

Guided by goodness, loyalty, faith, and fun

# TRUE NORTH LIVING

The universe is made  
of *Tiny Stories*<sup>TM</sup>

*"Every time an old person dies,  
a library burns to the ground."*

~African Proverb

Compliments of  
**COMPASS**  
SENIOR LIVING  
PLEASE TAKE ONE





Will Forsyth,  
Vice President and  
General Counsel  
Compass Senior Living

*Our residents have  
many years to draw upon,  
and so many interesting  
experiences to recount...*

## The Power of Storytelling

One of the most enjoyable things in life is to hear someone tell a good story. It allows you to get to know the person in a unique and insightful way, sharing a window into an experience from their life. It could be about anything, really – an adventure, a family history, a recollection of daily life many years ago. It could be inspiring, heartbreaking, informative, or hilarious, and sometimes all of those things all in one story.

It doesn't take long in a senior living community to realize that these are places where stories are in great abundance. Our residents have many years to draw upon, and so many interesting experiences to recount... and they are typically very generous storytellers! In Compass communities, we embrace the telling of stories, since it is a key to our residents, families, and employees becoming well known to one another. People who know one another well are able to care for one another and make each other's lives more full – this is a simple, powerful truth.

One way we promote storytelling in Compass communities is through our *Tiny Stories*™ project, where residents are given the opportunity to share stories from their past that are recorded and provided to family members and shared in various ways. A number of *Tiny Stories*™ clips are available on our website at [www.compass-living.com/tinystories](http://www.compass-living.com/tinystories). If you have a few minutes, I encourage you to listen to a few of them – it'll brighten your day, as they are reflective of the stories you'll hear every day throughout our Compass communities. If you'd like to participate in the *Tiny Stories*™ project, please contact your community's Administrator or Life Enrichment Director, as we'd love to help residents preserve and share their stories. In closing, I'd like to extend a heartfelt "thanks" to all of our residents for providing countless stories about their rich and varied experiences – and encourage them all to continue doing this, as it is an important part of what makes our communities enjoyable places to be.

Thanks –  
Will

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

Please email  
jhall@heatherwoodal.com or  
call 715.552.5511  
4510 Gateway Drive,  
Eau Claire, Wisconsin.

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

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## CALENDAR OF EVENTS

**Nov** 21st - Soup Cook-off  
4:30-6:00pm  
Enjoy a soup cook-off supper,  
along with live music,  
all proceeds benefiting  
The Community Table.

**Dec** Holiday entertainment  
all month long.  
For more information, email:  
[aharris@heatherwoodal.com](mailto:aharris@heatherwoodal.com)



Please join us at the upcoming events.

For more information,

call 715.552.5511 or

email [jhall@heatherwoodal.com](mailto:jhall@heatherwoodal.com)



## An Elder once told me...

"Spend your days looking for ways to give instead of what you can take; you'll be much happier in life."

No words were spoken truer.

Our elders teach us many lessons that we can carry for our entire lives, but it all starts with listening to the stories they share with us.

One such story happened right here in our memory care community. She was a lady that was well known for walking throughout the community every day and moving random objects while she roamed.

One day, as she walked down the wide hallway towards me, a stuffed animal in one hand and a box of tissues in the other, she stopped and turned her eyes towards me.

Helen is a hugger. So, when she made eye contact, I knew exactly what I was in for.

We both smiled as we walked closer to our inevitable embrace, but this time was different. She stopped, inches from our practiced routine and asked. . "why do you want my hug?"

I embarrass easily, so my face began to turn red as my mind scrambled for an answer to this question.

"I want a hug because it makes me feel good", I said.

She shook her head.

"My dear, you should look for hugs that make others feel good. . you'll understand that one day."

Thank you, Helen, you've taught me well.

(*Tiny Story™* from Zeth Owen, Community Relations Director, Regent Court, Corvallis, Oregon.)



# The universe is made of stories



*"If history were taught in the form of stories, it would never be forgotten."* Rudyard Kipling

## The Power to Transform

Stories have power. They delight, enchant, touch, teach, recall, inspire, motivate, and challenge. They help us understand. They imprint a picture on our minds. Our story-telling ability, a uniquely human trait, has been with us as long as we've been able to speak and listen. Not only do people love to tell stories, people love to hear stories!

