

TRUE NORTH LIVING



BEACONS

of light & hope

COMPLIMENTS OF

Meadowlark
SENIOR LIVING



Become a
beacon of light,
of hope,
of courage,
of tenderness,
of honesty,
of LOVE.

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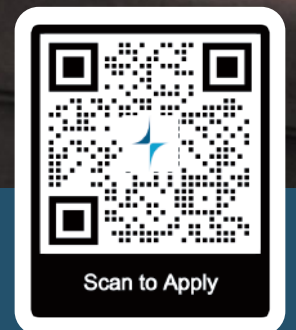


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There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers. And those who will need a caregiver.

ROSALYN CARTER

TNL



Join our team today.

care•giv•er

noun | \ˈker-gi-ver\

one who gives the tremendous gift of love and aid to another.

A note from Compass Senior Living. . .

Is a Loving Heart a Requirement for our Team Members?



Without question one of the best parts of working in senior living is when a complimentary letter or note is received from a resident or family member. While we're hopeful that the care

and service provided to our residents every day is met with a level of appreciation (and there are many "thank you's" throughout a day that seem to indicate this), to have that appreciation take the form of a written letter can really make our day. To be sure, we do receive some critical communications as well – which are always welcome and allow us to correct and improve as may be needed from time to time. But thankfully, the letters with compliments outnumber the ones with complaints!

Recently we received one such communication not in the form of a letter, but rather in the form of an article to be published in the local newspaper. We've included the article in this edition of True North Living on pages 8-12. It describes an adult child's experience navigating the many emotions that come with an elder parent's move to a Memory Care community – and it describes, several years

later, coming full circle to help another family do the same. But it is also a "love letter" of sorts – a heartfelt, grateful expression to the team at our Wildwood Canyon Villa in Yuciapa, California for the love and care they provided over four years for the writer's parents. It wisely observed that, for all that Memory Care residents may not remember, "they will always recognize love."


The article posed the complimentary question "Is a loving heart a requirement of our Team Members?". The answer is a clear and resounding "Yes!" It may seem simplistic and obvious, but the ability to show love and compassion towards others is an essential attribute for everyone who works in our Compass communities. Of course, there are many other skills required of team members to achieve a "job well done" in senior living, including technical skills in all number of areas. But the ability to show love is most important – the greatest skill of all.

- Will

Will Forsythe, Vice President & General Counsel
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My favorite things
cost any money. It
that the most prec
we ALL have is tim



in life don't
s really clear
ious resource

ne. ~ STEVE JOBS

SOMEDAY

You have spent decades working hard so you can live your post-career years on your terms. Looking forward to that time in your life where you live each day to the fullest. You have spent hours listing all those things you want to do...someday.

Someday, I will...

- find more time to relax.
- do more fun things with my grandkids.
- enjoy more time with my friends.
- read all those books I didn't have time for before.
- go on more adventures.
- not have to worry about cutting the lawn or cleaning the gutters.
- not have to worry about the maintenance & upkeep of a house.
- have an amazing team to cook, clean, support, and laugh & play with!

Have you finally arrived at your 'someday'? Maybe it is time to embrace all of the perks of Senior Living in a cottage or an apartment of your own that is part of a larger community. Leaving behind all the responsibility of yardwork, maintenance, and household upkeep to team members who are in place to take care of it all for you. Freeing up your time to live like you have always dreamed.

Are you ready to start checking things off that 'someday' list? Find a Senior Living cottage or apartment near you by visiting our website listed below.

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Author: Tina Woodcock, Graphic Designer - Compass Senior Living

THE PARKING

...not outside a grocery store or a dentist's office, but outside the drugstore or a restaurant, but in a care community where adult children just

In the parking lot where it hits, the emotions are raw, questions flood the mind, the shift of responsibility of care from parent-child to child-parent is real. The look of bewildered emotion in the eyes of the parent as the adult child leaves. The pain of hard choices overwhelms the adult child...in the parking lot.

