

Guided by goodness, loyalty, faith, and fun

# TRUE NORTH LIVING

20/2

## Well-being

the state of being  
*comfortable,  
healthy, & happy*



Compliments of

**COMPASS**  
SENIOR LIVING

PLEASE TAKE ONE



Dennis Garboden  
President  
Compass Senior Living

*When we start to see, hear,  
and listen to those in our care  
we begin to truly understand  
that well-being is individual  
to each person.*

***“If we change the way we think,  
we change the way we feel.”***

~David Burns, Professor Emeritus,  
Stanford University Dept. of Psychiatry  
and Behavioral Sciences.

In recent years, wellness has come to mean much more than the physical body such as strength, fitness, and stamina. Mental, spiritual, and emotional well-being punctuates the mainstream conversation more and more within the overall context of this discussion.

We would be remiss in our work with elders to think that we only need to care for the physical person. Each person we serve; be it elder, family member, or care team member, is a whole human, deserving of well-being. We cannot serve their daily needs without recognizing all aspects of that whole person.

In our Senior Living Communities, we believe it is important to get to know each individual and their needs. Well-being is defined as “*a state of being comfortable, happy, and healthy.*” At every age, well-being is possible, as it is based on a holistic understanding of human needs for individuality, growth, freedom, security, connectedness, meaning, and happiness.

When providing physical care it is easy to treat what you can see. But caring holistically requires empathy, and the ability to ‘see’ and ‘feel’ what the person is not saying. When we start to see, hear, and listen to those in our care we begin to truly understand that well-being is individual to each person. When we begin to understand each person in the framework of ‘well-being’ we can ask thoughtful questions that help identify the unmet needs of those we care for and work with. And then we will be enlightened, seeing what isn’t visible—the whole human being.

Do good. Be good. Feel good.  
Dennis

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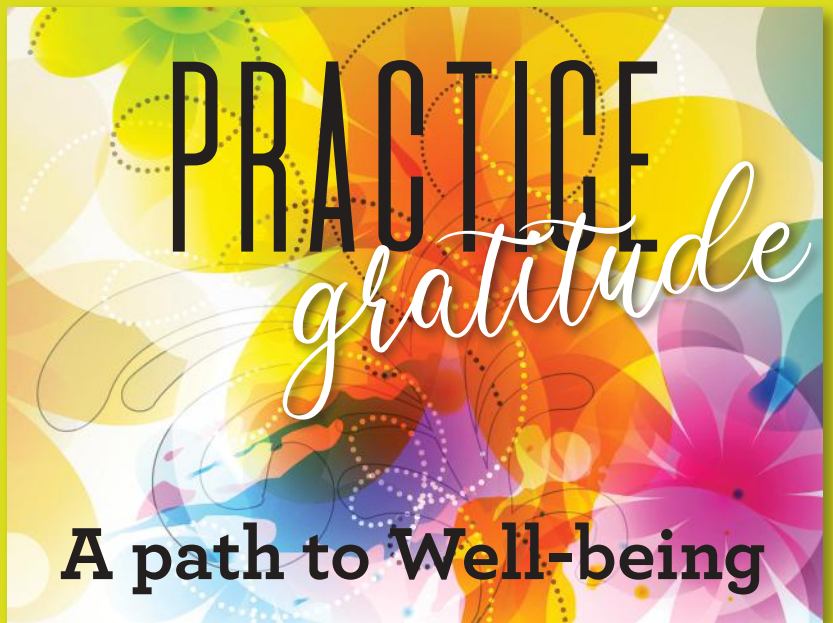
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True North Elderhood blog at  
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*"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."*

*~ Albert Schweitzer*

Many scientific studies have found that people who consciously focus on gratitude experience greater emotional well-being and physical health than those who don't.

If you want more happiness, joy, and energy, gratitude is clearly a crucial quality to cultivate. Gratitude is a fullness of heart that moves you from limitation and fear to expansion and love. When you are appreciating something, your ego moves out of the way and you connect with your soul. Gratitude brings your attention into the present. The deeper your appreciation, the more your life flows in harmony with creative power.

Here are three powerful gratitude practices for you to try.

