

TRUE NORTH LIVING



THE POWER OF

gratitude



Gratitude & attitude
are not challenges;
they are choices.

~ Robert Braathe

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Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.

DENIS WAITLEY

TNL



A note from the Home Office. . .

Good Leadership is an Act of Kindness

In 2020 and 2021 we had a collective human experience - transforming our lives at every level. It is during times like this that a powerful, fundamental leadership strategy is an imperative. It is, in fact, the most innately human one: **Be kind.**

The stories of our residents, family members, executive directors, administrators, and care teams attest to the fact that these are the most difficult times in memory for many, if not most people.

I can genuinely say I am grateful for the insight and vision that has come to us during this time. We can be kind by offering people opportunities and encouraging them to achieve their full potential and gain self-worth. As kind leaders we are transparent in decision-making. A kind leader will show consideration and openness about decisions they make that impact others.

We have learned that appreciation inspires greater results. Being kind means that our teams sincerely celebrate the successes of one another at work. We care for one another.

We have learned that connection leads to better ideas. That is kindness – gaining the perception of others to create and innovate.

Sometimes, in these difficult times, we must have difficult conversations. I try to default to a good mantra I've recently heard:

- Say what you mean;
- Mean what you say;
- Say it kindly.

Good leaders can be kind – and they should.

- Dennis

Dennis Garboden, President
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GRATITUDE FOR OUR TEAM MEMBERS

As we come to the end of 2021, I am reflecting on 2020, which changed our lives and our world as we knew it.

It has given us so much to be grateful for. We have learned to do things we perhaps did not know we could accomplish.

I am grateful for my team members. They inspired me as I saw them coming to work every shift continually giving their all; holding a resident's hand, saying, "I love you". I saw them leading with their hearts, and guided by goodness, loyalty, faith, and, yes fun too! It was heartwarming to see them holding each other close as they cried and then wiped their tears and went on smiling to make someone's day better.

I am grateful for the courage they showed in doing the right things even when it may have been the hardest thing. It is in caring about others and one another, that we receive the reciprocal care from those we are caring for. It is healthy to show vulnerability and still be the strong person others need us to be.

I am grateful for my team and all who work in the caring industry for doing the jobs that many others shy away from because it is too hard. For the chosen few, this is more than a job. It is a calling.

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Author: Tammy Tucker, Administrator, Timber Pointe Senior Living, Springfield, Oregon. To learn more about Tammy and her team please email ttucker@TimberPointeSL.com

GRATITUDE IT IS SO MUCH MORE THAN A WORD



Author: Emily Mackenzie is an Evergreen Cottage Resident, living in Eugene Oregon. Emily has a long work history with Montessori Preschool, private Christian schools grades 1 through 7, and many years as "nanny" for families. Her last and final position was at Willamette High School in Eugene, Oregon in the Infant Daycare in 2017.

ITUDE:



Don't you love it when a young child enthusiastically receives a gift from you? What a joy to see that sweet little face light up with smiles! I always hope their parent won't interject the proverbial, "What do you say to Grandma?" (Or Gramps, or Auntie, or whomever). If that happens, the little tyke mechanically recites the polite mantra of thanks. I appreciate that the opportunity is ripe for social learning, but at that moment I want to say to the other adults "She DID say thank-you!" Meaning the youngster's sincere joy was plenty of thanks in and of itself!

Gratitude isn't actually meant to be a duty nor a rote routine. In its purest form it's like a mountain stream bubbling up. And everyone is refreshed thereby. Maybe you remember the song about being young at heart. It describes how "life gets more exciting with each passing day."

I've noticed how many of my neighbors here at Evergreen Senior Living have that youthful quality. Like when the ice cream truck came by this week. Half a dozen team members hurried out and waved down the Good Humor Van just like grade school kids! It made me smile to see them. Those friends are full of cheer. I notice my friends who live here are grateful for the good things in their lives. The wheelchair, the walker-dependent, those with canes; no matter, all are gracious good sports. Yes, their good energy is contagious. Fun friends like that help to lighten one's load for sure. And it's all because of the wonderful power of gratitude.

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Gratitude helps you to grow and expand. Gratitude brings joy and laughter into your life and into the lives of all those around you.

~ EILEEN CADDY

Gratitude, Joy, and Purpose: **THREE KEYS TO EMBRACING LIFE**



There's much to be said about *the Power of Gratitude*. So...let's say it, breathe it, live it, and reap its benefits!