Could the hands of time please take them back to when they were the child, and the parent was the parent? No.

The passage of time brings with it the seasons of life, ready or not. Denial is a comfortable waiting room for a while until the harsh realities overrule. Was this ever discussed over barbecues back in time when minds were fresh, laughter was real, and thinking was clear? Who would make the decision? Would it be the right choice, the best? Is it abandoning responsibility? Is it love?

ING LOT... • • •

s office, not outside a bank or a gym. Not
t outside the assisted living and memory
: left their parents.

The months leading up to the parking lot were likely very emotional. Mom calls to say that the Nazis are having lunch in the backyard. Dad calls to say he was just drafted to fight the Germans, and he's ready. He has his gun. Neighbors call to say that Mom is looking for her homework in their backyard. The adult child knows it's time. Trying to talk lovingly and respectfully to the confused parent, creates more anxiety, for both. "Please Mom, the Nazis are not in your backyard." Is that the strategy to use? "Okay Mom, I'll go outside to the backyard and tell the Nazis to leave." That quiets Mom until five minutes later, your cellphone rings again. "The Nazis are back." It's emotional. Tears fill the heart of the adult child, numbness. How did this happen? The adult child ponders a new diet for the parent. Perhaps if they juice more, eat carrots, filter their water, sleep with a new mattress. It's grasping for straws, anything to reverse the hands of time. Who wins? Decisions have to be made.

What are the options? Does Dad move in with the adult child? What happens while the adult child is at work? Who can be trusted to give the best care to Dad? What about Mom? She is weeping because she can't find her prom dress and the prom is next week. Who will understand with compassion her dilemma, smile, and help her find her prom dress?

continued on page 10

continued from page 9

Communities for parents needing assisted living and memory care are a business. As people live longer, they are an even bigger business. Is it really about money? Will they show love? Do they have to show love? Who can be trusted? What facility has the care of its residents as their driving force? The adult child sifts through countless websites and pamphlets, trying to discern what is the best facility for their parent. They take tours and talk with their friends. Finally, the day comes, and they make what they pray is the best choice. They have met with the team members, they've signed important papers, they place their bewildered parent into their new home. They talk in quiet loving tones to their parent, assuring them that they will like their new neighborhood. They tell them they will have new friends and delicious meals. Their parent stares at them blankly, asking them when is President Roosevelt going to talk on the radio? The child assures them that President Roosevelt will talk on the radio that evening. Tears fill the eyes of both adult child and parent, neither can talk anymore. Numbly the adult child walks out of the community, and into the parking lot. The parking lot is where everything hits. Overwhelming emotions take over. Standing still, in the parking lot to try to compose themselves, they nearly go to their knees. The parking lot. Another adult child looks across the pavement, recognizes the pain in their unknown friend, goes over to put their arm around them, holds them, gives them a wordless empathetic hug. "Will it be okay?", the adult child asks the new friend. "Is this the right thing? Will the team members truly take care of my parent?" Countless conversations just like this take place in the parking lot. Yes, the team will take care, good care, hopefully.

It's a journey. There are no guarantees that love and compassion will be shown to the adult





parent. Is a loving heart a requirement for team members? Over four years ago, Cathy faced this very situation. It required creativity to get her mom to leave her home of 60 years, to live at a memory care community. Mom didn't know. She walked into her new home, her new room. The windows were large in her new home, the sunshine filling it with warmth and assurance. Cathy needed that warmth and assurance. Her mom asked her when she would be back? Cathy gave her a hug and mumbled something about coming back after a while. And then, it was out to the parking lot. Tears flowed. She couldn't walk. She just stood taking in the sunshine, trying to find assurance through its warmth and her tears. She felt someone's arm around her, another adult child of a parent. She held Cathy, handed her a tissue, let her know it would be okay. The parking lot. It was a comfort zone of sorts. Conversations were exchanged between adult children. Stories were swapped, assurances given.

