

Guided by goodness, loyalty, faith, and fun

# TRUE NORTH LIVING

19/3



Cheers!  
to our  
Care  
Teams

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





Dennis Garboden  
President  
Compass Senior Living

## Who can change the world?

I heard a story recently about a professional football player, who, when in grade school was struggling with school and with confidence. He was not feeling successful and did not think he could ever do well at anything.

When he was interviewed as an adult, he recalled that when he was in the second grade, a teacher told him simply: “You can accomplish anything”.

### ***He believed.***

Now, many years later, as a pro football player who had many more teachers and coaches since that moment in the second grade – he points back to her as changing his life. He said that her simple direct statement changed his life - and his world.

*Dear Caregivers,*

*In senior living, we are not teachers interacting with kids – but look how many more lives, you as a caregiver can “touch” each and every day. This is not limited to our Elders. Caregivers interact with families, other staff members, and visitors as well our Elders. Every day. You have so much power, in your position, to spread Goodness and to change someone’s life for the positive. The way you speak and act with an Elder, can and will have a profound effect on their life. Remember and respect this power. Know that something this seemingly simple, can change a life – and maybe change someone’s world. Caregivers – what can you do to change the world today?*

Take Care,  
Dennis Garboden

*...look how many more lives,  
you as a caregiver can “touch”  
each and every day.*

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**True love** exists  
in business.  
It's when employee  
and employer are  
amazingly **grateful**  
to have **each other**.  
We should **all** have  
true love at **work**."  
~Simon Sinek





It is not how much you do, but how much





love you put in the doing. ~Mother Teresa





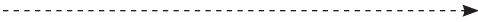
Never believe that a few caring people can't change the world.  
For, indeed, that's all who ever have. ~Margaret Mead



# I can't pick just one!

Amy Hynes is the Administrator at Heron Pointe Senior Living in Monmouth, Oregon. She celebrates an 'Employee of the month' focusing on creating a culture of kindness and grace. Amy invites the residents to nominate employees for this special recognition, as they are closest to the Care Partners, and will have heartfelt feedback.

Amy and her leadership team were reviewing nominations, and read this employee nomination letter from Carol Webb, a resident at Heron Pointe.



## About Carol

Carol was born in Hood River Oregon and lived there for 10 years before moving to The Willamette Valley where she stayed until moving to Heron Pointe in February 2019.

She married her husband in 1958 after the Korean War. Carol made clothing and blankets for the family to cut costs. Her typical day was spent sewing, taking care of children, and working on the farm. She even drove a wheat truck for 10 years! Carol was a homemaker, a Cub scout leader and taught Sunday school. Carol says her greatest accomplishment in life is her 3 children. She said, "They drove me crazy, but they are sure a blessing." At Heron Pointe Carol enjoys feeding and watching the birds, sewing or embroidery and listening to old western music. She loves people and helping in any way she can.

## This is Carol's Letter to Amy

*When I first came here, I was filled with anger, hate, and pain; but mostly I was filled with fear.*

*I had to leave my home of over sixty years. I had to leave those that were my friends in my neighborhood during this time. We raised our children together.*

*I had to give up my freedom to come and go as I liked, because I had to give up driving. I really felt like I was no longer a person. Just a thing. Just a responsibility for my kids, both physically and financially.*

*But as soon as I walked in your door, I was surrounded with compassion and love. Everyone I came into contact with welcomed and helped me at every turn. All the girls and young gentleman treated me with great respect and kindness beyond my expectations.*

*When they found me crying, they held me and cried with me.*

*When I was lonesome, they took the time to talk with me.*

*Sometimes they found me playing cards by myself and sat down and taught me a new game.*

*They bathed me, taking away my embarrassment and shame. They helped me accept and change my ostomy bag even without gagging as I was inclined to do.*

*They helped me get around from place to place, telling me how and where to find the laundry room, dining room, hair salon, and more.*

*They became my new friends and family.*

*Each one of them became my dear friend, helping me find the important things when I had lost them - things like my smile and my heart, my hope, and most of all my courage.*

*God Bless all of the care partners, the housekeepers, the cooks and servers, and all who work here.*

*I discovered I gave up nothing - and added everything to my life. I love you all!*

*Carol L. Webb*

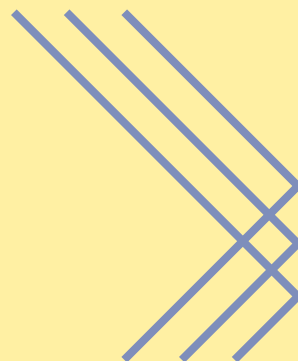
*P.S. I can't pick just one - you are ALL the Employee of the month!*



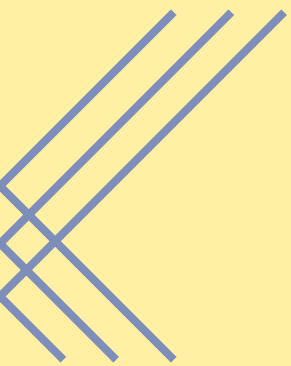
# Meadowlark

SENIOR LIVING

*Guided by goodness, loyalty, faith, and fun*







Caregiving is NEVER  
one-size-fits-all.



