

Guided by goodness, loyalty, faith, and fun

# TRUE NORTH LIVING

19/2

Redefine & Reinvent Yourself...  
Create Your Encore



Compliments of

 **Meadow Ridge**  
senior living

PLEASE TAKE ONE





Will Forsyth,  
Vice President and  
General Counsel  
Compass Senior Living

## Making a House a Home with Music and Pets

What makes a house a home? A warm fire in the fireplace, savory smells emanating from the kitchen, a comfortable place to sit. And, of course, people close at hand that care about you, on the good days and especially the less-good days. But what else? When you think of home, it likely also conjures up things such as music filling the air, and a trusty pet at your side. These are the things, in ways both large and small, that provide the life and warmth of home. And these are all things you can find, every day, in great abundance, at any of our Compass communities. For this edition, I'd like to focus on the music and the pets that are important parts of what makes our Compass communities "home".

Music has an extraordinary quality that makes us feel alive and brings us together. It seems that not a day goes by where there isn't a musical offering in our Compass communities. It may be a guest musician or school choir playing a concert for our residents, or a multi-talented staff member playing the piano (if you're ever in Green Bay, Wisconsin, please stop by Carrington Assisted Living in early afternoon to listen to cook Megan Kurtz play for the residents, it's wonderful). Our residents frequently get into the mix as well - one highlight from this past year was playing guitar with one of our Memory Care residents in Illinois; while some of his mental faculties were waning given dementia, his fingers knew exactly where to go on the fretboard! We also are proud of our Music Makes Memories program that provides residents with the tools - complete with customized playlists - to listen to the music they've loved throughout their lives, and in turn sparking connections with life experiences associated with those sounds.

And pets... I have a soft spot in my heart for pets, as pets tend to bring out the best in us humans. At my home, family dogs Gracie and Stella rule the roost and provide an immeasurable amount of joy, love and humor... their tail-wag greeting at the door never gets old. Similarly, it's great to see so many pets in our Compass communities, providing joy and companionship to residents and staff alike. Pets are such a large part of our communities that I think it's time they received some fitting recognition: yes, a "Dogs of Compass" calendar. Please send along your photo of a pet in your Compass community, along with a caption, to me at [wforstyth@compass-living.com](mailto:wforsyth@compass-living.com). We'll see if this dog can hunt - I'm anticipating we'll have some great material to work with!

In closing, I'd like to thank all of our residents and staff for making Compass communities not just great places to live and work - but for making them "home".

Will

*...music and pets are  
important parts of what  
makes our Compass  
communities  
"home".*



**Would you like a  
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Please email [oneva@meadowrdg.com](mailto:oneva@meadowrdg.com) or call 661.263.0550 or stop by 521 Meadow Ridge Lane, Moberly, MO.

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

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**CALENDAR OF EVENTS**

**April** 21st Easter Dinner

**May** 12th Mother's Day luncheon  
27th Memorial Day BBQ

**June** 14th Flag Day Pancake  
Breakfast  
16th Father's Day lunch with  
Root Beer floats

For a more detailed calendar of FREE events:  
Please email [melanie@meadowrdg.com](mailto:melanie@meadowrdg.com) or call 660.263.0550 or find us on Facebook at <https://www.facebook.com/MeadowRidgeEstates/> for dates and times of our events.



A day  
without  
laughter  
is a day  
wasted.

~ Charlie Chaplin





# YOUR ENCORE!





# REDEFINE YOUR AGE

We are redefining every age of our lives. All of us are. Twenty-year-olds today are not where I was at twenty. They are in a very different world. So how can we say that we're not different from previous generations? Are we a different kind of sixty - or seventy - or eighty-year-old? **Yes. We are!**

So I'm just hoping for myself and for the women and men around me that we continue learning and growing and reimagining our lives. As long as I'm learning and evolving every day of my life, I will never feel useless or worn out. Never. And I feel in my head and in my heart ageless!

When we use the term anti-aging, we're subtly reinforcing the message that aging is a condition we need to battle. No, it is a condition we need to embrace! Aging is inevitable for everyone. **Age boldly!**

## REINVENT YOURSELF

Many people are redefining aging by trying new careers, classes, and hobbies.

~ *A former prisoner of war in Japan realized a lifelong ambition when he took up ballet at the age of 79.*

~ *The world's oldest professional fashion model is 89-years-old.*

~ *Sitting at a desk alongside two of his grandchildren, a Kenyan man first attended school in 2004 at the age of 84.*

Negative stereotypes are rampant in our society. We've come out of the punk generation and the hippie generation - which was all about societal changes and individualism. And now this aging generation is struggling with a sort of invisibility that society has thrust upon us simply because we are older.

Perceptions are changing. The more we read about and meet older people making contributions and living joyfully, the more acceptable it will be for older people to remain a part of society. Baby boomers have not seen previous older generations grasp at opportunities, so they have few good role models. We need to start developing some positive role models!

So-called 'olderpreneurs' is one place to talk about changing society's perception of older people. After all, age discrimination does not exist if you are your own boss! The data below is from the *Business Insider*.

- The highest rate of entrepreneurial activity in the United States in the past 10 years has been among those 55 to 64 years old.
- More than 1 in 3 new businesses were started by an entrepreneur over age 50.
- Benjamin Franklin was 76 when he invented the bifocal.

