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TRUE NORTH LIVING

18/2

Why Yoga?
Benefits for All Ages

Confessions of
a Caregiver:
Finding your Balance



Compliments of
Meadow Ridge
senior living
PLEASE TAKE ONE



Will Forsythe, Vice President
and General Counsel
Compass Senior Living

Caring Makes Us Human

Recently, I had the privilege of attending an employee training session led by Compass leaders Jean Garboden and Carrie Gallahan called “Caring is What Makes Us Human.” While the training offered many insights applicable to caring for people -- particularly for those with Alzheimers -- I loved the way it emphasized the simple, profound importance of human connections. I also loved

the way the employees attending the training were receptive and interactive, adding their own stories and demonstrating the “culture of caring” that is what we strive for every day, in every interaction. One of the initial slides in the training presented Maslow’s hierarchy of human needs -- and right there, smack in the middle of the 5-level pyramid, was “Love/Belonging.” To ensure that each Compass community is a place where warmth, love, and a feeling of belonging is apparent and pervasive . . . this is not just a lofty goal, but something truly essential.

What a unique opportunity we have in senior communities to bring out the best in one another, to connect and provide a genuine sense of love and belonging. While a focus is on making sure all of our residents feel this sense of love and belonging, it also extends to families, employees, and everyone with whom we interact during the course of a day . . . every interaction is an opportunity

to demonstrate care to others. As we move ahead in this new year into Spring and beyond, we look forward to all of these opportunities to connect with you!

Warm regards,
Will



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stop by 521 Meadow Ridge Lane, Moberly, MO.

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

Starting the Conversation

Confessions of a Caregiver: Finding Your Balance

Sometimes I find it difficult to manage my day to day tasks. Between family, work, home, and other activities, it leaves me stressed, and feeling like there is not enough time in my day to accomplish all the “to do’s” “on my growing “to do” list. Juggling my schedule and trying to find balance can leave me feeling both physically and emotionally drained. I often find myself seriously considering that if human cloning were a possibility, I’d have another one or two of me made. Since human cloning isn’t an option at this point, and the world isn’t ready for multiple Jennifer’s, I try to live by a few of the following suggestions.



1. **Take time for yourself.** The most important thing you can do is to revisit the hobbies you’ve put off enjoying - reconnecting with friends, finding a quiet place to read, going to a movie, or planning a date with your spouse. Do whatever you love that helps you recharge.

2. **Prioritize.** Look at that “to do” list. Determine what needs your immediate attention and which requires the least. Organize accordingly, allowing things that need moderate attention to fall in between.

3. **Ask for help.** There is no shame in asking for someone to help tackle that to do list.

4. **Take care of your health.** Make sure you are getting enough sleep. Lack of sleep leads to irritability and poor concentration. Choose healthy food options. Consuming a well-balanced diet leaves you feeling full longer and gives you the energy needed to make it through your day. Stay hydrated and exercise frequently. Exercise is a great way to improve your mental health and mood, it boosts your energy levels and helps aid in a better night’s sleep.

5. **Find a support system.** Having someone you can talk to and voice your concerns and frustrations can help relieve those overwhelming feelings. Finding a support group with others who are dealing with similar issues can be very beneficial.

I recognize that making myself a priority and taking care of me assures that I can still be the Superwoman I aim to be for those who depend on me.

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Jennifer Milne is the Community Relations Director at Pennington Gardens Assisted Living located in Chandler, Arizona. Contact her at Jennifer@penningtongardens.com.

April 1st - Easter lunch at noon
May 5th - Grand Opening Celebration
May 13th - Mother’s Day lunch with Hot Fudge Sundaes
May 28th - Memorial Day BBQ
June 14th - 7-9 am Annual Flag Day Pancake Breakfast
June 17th - Father’s Day Lunch with Root Beer Floats

For a more detailed calendar of FREE events:
Please email melanie@meadowrdg.com or call 661.263.0550 or find us on Facebook at <https://www.facebook.com/MeadowRidgeEstates/> for dates and times of our events.