*Enjoy the fruits  
of the season*





There are so many wonderful, colorful fruits available this time of the year. How many colors can you eat this summer?

## Watermelon Breakfast Parfait

Granola  
Diced watermelon chunks +  
other fruit of choice  
Yogurt of choice

### Instructions:

Layer the watermelon & other fruit, yogurt, and granola, and top with yogurt and watermelon chunks. You can assemble this in a small canning jar and enjoy it when you're on the go.

-----

## Watermelon Waldorf Salad

2 cups cubed watermelon  
(about 1/2-inch cubes)  
1/2 cup sliced celery  
1/2 cup seedless red grape halves  
Dash of salt  
1/4 cup Greek yogurt  
2 tablespoons sliced almonds or cashew  
pieces, toasted

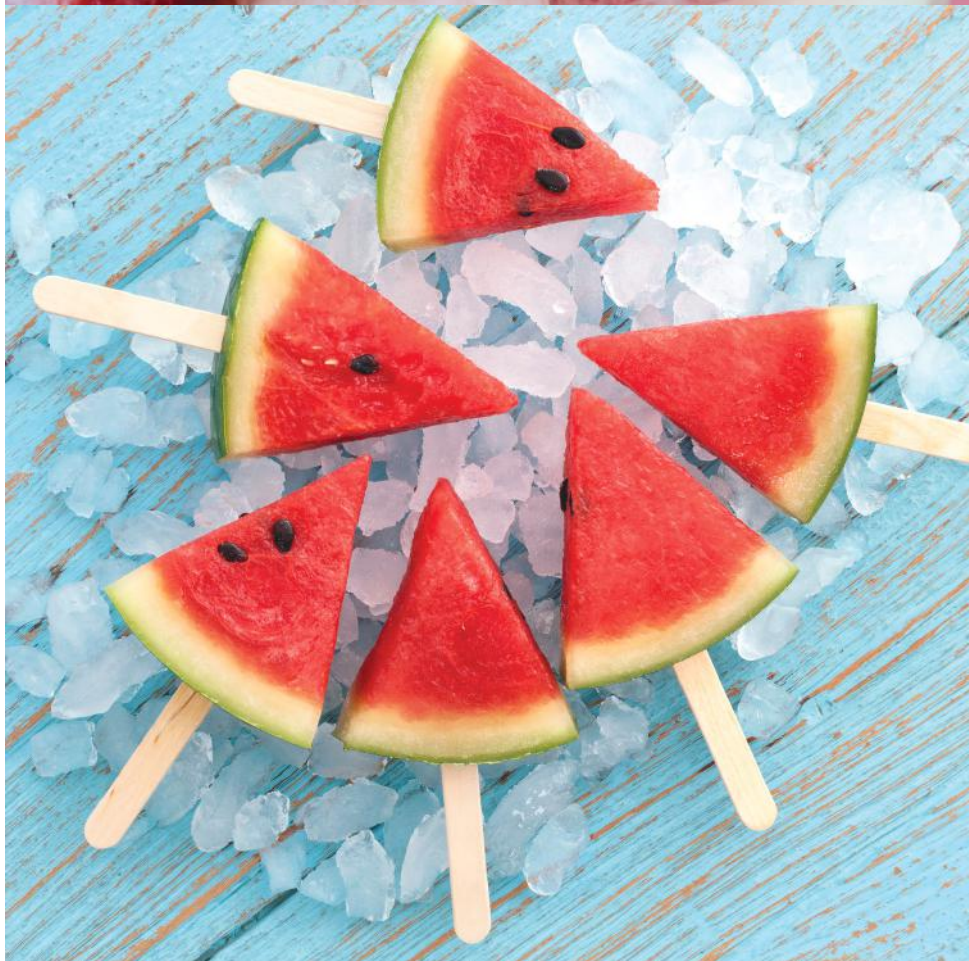
Stir together watermelon, celery and grapes in bowl. Just before serving, stir salt into yogurt for dressing. You may want to add a little water to lighten the thickness. Pour mixture over fruit and stir until coated. Sprinkle with almonds or cashews.

