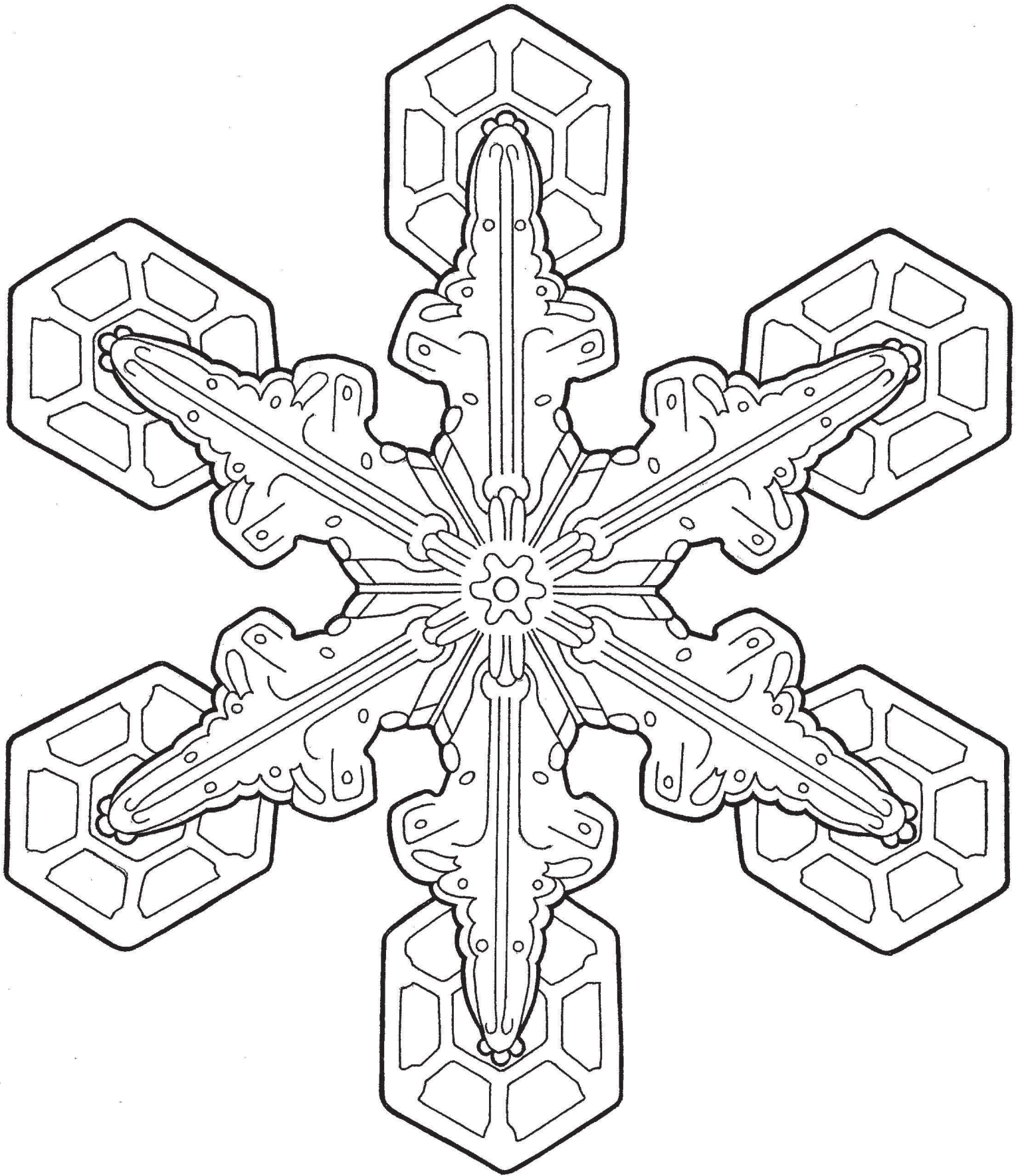
S	P	A	C	E	S	C	A	L
W	I	N	D	A	D	O	P	T
A	L	T	O	P	O	L	A	R
B	L	I	Z	Z	A	R	D	A
A	F	R	O	D	A	B	P	O
P	R	A	I	S	E	L	O	O
S	C	U	M	V	A	L	O	R
T	E	N	E	K	E	B	L	O
D	A	S	H	C	N	S	O	G
B	O	L	E	R	O	T	O	B
A	R	I	D	O	L	I	V	E
G	A	L	E	T	O	N	E	S
S	L	Y	S	T	E	L	E	S

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Page 11: Flourless Chocolate Cake - adapted from King Arthur Flour

Pages 12-15: Crossword & Word Search: Evelyn Johnson/qets.com;

coloring page: FaberCastell.com



Spring into Shorewood for
Binga

March 20th • 1:30pm-2:30pm

**Benefit for
Food Backpack for Kids**

Win prizes and raise money for a good cause.