It's been over four years since that first day Cathy took that big step for her mom. Since then, there has been a presidential election, a pandemic, and an invasion of a country similar to what her mom would have remembered from her teen years during World War II. As Cathy looks back over the four-plus years since placing her mom in that community, she thinks about the care her mom received. The love, tenderness, compassion, and fun. She recalls how her mom loved walking the halls day after day, even after a hip replacement. She recalls the skill which the team exemplified repeatedly toward her, calming her anxiousness as the adult child. She reflects on the boldness and tenderness they showed during an unprecedented pandemic. Cathy could not come into the community to see her mom. Talking to her through a window had to suffice.


continued on page 12

continued from page 11

Team members had to make hard decisions, so many vulnerable elderly lambs placed in their shepherd hands. It was all good. And now, as heaven looms large and in focus for Cathy's mom, both are well cared for. Mom rests and waits. Cathy rests and waits. God's timing is always right.

This wonderful community that enfolds the elderly into their community is Wildwood Canyon Villa in Yucaipa, CA. A beacon of light, they are offering a haven and hope to those who find themselves needing to make a very difficult decision. The directors of Wildwood Canyon Villa were always wise, kind, humble, and strong. They listened when the adult child had concerns. They offered suggestions, never making demands. Their experience was woven into their perspective. They empathize with and understand the emotions of the adult child, in the parking lot. Their professionalism in all aspects left a sense of security in the hearts of those entrusting their loved ones to them. Many times Cathy would witness so many harsh realities as residents in memory care adjusted in their own way. The team members took it. They tried to show forgiveness and compassion. They had to develop a guard around their hearts and nerves to not take it personally the behaviors shown to them. Such love. Thank you Wildwood Canyon Villa for all you do day and night to keep your residents respected, safe, loved, and well cared for. You're not paid to smile or show compassion, but you do anyway. You go the extra mile. You are tough and tender. You are God's servants and angels to countless families. Memory care residents may not remember their name, who is president, or what day it is. They may forget how to walk or swallow. For all they don't remember, they will always recognize love. Your love. Thank you. May God bless you, keep you, and make His face shine upon you. Love is the greatest gift, in your community, and in your parking lot.

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A photograph of a single purple flower with five petals, growing from a crack in a grey asphalt surface. The flower has a green stem and two green leaves. The background is a blurred, light-colored sky.

Author: Anonymous. This article was written and shared by a family member of a memory care resident who called Wildwood Canyon home for a number of years.



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Hope is being able to see that there is light despite all of the darkness.

~ DESMOND TUTU

Wedge Salad



INGREDIENTS:

1 head Iceberg Lettuce - quartered
7 Grape Tomatoes - halved
2 slices Bacon - chopped
1 oz. Blue Cheese Dressing
1/2 oz. Blue Cheese Crumbles
Green Onions - chopped

PREPARATION

1. Quarter one head of iceberg lettuce by slicing it into 4 equal wedges.
2. Place on wedge on a plate and pour 1-2 ounces of blue cheese dressing over the wedge.
3. Slice grape tomatoes in half and distribute over the wedge. Sprinkle ½ ounce of blue cheese over the salad.
4. Garnish salad by sprinkling 2 slices of chopped bacon and chopped green onions over the salad.

.....



Blue Cheese Bacon Burger

INGREDIENTS:

Hamburger Patty
Hamburger Bun
Green Leaf Lettuce
Bleu Cheese Crumbles
Tomato - sliced
Onion - 2 rings
1 oz. Chipotle Ranch Dressing
2 slices Bacon

PREPARATION:

1. Toast both internal sides of the hamburger bun.
2. Grill hamburger patty till internal temperature is 155 degrees. Place 1 oz of bleu cheese on hamburger patty
3. Layer bottom bun with mixed greens and stack hamburger patty on top of greens
4. Layer two strips of bacon on top of hamburger patty in an "X" formation.
5. Spread a generous amount of chipotle ranch on top bun and stack on top of bacon.
6. Garnish with lettuce, tomato, onion, and pickle.