Cultivating gratitude is good for physical health, promotes better sleep and protects people from stress and depression. Savoring even the smallest of joys daily lowers the risk of heart attack,

angina and stroke, helps people cope with arthritic pain, and reduces frailty in older adults. People who live with a purpose, setting meaningful goals, take better care of themselves and add years to their life.

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GRATITUDE is BELONGING

When asked about gratitude and what that means to residents living at *Majestic Rim Retirement Living* in Payson, Arizona I received many answers. But one definitive response sticks out above all the rest and that is *belonging*.

“An overwhelming sensation of belonging”, Kent proclaimed.

“Gratitude is expressed in all aspects of our daily lives”, others replied.

As I look around, I see people gathering in the bistro eating breakfast while others walk their pets outside sharing stories.

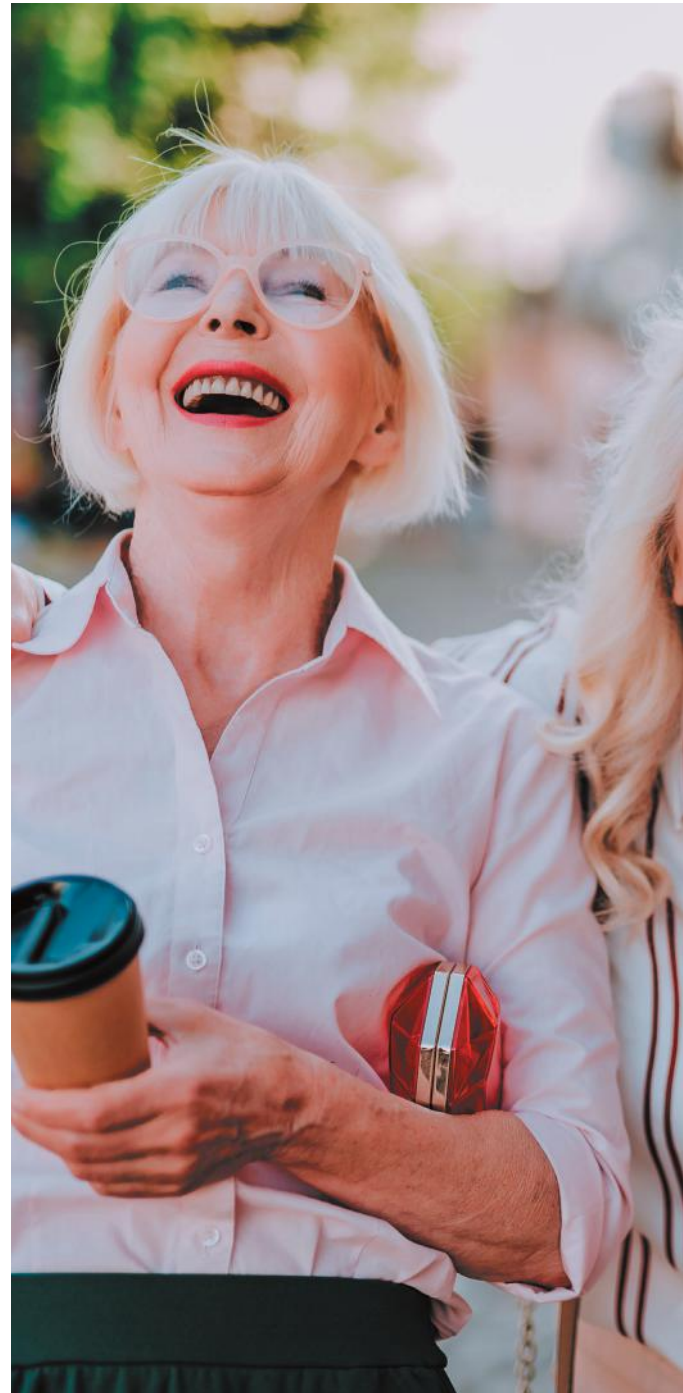
At *Majestic Rim*, the most gratifying moment for me is when new residents arrive and others reach out with open hearts to welcome them home. We witness the value of common experiences, both good and not-so-good, and those commonalities are what tie us together. We all have different emotional experiences in our life and once shared, the value of our relationships rises to new heights.

The camaraderie is contagious within an Independent Senior Community and it is not selfish. At the heart, people are open and caring. Family members often comment about the strong connections and are so grateful for the ongoing lifestyle their loved-one is fulfilling.