## Elder Storytellers

We have a unique opportunity to harvest the wisdom, the humor, and memories we hear every day. We live and work alongside elders who have journeyed almost a full century on this planet. Through their stories, we connect with one another while giving our elder storytellers the

opportunity to reconnect with what was once taken for granted. We give them the opportunity to share their memories for generations to come.

## Legacy Preserved

Through the simple process of capturing these memories – these tiny stories – we create a profoundly enriching experience for both the storyteller and the recorder. Elders tell their stories of adventures, challenges, and wisdom acquired along their life journey. Deeper connections are made, and their legacy preserved!

If you want to learn more about this legacy collection project, contact us. We would love to hear your story and share ours too!



# de of *Tiny Stories*<sup>TM</sup>



*"Every time an old person dies,  
a library burns to the ground."*

*~African Proverb*

**Irene:** *I was born in a log cabin down there in the country. We had the old local doctor, Fred Murray, and he one time told me - He had a real cracky voice, and he said, "I had the choice to make whether you would live or die." And if my mom had been living now it would have been Caesarean, definitely. But, he said that, and he told me one time I was born in "tater diggin" time. [laughs] He was comical, he was a comical old guy. He had a real cracky voice. [laughs]*

**Carrie:** *You were born in what? What did he say?*

**Irene:** *Tater digging time! October.*

To read and hear more tiny stories go to: [compass-living.com/tiny-stories](http://compass-living.com/tiny-stories).





# Celebrating

our open house



Our HeatherWood family, along with friends of the community, enjoyed an evening of live music, appetizers and cocktails.





# Making Gouda

Marieke Gouda is known for their modern family farming and award-winning gouda cheese. Our residents enjoyed a delicious breakfast at their café DUTCHess, shopping at the Marieke Gouda store, and a tour of the family farm.







Eight military veterans and seniors from HeatherWood Assisted Living and Memory Care took turns climbing aboard a 1943 Stearman biplane for a 20-minute Dream Flight, courtesy of Carson City-based Ageless Aviation Dreams Foundation (AADF). AADF founder Darryl Fisher piloted the biplane, taking Dream Flyers 1,000 feet above the heads of neighbors and friends, giving back to those who have given.









# Roasted Pumpkin-Apple Soup

Apples add just a hint of sweetness to this velvety pumpkin soup. Try it as a delightful first course for a special meal.

## Ingredients

- 4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks (see Tip)
- 4 large sweet-tart apples, such as Empire, Cameo or Braeburn, unpeeled, cored and cut into eighths
- $\frac{1}{4}$  cup extra-virgin olive oil
- $1\frac{1}{4}$  teaspoons salt, divided
- $\frac{1}{4}$  teaspoon freshly ground pepper
- 1 tablespoon chopped fresh sage
- 6 cups reduced-sodium chicken broth or vegetable broth
- $\frac{1}{3}$  cup chopped hazelnuts, toasted (see Tip)
- 2 tablespoons hazelnut oil



## Preparation

Preheat oven to 450°F.

Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more. Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining  $\frac{1}{4}$  teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

**Make Ahead Tip:** Cover and refrigerate for up to 3 days. Reheat in the microwave on High, covered, stirring frequently, or on the stovetop over medium heat.



**Tips:** Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.

To toast chopped nuts, small nuts and seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

**Cut Down on Dishes:** A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.



# Pumpkin Custard with Hazel Nuts and Caramel

## Ingredients

1 cup canned pumpkin puree  
2 large eggs, lightly beaten  
2 cups nonfat evaporated milk  
1 teaspoon vanilla extract  
 $\frac{3}{4}$  cup packed dark brown sugar  
1 tablespoon cornstarch  
1 teaspoon ground cinnamon  
1 teaspoon ground ginger  
 $\frac{1}{4}$  teaspoon freshly grated nutmeg  
 $\frac{1}{4}$  teaspoon salt 10 hazelnuts,  
( $\frac{1}{2}$  ounce)  
 $\frac{1}{2}$  cup granulated sugar  
 $\frac{1}{4}$  cup water 4 ounces reduced-fat  
cream cheese, (Neufchâtel)  
2 tablespoons confectioners' sugar  
 $\frac{1}{2}$  teaspoon Cognac, or vanilla  
extract



## Preparation

Preheat oven to 350°F.

Whisk together pumpkin, eggs, milk and vanilla in a medium bowl. Combine brown sugar, cornstarch, cinnamon, ginger, nutmeg and salt in a small bowl. Sift into the pumpkin mixture and whisk until incorporated.