.....



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			

ACROSS

- 1 Swiss mountains
- 5 Deliver by post
- 9 Piece together
- 14 Gambling game
- 15 Decorative needle case
- 16 Sound of a sneeze
- 17 On top
- 18 Doings
- 19 Belonging to you
- 20 Review
- 22 Ornamental stand
- 24 Hubbub
- 25 Bearing
- 26 African country
- 28 Compass point
- 29 April (abbr.)
- 32 Disturbance
- 33 Pulls along
- 35 Sign of the zodiac
- 36 List of highly desired guests
- 37 Atmosphere
- 38 Small talks
- 40 Permit
- 41 Courage
- 43 Comfortable
- 44 Those who make the food laws (abbr.)
- 45 Hard boiled food
- 46 Draw with crayons
- 47 What a mosquito bite does
- 49 Pole
- 50 Crop
- 53 Heat
- 57 Once more
- 58 Black
- 60 Deviate
- 61 Gathered the leaves
- 62 Baseball's Nolan
- 63 Self-esteem
- 64 Clothe
- 65 Gorgeous
- 66 Shrimp

DOWN

- 1 Far away
- 2 Unpunctual
- 3 Professor (abbr.)
- 4 HBO mob show
- 5 Time of the year
- 6 Engrave
- 7 Tree seed
- 8 Unload from a ship
- 9 Recipient
- 10 Squirrel's dinner
- 11 Hoodlum
- 12 Cob vegetable
- 13 Flexible tube
- 21 Decrees
- 23 ___ pong
- 26 Bundled hay
- 27 1997 Madonna movie
- 28 Twist the water out
- 29 "Remember the ___"
- 30 ___, Paul and Mary
- 31 Good outlook
- 32 Not whole
- 33 Female children
- 34 What children attend
- 39 Held over tradition
- 42 Upper body muscles
- 46 Nook and ___
- 47 Crawling vines
- 48 Takes care of
- 50 Difficult
- 51 Seaweed substance
- 52 Collect leaves
- 53 Cajole
- 54 Prego's competition
- 55 Take the wrinkles out
- 56 Saclike structures filled with fluid or diseased matter
- 59 Farewell

SUDOKU

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

How to solve Sudoku puzzles:

The rules are quite simple, actually. The hard part lies in solving the puzzle!

A Sudoku puzzle consists of a 9 by 9 grid subdivided into nine 3 x 3 boxes.

Some of the cells in the grid are pre-filled with a number between 1 and 9, while many other cells are blank. Your job is to determine the correct number to be entered in each of the empty cells.

To figure out which number between 1 and 9 belongs in a particular cell, you need to adhere to the following rules:

- The numbers 1 through 9 must appear exactly once in each row.
- The numbers 1 through 9 must appear exactly once in each column.
- The numbers 1 through 9 must appear exactly once in each 3x3 box.

The challenge of sudoku is using the

process of elimination and other strategies to identify the unique solution for the sudoku puzzle. Sudoku really is an excellent brain game, as it trains logical reasoning and visual perception, among other brain skills.

It's a great brain workout that stretches your mind and will help keep your brain sharp.

TIME

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.

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

- Back
- Central
- Clock
- Daylight
- Eastern
- End
- Fall
- Hour
- Meridian
- Mountain
- November
- Pacific
- Prime
- Savings
- Standard
- Sunrise
- Sunset
- Time
- Winter
- Zone
- Zulu

Brain Game Answers:

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

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

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

Resource Credits:

Page 14 & 15: Compass Café signature dishes
 Pages 16-18: Crossword & Word Search, purchased from Jimmy & Evelyn Johnson/qets.com



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