Life is meant to be shared, respected, and comforted. There is no secret to the overflowing joy one can feel when you have special friends. We are truly grateful for the loving friendships established at *Majestic Rim Retirement Living*.

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Author: Cristine Royer, Community Relations Director at *Majestic Rim Retirement Living* in Payson, Arizona. To learn more about living a vibrant life in an Independent Living community, contact Cris at croyer@majesticrimsl.com





Three keys to embracing life - continued from page 9

One of the leading investigators studying the science of gratitude is Robert Emmons, known as the “Guru of Gratitude.”

“Gratitude has two components”, Emmons says. First, it’s an affirmation of goodness in our lives as a whole. Second, being grateful pushes us to figure out where that goodness comes from—acknowledging that it originates from outside of ourselves. True gratitude, he says, gives us a humble dependence on other people and/or a higher power; it’s the outward focus on others that’s important.

Gratitude has produced such miraculous results for people that scientists have been seriously studying the practice of gratefulness and its effect on physical and psychosocial benefits. Heartfelt gratitude not only makes us feel happy, but a host of other benefits.

Joy strengthens your heart. A study of over 1,700 Nova Scotia women and men found those who experienced more joy in their lives had a substantially lower risk of heart attack or angina. Joy is also linked to longer life.



Purpose adds years to life. Carleton University researchers found that people who lived with a purpose, setting goals that directed their day-to-day activities, lived longer than their counterparts, regardless of the purpose. Having a sense of meaning and purpose promotes better physical health. People take better care of themselves because they feel their lives matter more.

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Gratitude, joy, and purpose – This is good news for all of us – no matter what our age. “Gratitude increases with age”, says Emmons. Neuroscientists believe that as we age, the amygdala—the area of the brain that regulates emotion and memory—become less active when negative thoughts are received. However, older people continue to maintain their reactions to positive information.

Easy ways to cultivate an attitude of gratitude:

1) **Keep a gratitude journal:** Make it a habit to pick three things you’re grateful for every day; write them down and briefly describe why they make you happy.

2) **Write a thank-you note:** It’s almost a lost art, but a thank-you letter telling someone why they have made a positive impact on your life will make you happy and nurture your relationship with that person.

3) **Pray or meditate:** Prayer is a time-honored way to practice gratitude; mindful meditation allows you to focus on one thing you’re grateful for in the moment, such as the warmth of the sun.



“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”
~Albert Schweitzer

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Sources for this article:
UC Davis Health, “Gratitude is good medicine” (2015);
BBC News, “Sense of purpose ‘adds years to life’” (2014);
Review of General Psychology, “A meaningful life is a healthy life: A conceptual model linking meaning and meaning salience to health” (2018).



Gratitude

What comes to mind when you think of this word? Personally, I am flooded with thoughts of my life, thoughts that bring back so many grateful memories. My mother always said life was building precious memories over time; that we should always be grateful for those memories.

For friendships I've had over all my years - what wonderful memories I have of fun with friends! Friendships that have lasted 50 years in a couple of instances and some that have hung in there for 40 years. Friendships involved a lot of eating - you know I am a southern lady and that means food in some form or other when we would get together.

I am grateful for our freedoms, for our rights in the free nation of ours. But as we know, nothing is "free". Those freedoms were hard-fought battles and blood loss from our citizens. I am so very grateful for all those who have served and fought for we who couldn't.

I am grateful for a smile. That goes such a long way as an act of kindness to my day and to another resident's day when I return the favor. We all should smile more.

I am grateful to all who care for me, for the food I enjoy, and a roof over my head. We live in a Community that provides joy to me through so many other Residents, they bless my life.

Most of all, I am grateful for the sun in the morning and the dark at night. It gives me hope there is a new day on its way - and nothing could be better.

~ Ruth DeVore,
Maple Ridge Resident Council Member

Creamy Roasted Pumpkin Soup



INGREDIENTS

4 tablespoons olive oil, divided
One 4-pound sugar pie pumpkin
1 large yellow onion, chopped
4 large or 6 medium garlic cloves, pressed or minced
½ teaspoon sea salt
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
⅛ teaspoon cloves
Tiny dash of cayenne pepper (optional, if you like spice)
Freshly ground black pepper
4 cups (32 ounces) vegetable broth
½ cup full fat coconut milk or heavy cream
2 tablespoons maple syrup or honey

PREPARATION

Preheat oven to 425° F. Line baking sheet with parchment paper. Carefully halve the pumpkin & scoop out seeds.