1. **Keep a Gratitude Journal:** Who or what inspired you today? What brought you happiness today? What brought you comfort and deep peace today?
2. **Write a Thank You Letter:** Make a list of at least five people who have had a profound impact on your life. Choose one and write a thank you letter expressing gratitude for all the gifts you've received from that person. If possible, deliver your gratitude letter in person.
3. **Take a Gratitude Walk:** Set aside 20 minutes (or longer if you can) and walk in your neighborhood, through a park, around your office, or somewhere in nature. As you walk, consider the many things for which you are grateful. Breathe, pause, and be grateful for the air that is filling your lungs and making your life possible.



# BRINGING WELL-BEING

“Well-being is a much larger idea than either quality of life or customer satisfaction. It is based on a holistic understanding of human needs and capacities. Well-being is elusive, highly subjective, and the most valuable of all human possessions.”

~Dr. William Thomas, *What Are Old People For?*

# TO

# LIFE



We believe that aging and living with unique health challenges need not be about decline and despair, but instead, a chance to joyously soar to new heights of human growth and awareness.

We hold lofty goals for how we care for each other, seeking environments that foster community rather than loneliness, meaningful activity rather than boredom, and self-reliance rather than helplessness.

Well-being is the path to a life worth living. It is the ultimate outcome of a human life.

So, what is quality of life? How do we define genuine caring? Well-being, as a frame of reference, requires us to focus on the strengths, possibilities, dreams, and goals of each individual.

Through a collaborative effort involving a task force of culture change specialists, *The Eden Alternative™* has identified seven primary **Domains of Well-being**: *identity, growth, autonomy, security, connectedness, meaning, and joy.*

Wellness is a journey. It's a journey filled with opportunities for growth, change, and success. The quality of our relationships is key. Above all else, wellness is a journey to self; it's the discovery of who you are and what you want and there is nothing more valuable than that. The good news is that there is a path to well-being and you can start traveling that path today!

**“Tell me, what is it you plan to do with your one wild and precious life?”** ~Mary Oliver (*The Summer Day*).



**IDENTITY**—*being well-known; having personhood; individuality; having a history.*

Nothing exists without identity. Part of knowing each other deeply involves acknowledging our strengths and what we each have to offer as a powerful way to celebrate each other's unique individuality.

**GROWTH**—*development; enrichment; expanding; evolving.*

In a person-directed model of care, Elders and their care partners have every opportunity to learn and grow. Those living with frailty continue to grow and teach us how to be human beings in a caring community.

**AUTONOMY**—*liberty; self-determination; choice; freedom.*

Simply put, to be autonomous is to be one's own person. . .to be respected for one's ability to decide for oneself, control one's life, and absorb the costs and benefits of one's own choices.

**SECURITY**—*freedom from doubt, anxiety, or fear; safety; privacy; dignity; respect.*

Security also expands beyond the basic need for safety to also include right to privacy, dignity, and respect.

**CONNECTEDNESS**—*belonging; engaged; involved; connected to time, place, and nature.*

A person-directed model seeks to reconnect Elders or individuals accepting support and their care partners with the past, present, and future, with their environment and with hope and dreams.

**MEANING**—*significance; heart; hope; value; purpose; sacredness.*

A person-directed approach infuses meaning into every corner, every act and every relationship. This way, all care partners share in a life worth living. Simple pleasures are brought to life for all. The rhythm of daily life is affirming and nurturing, drawing people together in meaningful ways.

**JOY**—*happiness; pleasure; delight; contentment; enjoyment.*

The best soil for joyful moments is always found in places where relationships are deep, rich, and intensely meaningful. It is through the relationships we have with one another that we can discover ways to recognize and celebrate moments of joy when they occur.





**Casey Sullivan,  
Wellness Director, RN**

1. My favorite part about being a nurse is the ability and opportunity to play diplomat, detective, caregiver, and nurse to ensure that my residents get the best care available.
2. I have made a difference in every one of my patient's lives, both past and present. At memory care, I feel that it is a privilege to assist a population that is often overlooked and misunderstood. I get to be their voice and fight to ensure that they also have the best opportunity to live out their final years as comfortable and safe as possible.



**Joana Casto, LPN**

1. My favorite part of being a nurse is being able to build a relationship with my patients and their loved ones. I believe nursing is a selfless profession where a patient's needs come before our own.
2. I believe nurses make a difference every day.