CALENDAR OF
EVENTS



Why Yoga?

As a yoga practitioner and teacher, I am often asked by people why they should consider doing yoga. There are many obvious answers that come to mind, but I find that it's not as simple as saying "because it's great for you!"

I first sought out yoga for the same reason most people do: to feel better. I had turned 40 and my body was injured from running, my muscles had become less flexible, and I seemed to have more aches and pains than ever. The more I practiced, the better I felt and it became obvious to me that yoga is an incredible tool to combat many of our concerns associated with aging. Much research is available proving the physical benefits yoga has to offer, such as:

- Improves and helps maintain muscle tone in all age demographics
- Strengthens bones (that helps deal with arthritis and osteoporosis)
- Improves sleep quality and ability to fall and stay asleep
- Relieves stress and improves memory
- Normalizes blood pressure and blood sugar levels
- Creates an improved sense of body awareness which improves balance and reduces risk of falling



The physical benefits only tell part of the story, though. What I soon discovered after a few classes is that yoga offers so much more than a physical healing or benefit. It invites a balance of body, mind, and spirit giving the practitioner an improved self-awareness that can be carried with them throughout the day. For me, not only did my body feel better but yoga gave me the opportunity to self-reflect, finding more kindness, awareness, and self-compassion in my daily life. Not only did yoga make my body feel better, it also made my spirit feel better.

My teacher once said "if you can breathe, you can do yoga," and she is right.

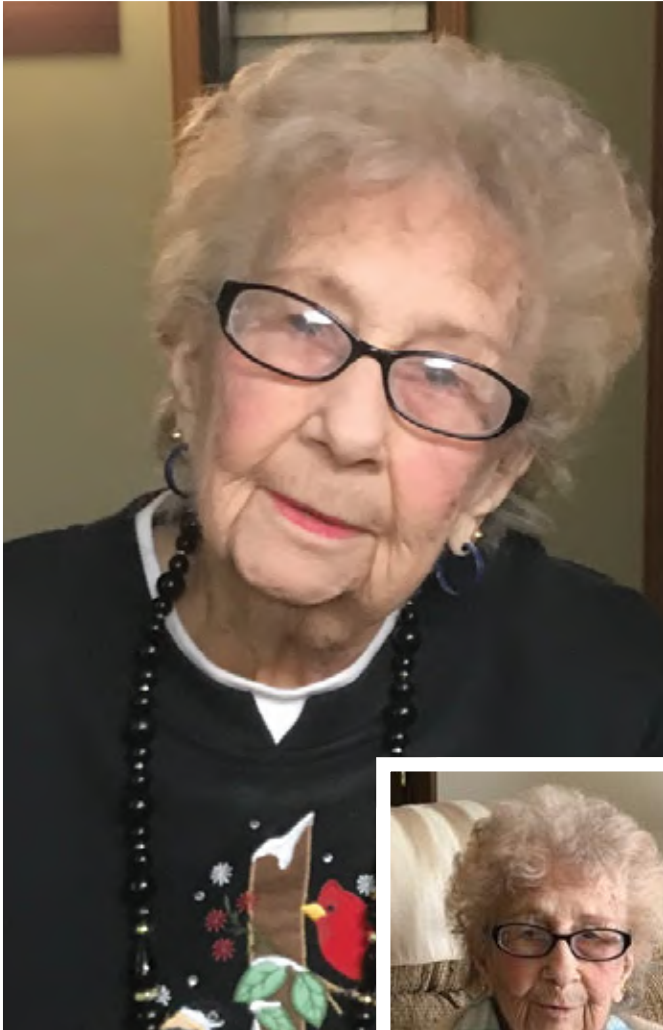
Yoga is not about standing on your head or twisting into pretzel-like shapes. It is adaptable to any age group or physical challenge. It can easily be incorporated into your daily routine and is particularly well-suited for older adults because of its low impact qualities. Yoga can even be done from a chair, and all the benefits are the same.