Slice each pumpkin half in half to make quarters. Brush or rub 1T olive oil over the flesh of the pumpkin and place the quarters, cut sides down, on the baking sheet. Roast for 35 minutes or longer, until the skin is easily pierced with a fork. Set aside to cool.

Heat remaining 3T olive oil in a large heavy-bottomed pot over medium heat. Bring oil to a shimmer, add onion, garlic, and salt. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. Peel off the pumpkin skin and discard.

Add pumpkin flesh, cinnamon, nutmeg, cloves, cayenne pepper (if using), and a pinch of freshly ground black pepper. Use spoon to break up the pumpkin. Pour in the broth. Bring to a boil, then reduce heat & simmer for 15 minutes.

Once the pumpkin mixture is done cooking, stir in the coconut milk & maple syrup. Remove the soup from heat & let it cool slightly. An immersion blender will work, but a stand blender yields the creamiest results. Work in batches.

Ladle the soup into individual bowls. Drizzle with coconut milk, maple syrup, and/or honey.

Leftovers can be refrigerated for up to 4 days or freeze for up to 3 mths.

Autumn Beef & Cider Stew



INGREDIENTS

2 pounds beef Stew Meat, cut into 1 to 1-1/2-inch pieces
2 slices bacon, cut into 1/2-inch pieces
1 teaspoon salt
1/2 teaspoon pepper
1 can (10-1/2 ounces) condensed French onion soup
1 cup apple cider
1 pound sweet potatoes, peeled, cut into 1-inch pieces (about 3 cups)
1/3 cup unsweetened dried cranberries

PREPARATION

Cook bacon in stockpot over medium heat until crisp; remove with slotted spoon to paper-towel-lined plate. Brown 1/2 of Beef Stew Meat in bacon drippings over medium heat; remove from stockpot. Repeat with remaining beef; season with salt and pepper.

Return beef and bacon to stockpot. Add soup and cider; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours.

Add sweet potatoes and cranberries to stockpot; bring to a boil. Reduce heat; continue simmering, covered, 20 to 30 minutes or until beef and potatoes are fork-tender.

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						
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34					35		36		37			38		39	
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	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 Recede
- 4 Afloat (2 wds.)
- 9 Distant
- 12 Midday
- 14 Public disorder
- 15 Homeless person
- 16 Shift
- 17 Acclaim
- 18 Chilled
- 19 Disconnected sounds
- 21 Kindle
- 23 Adopted time zones and began using DST in 1918
- 24 Radiation dose
- 25 Tiny insect
- 28 Central daylight time
- 31 Canal name
- 34 Thwarted
- 36 Arbiter
- 38 Move a boat
- 40 Sled
- 41 Book by Homer
- 43 ___ fide
- 44 Good grief!
- 45 Snake like fish
- 46 Oxford University scholarship
- 48 Engrave
- 51 Santa's helper
- 53 Chopping tools
- 54 Brim
- 56 Reverend (abbr.)
- 58 Mark clearly
- 61 Eleventh month of the year
- 66 _____ the Red
- 67 White poplar
- 69 ___ Major (Big Dipper)
- 70 Card in deck
- 71 Log house
- 72 Charts
- 73 Request
- 74 Put up
- 75 Gross national product (abbr.)

DOWN

- 1 Aborts
- 2 Spree
- 3 Wine bottle
- 4 Regions
- 5 Breath mint
- 6 Go at it alone
- 7 Estimated time of arrival
- 8 Active
- 9 Central points
- 10 A wager (2 wds.)
- 11 Traveled by horse
- 13 New York City
- 15 Large eastern religion
- 20 Attractive
- 22 Ozone
- 25 Overcharge
- 26 Hours of darkness between sunset and dawn
- 27 Lager
- 29 Teach
- 30 Beverage
- 32 Wear away
- 33 Time _____
- 34 Contagious disease
- 35 Perish
- 37 Former president of U.S.
- 39 Had been
- 42 Downwind
- 43 Put into a container
- 47 Possess
- 49 Mechanical or electrical device for measuring time
- 50 Struck
- 52 Romp about
- 55 Quietness
- 57 Natural occurrence
- 58 ___ vu
- 59 Extremely long time periods
- 60 Chip
- 61 Northeast by east
- 62 Silent
- 63 Boast
- 64 Sports channel
- 65 File
- 68 Prohibit

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

AUTUMN

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.