**Angela Evans**

1. I love helping people. Nursing means being able to help someone who cannot help themselves. It is a teachable skill that can be passed from one person to another, and it makes me feel like I am making a difference for my members, or someone else's.
2. Whether it's helping someone get back to health, or helping someone make the transition to assisted living, it's all about the residents and their families. A hug and a smile from a family member are always making a difference in the lives of people.

# From our Nursing Team...



ans, LPN

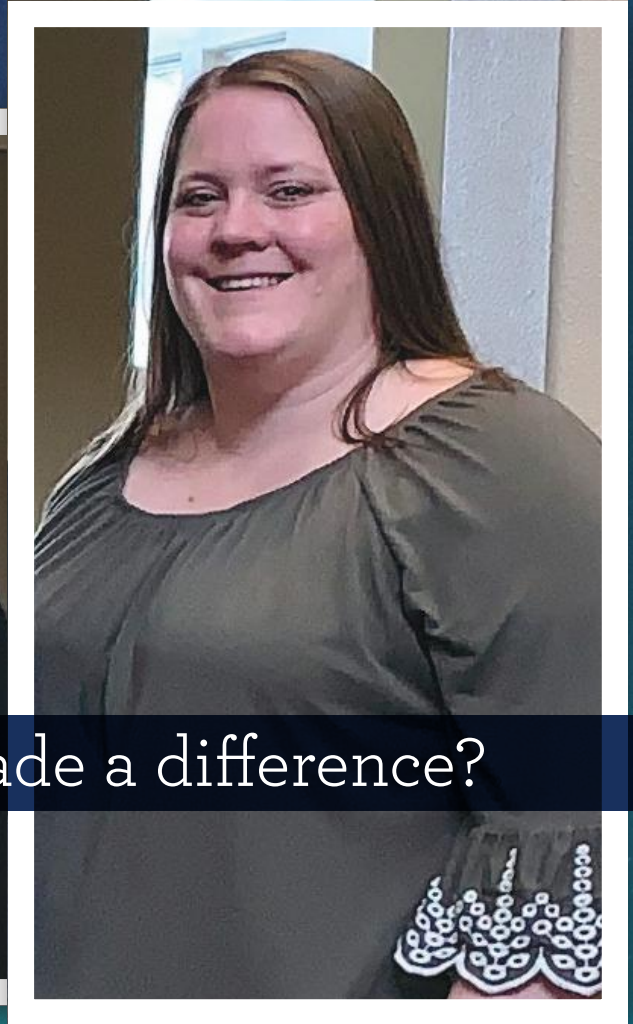
ng people. Being a nurse able to help those who themselves. I have a spirit and love learning rring with, those around it be residents, family staff.

it be assisting people th, being here as they sition from independent ving while encouraging d their families, giving a ile of encouragement to ers...being a nurse, you aking a difference in the e you meet.



**Audrey Edwards,  
Wellness Director**

1. I enjoy helping people. As a nurse we get to make a difference in people's lives in so many ways.
2. When I worked in home health, I think I made the biggest difference for people. Many people live by themselves and have no family or friends to help. When you're the only person they see for the week, you not only help their physical health, you help with their mental health too.



**Sarah Morales, LPN**

1. I love being a nurse because I love the interaction with the resident's and family members. I love teaching and training new staff and current staff to help in the care of the residents.
2. I feel like I make a difference daily. I pride myself in bridging the gap between family members and the nursing staff and assisting in making the family members feel comfortable with the care their loved one is receiving.



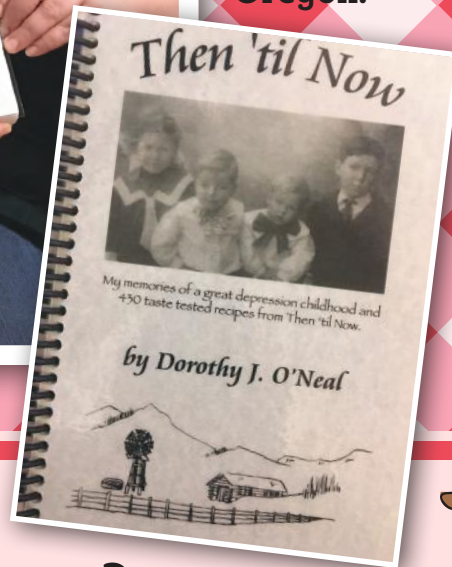
The Baking Club is part of our weekly activities. Residents embark on baking while reminiscing and building friendships and making new friends. Melissa Jenkins, Dining Director says our 50's-60's theme Coca Cola Room is a place to laugh, talk, and enjoy sharing memories with each other.