So when people ask me "why yoga?," I just smile and ask "how much time do you have?"

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Carrie Gallahan has completed two 200-hour Yoga Alliance Teacher Trainings and has a Chair Yoga Certification. Carrie is also passionate about dementia education, keeping elders inspired and active, and preserving the stories and legacies of elders. She has worked in the assisted living industry for 15 years and is currently a Regional Director with Compass Senior Living.

Ginny Eads celebrates her 100th Birthday!!!



Virginia Lucille Dragoo was born in Lafayette, Indiana on April 29, 1918 to Effie May and Amos Dragoo. Ginny was the only girl with four brothers. Growing up, Ginny attended Richland school in Peoria Illinois where her favorite subjects were English and spelling. Ginny's favorite past times growing up were playing jacks and roller skating. Ginny's mother owned and operated a home town restaurant. Ginny's father was a machinist at Caterpillar Tractor Company. She met her future husband Rolland when she was 17 years old at an outside roller rink. Ginny and Rolland were married when she turned 18 years old. They purchased their first home just outside of Peoria Illinois. They had two sons Ron and Larry.

Ginny and Rolland loved to dress to the nines and go dancing on the weekends. Ginny had heels and jewelry to match every dress. Rolland would wear a fancy suit and tie. When Rolland retired they moved to Texas and lived there for five years. After Rolland passed Ginny moved back to Missouri to be closer to family. Ginny's son Larry heard about a new Independent living facility being built in Moberly and brought Ginny by to see it while they were still breaking ground. Ginny and her family decided that Meadow Ridge was the place for her and she moved in as soon as it opened in 2005. Ginny says of all her achievements she is most proud of her sons. They both call her twice a day and do a great job of taking care of her. Ginny would most like to be remembered as a good person and a good friend.

 **Meadow Ridge**
senior living



Enjoying some hot chocolate



Doris and Mina



Louida



Flo



Faded Country Memories of 2018

Fun Times at Meadow Ridge senior living



The girls gathered to enjoy some country music.



Martha Anne Weber was born in Kansas City, MO on December 9, 1936. There were four members in Martha's family. They included her mother Margaret Boyce Weber, father Paul Weber, Jr., and older sister Betty. Judy and Grace followed. We were called the Weber girls. When Martha was little she lived in parsonages next door to the Baptist Churches. Her bedroom was shared with between 1-3 sisters. Martha's mother was a trained teacher and her father was a pastor. As a child Martha



The life story of Martha Hall

enjoyed reading, playing tennis, and singing. Some of her happiest memories were family outings to a rough farm near Kentucky lake.

Martha completed 17 years of education and graduated from Salem High School as Valedictorian. She enjoyed English, speech, math, physics, and basketball. Then Martha graduated from Southwest Baptist College and University of Missouri with honors and a BS in education.

Martha got her first job when she was just 16 years old as a clerk at a Ben Franklin store.

When Martha was 18 years old she met her future husband Robert J Hall. Bob was just out of the Navy and a student at Southwest Baptist studying to become a physics, chemistry, and math teacher. Martha and Bob had their wedding ceremony on May 31, 1958 at Carpenter Street Baptist Church in Moberly.

Martha spent most of her life home schooling her 5 children John Robert, Mark Alan, Paul David, Elisabeth Anne, and Grace Elaine through 4th grade then they went to boarding school in 5th grade.

One of the most memorable experiences as a new couple was when they felt the call of the Lord to go and teach in Nigeria, West Africa.

Bob and Martha became authorities on African birds which lead to their interest in photography. After retiring Martha made a book of the 282 birds they identified during their 33 years in Nigeria.

Martha and Bob were together for 59½ years. Martha now lives at Meadow Ridge in Moberly. Her day begins when she wakes up at 6:00am. The first thing she does is get dressed and have morning devotions. Breakfast for Martha consists of eggs and a bran muffin, or raisin bran cereal and a muffin, with Tea. Martha spends most of her day studying the Bible, reading, and playing the organ where she gets most of her enjoyment out of her day.