Divide the mixture equally among six  $\frac{3}{4}$ -cup custard cups. Set the cups in a baking dish and pour in boiling water to come halfway up the outsides of the cups. Bake until a knife inserted in the center comes out clean, 50 to 60 minutes. Remove the custards from the oven and cool them to room temperature. Chill for at least 2 hours before serving.

Meanwhile, spread hazelnuts on a pie plate and toast in a 350°F oven for 10 minutes to loosen the skins. Rub off skins and let cool. Chop finely and set aside. Line a baking sheet with foil.

Combine granulated sugar and water in a small, heavy saucepan. Bring to a simmer and cook, without stirring,

until the syrup is a deep amber color, 5 to 10 minutes. Do not let the syrup burn. Pour the hot syrup onto the prepared baking sheet. Quickly tilt to spread the caramel in a thin layer. Sprinkle on the toasted nuts. Let cool. When the caramel is hard, break into shards.

Process cream cheese, confectioners' sugar and Cognac (or vanilla) in a food processor or blender until smooth. Garnish the custards with a spoonful of the cream and shards of the hazelnut caramel.

**Make Ahead Tip:** Prepare the custards through Step 4; cover and refrigerate for up to 2 days. The caramel (Step 6) can be prepared up to a week ahead and stored in an airtight container.





# 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 |    |    |    |    |



## ACROSS

- 1 Grazing area
- 6 Clothed
- 10 Floating ice
- 14 Pointed weapon
- 15 Healthy
- 16 False god graven image
- 17 View
- 18 Institution (abbr.)
- 19 After eight
- 20 Way
- 21 Unmakes
- 23 Those who make the food laws (abbr.)
- 24 Advance
- 26 Wax coloring device
- 28 Observe
- 31 Mix
- 32 Genius
- 33 Pedals
- 36 Detail
- 40 Cover a present
- 42 Vane direction
- 43 Adore
- 44 Exchange for money
- 45 Amends (2 wds.)
- 48 Second day of the wk.
- 49 Giant
- 51 Twerp
- 53 Rat
- 56 Appeal
- 57 Liberal (abbr.)
- 58 Beam
- 61 Post
- 65 Won
- 67 Oaths
- 68 Remain
- 69 College head
- 70 Rewrite
- 71 Throws
- 72 Writer Bombeck
- 73 TV rooms
- 74 Resources

## DOWN

- 1 Invitation abbreviaton
- 2 Capital of Western Samoa
- 3 Bird's home
- 4 Bring together in one place
- 5 Epoch
- 6 Spine
- 7 Solid part of earth's surface
- 8 In addition
- 9 Notices
- 10 Container
- 11 Teach
- 12 Musical piece
- 13 Gather straw
- 21 Opp. of pretty
- 22 \_\_\_ Lanka
- 25 MD
- 27 Very dry
- 28 Animal feet
- 29 Unit of land measurement
- 30 Bluish green
- 31 Meets
- 34 Give
- 35 Acid drug
- 37 Dorothy's dog
- 38 Decorative needle case
- 39 Sports event
- 41 Farm tool for turning earth
- 45 Came
- 46 Prepare ground for planting
- 47 Lyric poem
- 50 Stiffen
- 52 Verse meter
- 53 Forest clearing
- 54 More friendly
- 55 Right angle to a ships length
- 56 Unwanted insects
- 59 What a leaf comes from
- 60 Matching
- 62 Ventilates
- 63 Lazy
- 64 For fear that
- 66 Genetic code
- 68 Expression of surprise

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



# HARVEST

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.



Acre  
Arid  
Barn  
Cornucopia  
Crops  
Disk  
Gather  
Glean  
Granary  
Hybrid  
Land  
Mulch  
Packer  
Pests  
Picking  
Plow  
Reap  
Shock  
Till  
Tract  
Winnow

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

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

## Resource Credits:

Page 10 & 11: EatingWell.com

Pages 12-15:

Crossword & Word Search: purchased from Evelyn Johnson/gets.com;  
Sudoku - [www.mathsphere.co.uk](http://www.mathsphere.co.uk);  
coloring page: FaberCastell.com







*Baby it's cold outside...*  
so stop by  
*HeatherWood*  
Assisted Living and Memory Care  
to warm up.



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 a Compass  
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