# Baking Club



Working at Woodside Senior Living for the past twelve years, I've met many residents from different walks of life. Many of them lived through the great depression. A few years ago, I met Dorothy O'Neal, a current resident here at Woodside Senior Living. One day she came to me in the dining room and handed me a cookbook. She told me there was a recipe in the book she wanted me to try. The next day I sat down and realized she was the author who wrote the cookbook. The book was well written and based on her life growing up in the great depression. The cookbook is titled "Then 'til Now" which contains many recipes and short stories of her life growing up in Oregon.



She has her own

# Cookbook



# Real N'awlins Muffuletta

These gigantic sandwiches were invented a century ago at Sicilian Deli in New Orleans. The spicy, tangy olive salad is what really sets this meat & cheese sandwich apart. Cut into 6 or 8 wedges, this makes a great sandwich for on the go.



## Ingredients for Olive Salad

- 1 cup pimento-stuffed green olives, crushed
- 1/2 cup drained kalamata olives, crushed
- 2 cloves garlic, minced
- 1/4 cup roughly chopped pickled cauliflower florets
- 2 tablespoons drained capers
- 1 tablespoon chopped celery
- 1 tablespoon chopped carrot
- 1/2 cup pepperoncini, drained
- 1/4 cup marinated cocktail onions
- 1/2 teaspoon celery seed
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 3/4 teaspoon ground black pepper
- 1/4 cup red wine vinegar
- 1/2 cup olive oil
- 1/4 cup canola oil

## Ingredients for Muffuletta

- 2 (1 pound) loaves Italian bread
- 8 ounces thinly sliced Genoa salami
- 8 ounces thinly sliced cooked ham
- 8 ounces sliced mortadella
- 8 ounces sliced mozzarella cheese
- 8 ounces sliced provolone cheese

## Preparation

**To Make Olive Salad:** In a medium bowl, combine the green olives, kalamata olives, garlic, cauliflower, capers, celery, carrot, pepperoncini, cocktail onions, celery seed, oregano, basil, black pepper, vinegar, olive oil and canola oil. Mix together and transfer mixture into a glass jar (or other nonreactive container). If needed, pour in more oil to cover. Cover jar or container and refrigerate at least overnight.

**To Make Sandwiches:** Cut loaves of bread in half horizontally; hollow out some of the excess bread to make room for filling. Spread each piece of bread with equal amounts olive salad, including oil. Layer 'bottom half' of each loaf with 1/2 of the salami, ham, mortadella, mozzarella and Provolone. Replace 'top half' on each loaf and cut sandwich into quarters.

Serve immediately, or wrap tightly and refrigerate for a few hours; this will allow for the flavors to mingle and the olive salad to soak into the bread.

# Summer Pea Salad

## Ingredients

### Salad:

2 (6 ounce) packages frozen peas, thawed

1 pound cooked bacon, chopped  
1 cup golden raisins

1 (8 ounce) package shredded Cheddar cheese

1 sweet onion, chopped

1/2 cup sunflower seeds

### Dressing:

1 cup mayonnaise

2 tablespoons wine vinegar

1/4 teaspoon white sugar, or to taste

### Preparation

Toss peas, bacon, raisins, Cheddar cheese, onion, and sunflower seeds together in a large bowl. Stir mayonnaise, vinegar, and sugar together in a small bowl; drizzle over the salad and toss to coat.

Cover bowl with plastic wrap and refrigerate for 1 hour.