Martha's greatest achievement was receiving the Life Service Award from SWBU and being told by the Nigerian Principal "You came and lived Jesus among us".

The best times of Martha's life have been family, parties around the ping pong table on Shumate Street, and listening to the kids share stories from Nigeria. Martha would most like to be remembered as one who faithfully sought God's will and purpose.

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Watermelon Green Tea Refresher



You'll need:

1 1/2 cups green tea, brewed and chilled
4 cups watermelon, cubed and seeded, chilled
1/2 tbsp fresh lemon juice (use lime if you'd prefer)
some lemon slices for garnish (or lime, if you'd prefer)

To make:

A few hours in advance (or even the day before), steep a green tea bag in some freshly boiled water. Set it aside to cool to room temperature and then stick it in the fridge to chill (adding a few ice cubes always helps!).

Once your green tea is chilled, add 1-1/2 cups of it to your blender. Add the chilled watermelon cubes and lemon juice.

Blend on high speed for 45 seconds to 1 minute, or until the mixture is completely blended.

Pour into a glasses and serve with a slice of lemon!

If you're serving this delicious mocktail to friends it looks great in mason jars with a cute paper straw, but you could also serve it in some margarita glasses at a party.

This recipe makes 2-3 servings and since it's sweetened only with fresh fruit, it's the perfect no-guilt refreshing treat!!



Tossed Greek Salad with Greek Vinaigrette



Greek Salad Ingredients

romaine lettuce, chopped
red onion, thinly sliced
Kalamata olives, pitted and sliced
pepperoncinis, sliced
tomatoes, seeded chopped
cucumber, sliced
feta cheese, crumbled

DIRECTIONS

1. In a large salad bowl, combine the Romaine, onion, olives, peppers, tomatoes, cucumber and cheese.
2. Prepare dressing, drizzle over top, toss, and serve.

Greek Vinaigrette Ingredients

1/4 cup extra virgin olive oil
1/4 cup red wine vinegar
1 tsp. Dijon mustard
1 tsp. garlic powder
1 tsp. dried oregano
1 tsp. dried basil
3/4 tsp. onion powder
salt and freshly ground black pepper, to taste
(about 1/4 tsp. each)

DIRECTIONS

1. Pour vinegar and mustard into a food processor. Turn on low and slowly add the olive oil to emulsify. Add the garlic powder, oregano, basil, onion powder and salt and pepper. Pulse a few more times to incorporate. (Can be done by hand in a large bowl, adding the olive oil slowly while whisking vigorously to emulsify.)
2. Drizzle over salad and serve. Keeps well at room temperature.

Serves 6.



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

- 1 Person on horse
- 6 Freudian selves
- 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

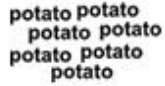
DOWN

- 1 Game official
- 2 Ailing
- 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

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



1.  nerve nerve nerve nerve nerve nerve nerve nerve nerve nerve

2.  potato potato potato potato potato potato

3. **PENNIES**

4. **back**

5. b bird b
bird bird b
b b b b

6.  Finger
PIE

7. **MILONELION**

8. **Matter**

9. funny funny
word word
word word

10. **Not = Cent**

Brain Game Answers:

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

Solution:

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

- 1. A bundle of nerves
 - 2. Small potatoes
 - 3. Pinching pennies
 - 4. Back on one's feet
 - 5. The birds and the bees
 - 6. A finger in the pie
 - 7. One in a million
 - 8. Grey matter
 - 9. Too funny for words
 - 10. Not worth a red cent
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Our friends are family that we choose ourselves and friends make the best neighbors. Meadow Ridge believes in building both new and old friendships alike. Meadow Ridge helps provide support and a sense of belonging that each and everyone needs. We provide a friendly at home atmosphere with opportunity of new friendships around each corner.

Join friends for a lunch, game of bingo or even at snack time.

Call 660-263-0550

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