### WHAT DOES YOUR ENCORE LOOK LIKE? AGE YOUR WAY.

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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](mailto:jgarboden@compass-living.com).





Norma and Mary at our birthday party





Reta Brubaker is all smiles on New Year's



Ruth Dupree

# Our Meadow Ridge Family



Jerry and Barb Payton



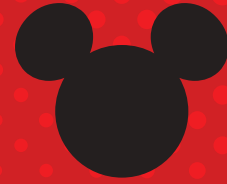
Judy Lawrence







Sammie our  
Meadow Ridge Mascot



# CELEBRATING WALT DISNEY DAY





# Mediterranean Wrap

This wrap is stuffed with chicken tenders and couscous with a hit of lemon and a healthy dose of fresh herbs. Save any leftovers to wrap up for an easy lunch. Serve with: Mixed green salad and a glass of crisp white wine.



## Ingredients

1/2 cup water  
1/3 cup couscous, preferably whole-wheat  
1 cup chopped fresh parsley  
1/2 cup chopped fresh mint  
1/4 cup lemon juice  
3 tablespoons extra-virgin olive oil  
2 teaspoons minced garlic  
1/4 teaspoon salt, divided  
1/4 teaspoon freshly ground pepper  
1 pound chicken tenders  
1 medium tomato, chopped  
1 cup chopped cucumber  
4 10-inch spinach or sun-dried tomato wraps or tortillas



## Steps

Bring water to a boil in a small saucepan. Stir in couscous and remove from the heat. Cover and let stand for 5 minutes. Fluff with a fork. Set aside.

Meanwhile, combine parsley, mint, lemon juice, oil, garlic, 1/8 teaspoon salt and pepper in a small bowl.

Toss chicken tenders in a medium bowl with 1 tablespoon of the parsley mixture and the remaining 1/8 teaspoon salt. Place the tenders in a large nonstick skillet and cook over medium heat until cooked though, 3 to 5 minutes per side. Transfer to a clean cutting board. Cut into bite-size pieces when cool enough to handle.

Stir the remaining parsley mixture into the couscous along with tomato and cucumber.

To assemble wraps, spread about 3/4 cup of the couscous mixture onto each wrap. Divide the chicken among the wraps. Roll the wraps up like a burrito, tucking in the sides to hold the ingredients in. Serve cut in half.



# Raspberry Chocolate Mousse

The secret to this ultra-creamy healthy chocolate mousse recipe: whipping and folding lightly sweetened egg whites into raspberry-spiked chocolate. This healthy chocolate mousse is perfect for a special occasion but easy enough for a weeknight. Serve with a few raspberries or chocolate shavings for a garnish.



## Ingredients

2 cups water  
4 large eggs, separated  
3 tablespoons sugar, divided  
1 tablespoon Chambord  
1 tablespoon low-fat milk  
1/8 teaspoon salt  
3 ounces bittersweet  
chocolate, chopped and  
melted (see Tips)  
1 teaspoon vanilla extract  
Chocolate shavings for  
garnish

## Steps

Heat water in a medium saucepan over medium-low heat until barely simmering.

Combine 2 egg yolks, 2 tablespoons sugar, Chambord, milk and salt in a heatproof bowl large enough to fit over the saucepan. (Save remaining yolks for another use.) Set the bowl over the barely simmering water and whisk constantly until the sugar dissolves, about 2 minutes. Remove the bowl from the heat and stir in chocolate.

Beat 4 egg whites in a separate large bowl with an electric mixer on high speed until soft peaks form (see Tips). Add the remaining 1 tablespoon sugar and vanilla and continue beating until the mixture holds stiff, shiny peaks.

Whisk one-fourth of the egg whites into the chocolate mixture until smooth. With a rubber spatula, gently fold in the remaining egg whites just until incorporated. Spoon the mousse into 6 dessert dishes. Refrigerate until set, at least 2 hours. Garnish with chocolate shavings, if desired.

## To Make Ahead

Cover and refrigerate for up to 2 days.

## Tips

Place chocolate chopped chocolate in a bowl and microwave on Medium for 45 seconds. Stir; continue microwaving on Medium, stirring every 20 seconds, until almost melted. Continue stirring until completely melted. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.

When egg whites are beaten to “soft” peaks, the whites will still be soft enough to curl over when a beater is turned upside down. The whites are considered “stiff” peaks when they remain stiff and upright.





# 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**

- 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**

- 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

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



# WILDFLOWERS

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.

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

- Annual
- Anther
- Bark
- Blossom
- Bud
- Clover
- Corolla
- Daisy
- Family
- Genus
- Larkspur
- Leaf
- Poppy
- Root
- Rose
- Sage
- Seed
- Stem
- Sunflower
- Vines

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

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

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

Resource Credits:  
 Page 10 & 11: Mediterranean Wrap & Raspberry Chocolate Mousse - AARP.org  
 Pages 12-15: Crossword & Word Search: Evelyn Johnson/qets.com; Sudoku - www.mathsphere.co.uk; coloring page: FaberCastell.com







Keep your face  
*always* toward the  
*Sunshine*  
and shadows will fall behind you.

~Walt Whitman



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 a Compass  
Senior Living community

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