# 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

- 5 Despot
- 9 Cut into pieces
- 13 Sage
- 14 Air (prefix)
- 15 White, powdery substance
- 16 Annoying insect
- 17 Carved Polynesian pendant
- 18 Popular game
- 19 Small invertebrate animals that have segmented bodies, three pair of legs and usually wings
- 21 Country in SE Asia
- 23 Look
- 24 Tree
- 25 Pluck out a hair
- 29 Single
- 30 Sold at a discount
- 32 Body of water
- 33 Access (2 wds.)
- 36 Libel
- 37 Sticky black substance
- 38 Wild
- 39 Ales
- 40 Pant support
- 41 Group admirer
- 42 Darkly
- 43 Unused
- 44 Fruit
- 45 Official document
- 46 Pod vegetable
- 47 Excited
- 49 Contender
- 50 Visit
- 53 Otherwise
- 55 Decrees
- 57 Growl
- 60 New \_\_\_ (city)
- 62 Sleep
- 63 Hurts
- 64 Bezel
- 65 Accent mark
- 66 Sight organs
- 67 Males usually have antlers that grow and shed yearly
- 68 Flying insects that suck nectar from flowers

### DOWN

- 1 Agricultural student
- 2 Young rabbit
- 3 Wipe out
- 4 Pear shaped stringed instrument
- 5 Tell on
- 6 Quake
- 7 Noah's boat
- 8 Churn
- 9 Finale
- 10 Heated
- 11 Gone to lunch
- 12 Not against
- 15 Bloom
- 20 Penny
- 22 Map collection
- 26 Sugar-free brand
- 27 Enthusiasms
- 28 Fifth largest planet in the solar system
- 29 Tree
- 30 Small fish
- 31 Airy
- 33 Slip
- 34 Electronic communication
- 35 Island nation
- 36 Very large truck
- 39 Warm-blooded vertebrates with ability to fly
- 40 Brassiere
- 42 Inhabits
- 43 Animal food
- 46 Pig
- 48 What is agreed upon
- 49 Smithy
- 50 Military attack

- 51 Result
- 52 Painter Richard
- 54 Ogled
- 56 Middle East dweller
- 57 That girl
- 58 Congressional vote
- 59 To be
- 61 Poem of praise

## Riddle me this...

1. A woman was standing in her hotel room, when somebody knocked on the door. When she opened the door, there was a man who said that he has mistaken his door, apologized, and continued down the corridor. When the woman closed the door, she called security to warn them about the thief. Why did she think the man was planning to rob her?
2. There is a common 9-letter word in the English language, such that if you keep removing its letters one by one, the resulting 8 words are still valid. What is this word? *Note:* The removed letters do not need to be from the beginning or the end of the word.
3. One snowy night, Sherlock Holmes was in his house sitting by a fire. All of a sudden a snowball came crashing through the window, breaking it. Holmes got up and looked out just in time to see three neighborhood kids who were brothers run around the corner. Their names were John Crimson, Mark Crimson, and Paul Crimson. The next day Holmes got a note on his door that read: “? Crimson. He broke your window.” Which of the three Crimson brothers should Sherlock Holmes question about the incident?
4. What is correct to say – “the yolk of the egg is white” or “the yolk of the egg are white”?

# SPRINGTIME

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.

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

- Bees
- Birds
- Bud
- Bunny
- Butterfly
- Cloud
- Clouds
- Deer
- Dew
- Earth
- Flower
- Grass
- Grow
- Hatch
- Insects
- March
- Rain
- Spring
- Sprout
- Sunny
- Windy

Brain Game Answers:

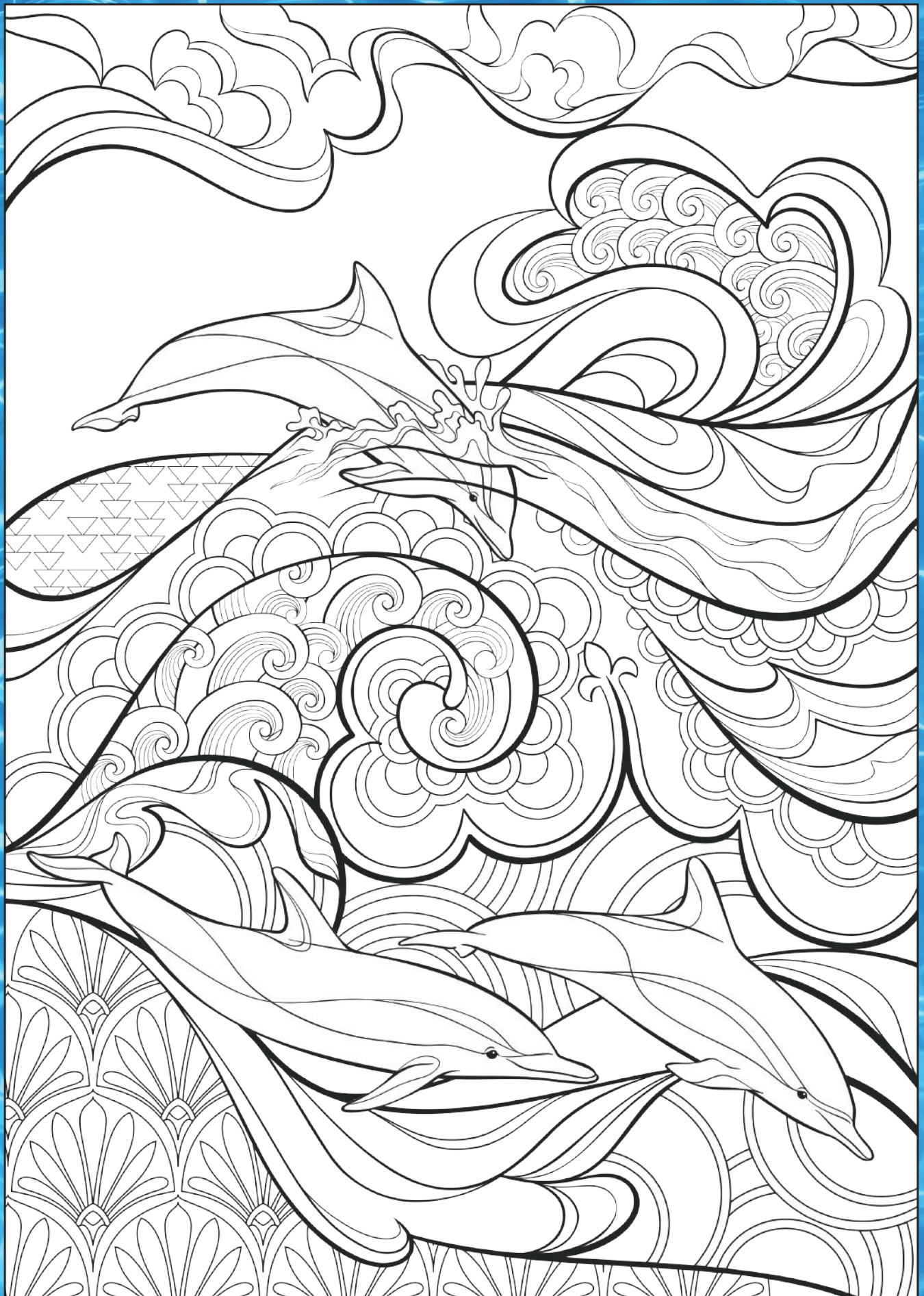
S	P	R	I	Y	S	D	U	O	L	C	W
N	C	G	S	E	N	R	S	I	S	Y	O
T	H	L	A	S	A	N	R	U	D	E	R
T	I	R	O	I	A	E	U	N	N	M	G
S	T	E	N	U	W	R	I	B	O	N	F
H	P	P	L	O	D	W	G	A	N	I	Y
S	D	R	L	M	A	R	C	H	A	N	B
H	U	F	O	G	N	I	R	P	S	S	E
C	B	N	D	U	B	I	R	D	S	E	E
T	P	R	O	J	T	E	E	C	T	C	S
A	Y	L	F	R	E	T	T	U	B	T	S
H	L	W	W	D	E	W	R	R	X	S	J

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

**Riddle me this answers:**

- If the man really thought this was his room, he wouldn't have knocked on the door.
- The word is STARTLING --> STARTLING --> STARING --> STRING --> STING --> SING --> SIN --> IN --> I.
- He should question Mark. The note read: "QUESTION MARK Crimson. He broke your window"
- Neither -- the yolk of the egg is yellow.

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Life brings us to unexpected places... *love* brings us home.

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