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

- Acorn
- Apples
- Berries
- Brown
- Burn
- Canning
- Cider
- Colorful
- Fall
- Frost
- Gold
- Grapes
- Harvest
- Leaves
- Peaches
- Pumpkin
- Rake
- Red
- Squash
- Trees
- Windy

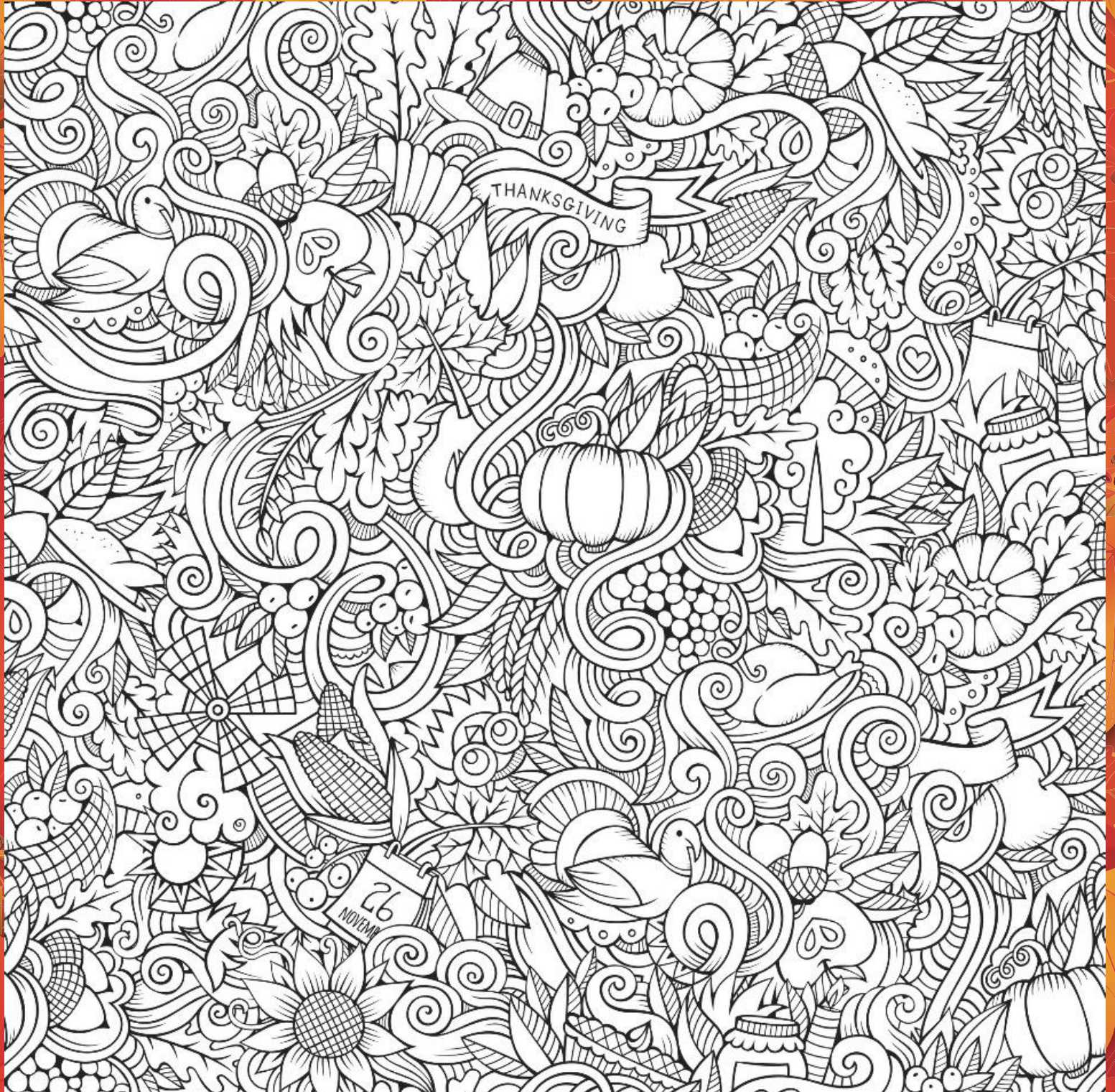
Brain Game Answers:

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

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

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

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