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## Watermelon Slice Popsicles

Watermelon slices, cut into triangular  
wedge shapes (about 1/2 - 1 inch thick)  
Popsicle sticks

For an easy, fun take on the yummy watermelon slice, insert a popsicle stick into the rind! It makes clean-up a breeze — especially for kids. You can also freeze the slice popsicles for a refreshingly chilly treat anywhere your summer adventure takes you.





# 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		



**ACROSS**

- 1 School group
- 4 Special case only (2 wds.)
- 9 Cut of beef
- 14 Hearing part
- 15 Female singer \_\_\_ Apple
- 16 Make loose
- 17 Doctoral degree
- 18 BB Player Abdul Jabar
- 19 Heavy-handed
- 20 Capital of South Dakota
- 22 Sports channel
- 24 Gas burner
- 25 Fatigue
- 27 52 weeks
- 31 Round cracker brand
- 32 Ticket
- 33 Pair
- 34 Atmosphere layer
- 36 Aircraft
- 38 Boat dock
- 40 Had a dream
- 42 Book by Goethe
- 43 Pickpockets
- 44 Gone to lunch
- 45 Threesome
- 47 Snip
- 51 Life histories
- 53 Dairy product
- 54 Comedian Jay
- 55 Helen of \_\_\_
- 57 Animal kingdom division
- 59 Game
- 62 Indian dwelling
- 65 To be
- 66 Birds "thumb"
- 67 Laughing dog
- 68 Japanese money
- 69 Supported
- 70 Intended
- 71 Supersonic transport

**DOWN**

- 1 Black spice
- 2 Favorite vacation spot
- 3 Fervid
- 4 Far away
- 5 Dam
- 6 Garden tool
- 7 Single
- 8 Device for taking photographs
- 9 Journey, voyage, or excursion
- 10 Joon's friend
- 11 Roberto's yes
- 12 Snooze
- 13 Extension (abbr.)
- 21 Cutting tols
- 23 Primed
- 25 Bonito
- 26 Sorbet
- 28 Cheese
- 29 Father's sister
- 30 Caviar
- 32 Wear
- 35 Blemish
- 36 Wooden leg
- 37 At the end
- 38 Island
- 39 Automobile
- 40 Cart for hauling heavy things
- 41 Free of
- 42 Watch chain
- 43 Pastry
- 45 Twain
- 46 Pattern
- 48 Type of races
- 49 Habituates
- 50 Trice
- 52 Scarf
- 56 Long paved surface for the passage of vehicles and people
- 57 Pennsylvania (abbr.)
- 58 Get hot
- 59 Charge
- 60 Wing
- 61 Used to carry large number of people
- 63 Hurricane center
- 64 Legume

	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				



# SUMMER

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.

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

- August
- Barbecue
- Baseball
- Boating
- Camping
- Canoeing
- Flowers
- Gardening
- Grass
- Hiking
- Holiday
- July
- June
- Outdoors
- Picnic
- Play
- Summer
- Sunshine
- Swimming
- Travel
- Watermelon

Brain Game Answers:

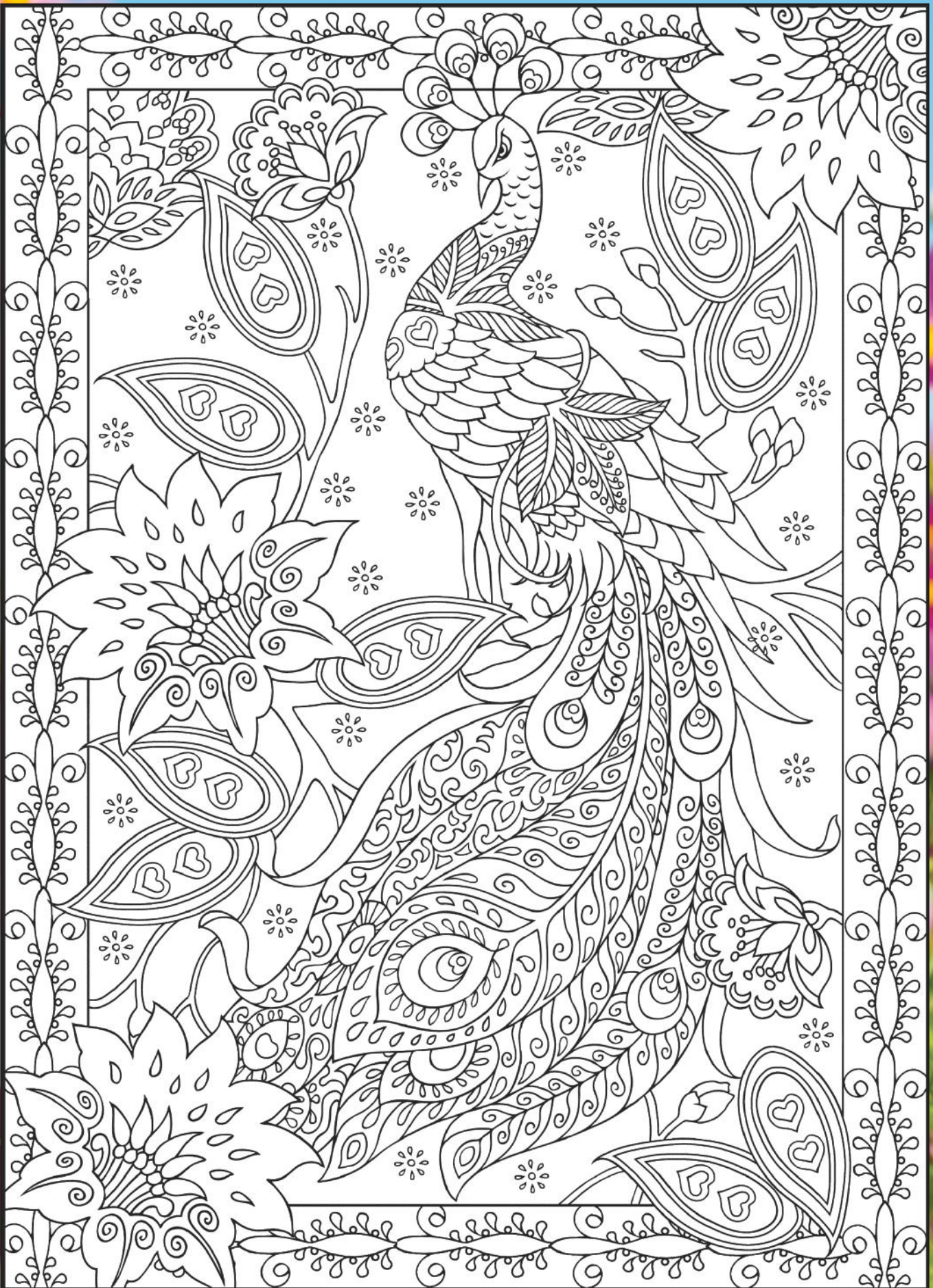
I	S	R	E	W	O	L	F	N	E	A	R	E	C	L
S	L	Y	S	U	N	S	H	I	N	E	U	A	E	J
R	U	N	E	Y	A	L	P	P	T	C	N	V	H	G
O	E	T	W	G	O	R	I	L	E	O	A	D	N	O
O	F	S	L	S	N	C	E	B	E	R	A	I	F	A
D	N	U	D	W	N	I	R	I	T	B	K	L	A	D
T	E	G	A	I	N	A	N	D	F	I	L	O	W	C
U	E	U	C	M	B	G	R	E	H	S	E	X	P	A
O	J	A	L	M	J	B	O	R	D	D	E	S	S	M
A	U	N	D	I	E	U	O	V	E	R	E	R	S	P
Y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

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

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

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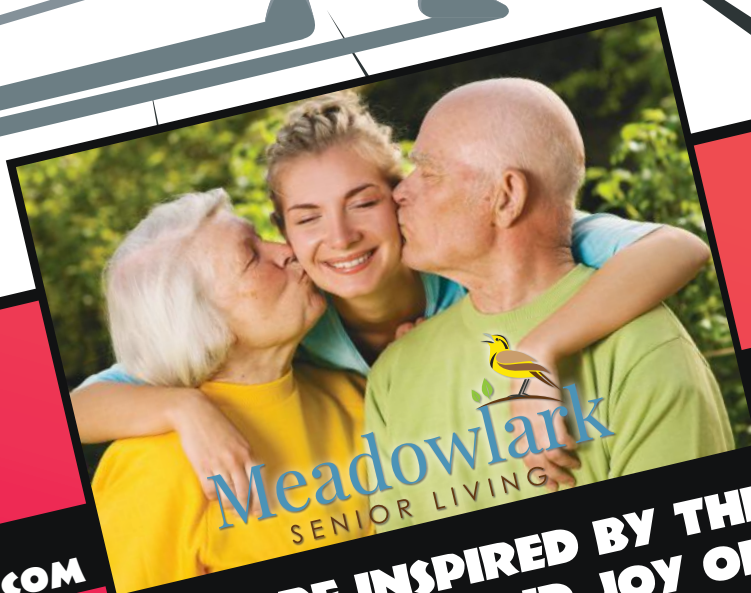
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