

Guided by goodness, loyalty, faith, and fun

TRUE NORTH LIVING

18/4

What does your crescendo look like?

Know when to start the conversation



Compliments of
Majestic Rim
Retirement Living

PLEASE TAKE ONE



Will Forsyth, Vice President
and General Counsel
Compass Senior Living

A Spirit of Giving

“Those who are happiest are those who do the most for others.”

– Booker T. Washington

There can be a frustrating misconception about elders as no longer being capable of accomplishing meaningful things. One of the joys of operating senior living communities is to see firsthand how much of a misconception this is, and a prime example is the extent of charitable activity that occurs by residents at our Compass

communities. It’s nonstop! Not a day goes by without news of an effort by our residents to help others in ways small and large.

Whether it’s providing backpacks with school supplies for underprivileged kids, collecting food for a local food bank, or hosting an event to raise funds for a worthy cause, our residents are continually helping those in need. It’s as inspiring as it is life-affirming.

At Compass, we certainly encourage, organize, and support our residents in these endeavors, recognizing that giving back is an important way for our senior living communities to be part of the fabric of the cities and towns where we are located. And it just feels good to help! If you know of an organization that could use some help with a project or initiative, please let us know, as our staff and residents are always looking for ways to lend a hand and make a positive, meaningful difference.

My dear colleague Jean Garboden (Compass’s Director of Education and Innovation) has a phrase that I just love – that elderhood “is the crescendo of life.” One needs to look no further than the sheer volume of “good works” being done each day by residents in our communities – and the happiness that is generated in both the giving and receiving – to know that this is the case.

Will Forsyth



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to *True North Living Magazine*?**

Please email croyer@majesticrim.com or call 928.474.3912 or
stop by 310 East Tyler Parkway, Payson, AZ.

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

Now is the time to Start the Conversation

In 2012 my son brought his paternal grandmother home to live with his family. At the time, she was in a less than desirable relationship, which required some changes be made. That was a tough choice, but turned out to be a great choice.

During the course of the next three and a half years, things on the home front were good. Grandma improved significantly as my daughter-in-law watched grandma's mental and physical health issues closely, taking her to physicians when necessary, and keeping up with her daily regime of prescribed medications as well as supplements. Grandma was happy and my son's family was happy as well.

Starting at the end of 2015, something changed. Grandma was still getting great care, but needed more stimulation from people of her age. While she loved being around the family, something was missing.

She hired a companion to take her to some senior activities and was continuing to attend monthly Red Hatter's meetings. Grandma had so much fun attending the activities at the senior center, but was reluctant to move.

Tensions were starting in the household, as grandma was not very tolerant of her two grandsons running around the house. She stayed in her room resting a lot. Still, she, my son and daughter-in-law were reluctant to start looking at alternative living for grandma.

During my visit in December 2015, I broached the idea of assisted living with grandma, my son, and daughter-in-law. The seed was planted, but after I left grandma was not happy that I talked with them about it.

During the first months of 2016, my daughter-in-law decided to take grandma around to show her assisted living and independent living communities.

To her surprise, grandma was open to the idea. They looked at several communities and grandma decided she wanted to live in a smaller one because the bigger ones would make her feel like she was living in a hotel. She made the decision to move in April of 2016. Tough choice~great choice.

While it took just a little while for grandma to adjust, she now loves her new home. She is participating in activities, loving the meals, and making new friends. She is more lively and enjoying her time with her family, as they visit several times a week.

They can now be in relationship as a family again and not caregivers to their elder grandma. Once again, tough choice~great choice, and the BEST choice she could have made for herself at this time in her life, at the age of 87.

I work in eldercare, and see families and elder adults struggling with the same tough choices as my family. We all have basic human needs to live purposeful lives, and to be part of a social structure that allows us companionship and the opportunity to continue to extend care to others.

For my children's grandmother, the tough choices were made with the primary goal to do what would result in a happy decision for all. Good choice!

Candis Willis is the Director of Operations for the Southwest Region for Compass Senior Living. She is also a licensed nurse, with a bachelor's degree in Psychology. For over 20 years Candis has had a passion for education and elder care. To learn more, contact Candis at cwillis@compass-living.com.

October -December ~ Public Welcome!

- **Nurse's Corner** - 1st Fri. each month, 3 p.m. Health info, answers to your health questions, free blood pressure checks and screenings.
- **Financial Seminar** - Chris Walsh, Edward Jones Advisor, 2nd & 4th Thurs. of each month, 4 p. Current political and economic issues that impact your retirement portfolio.
- **Chair Yoga & Pilate's Class** every Sun., 2 p.m.; Total Fitness exercise class every Wed. & Fri., 11 a.m.

• **Empty Bowls** – Sat., Oct. 13th first seating is at 4 p.m. Call for information and donation locations.

• **Holiday Music** – Sat., Dec. 8th at 7 p.m. More information will be announced.

Feel free to call in advance to confirm time and location as some programs may have adjustments, cancellations, etc. Thank you for your understanding.

CALENDAR OF
EVENTS

What does Your Crescendo Look Like?

Life is a series of events that, when put together, write your story. The next chapter is up to you. Always strive to write it better than the one before...your Crescendo.



I have moved through my life, guided by the silent anticipation and stereotype of what each stage of my life should look like. I became focused on seeking certain expectations, or landmarks so to speak, that I thought I needed to achieve during each decade as I aged with the vision of my future during my teens hitting its pinnacle when I hit middle-age. And then, all of a sudden I found myself sitting at that pinnacle. That age where I realized that I am now on the cusp of a stage in my life that seemed so far away, elderhood. While the story I have written so far is good, it is not really what I envisioned and it sure isn't over.

I have started to think about what aging looks like and how I will wear it as I move closer to that reality. Will my hair turn gray? Will I use a walker? Will I have to give up my drivers license? Will I shuffle when I walk? Will I view it as a time of life where I sit in a rocking chair waiting for the inevitable? Will it be considered a time when living becomes viewed as 'going through the motions' just to get through a day.

As I enter my fifth decade of life I am one of 108.7 million folks age 50-plus. This includes 76.4 million boomers (born 1946-64), compared with 49 million Gen Xers and 82 million millennials. Moreover, people 50-plus will continue to grow over the next decade to the tune of 19 million vs. a growth of only 6 million for the 18-49 population.

My life is a book, with chapters created from every milestone, moment, or mundane/routine/ordinary day I have lived so far. Some chapters are thicker, happier, or more exciting than others, but these scripts are what build the story of my life.

**Crescendo. . .
used as
a verb it
means to
increase in
loudness or
intensity.**

Crescendo. . .used as a verb it means to increase in loudness or intensity. I associate this word with music, mystery novels, movies, dramatic tv shows, and the list goes on. But I have never thought to use that word to define my life. . .until now.

We are supposed to get better, smarter, wiser with age, not simply exist to mark time. There are a lot of people out there just like me wanting to change the face of aging, to change our perception of what our elderhood will look like.

So grab that pen, write that next chapter, and create your crescendo. I know I am.

Age loudly. Live intensely.

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About the author: Tina Woodcock is the Graphic Designer at Compass Senior Living in Eugene, Oregon. Tina creates all of the print advertising for 21 Compass Senior Living communities in 7 different states. She takes great pride in sharing the goodness, loyalty, faith, and fun of all of our communities.



We have a name for our community and it's called **FAMILY**. The care, compassion, and closeness is contagious among residents and our team. From the moment you walk through our front doors you will feel the strong bond shared in our home. You are greeted with a warm hello, a firm handshake, or a heartfelt hug as if you are a longtime friend coming for dinner. We are extremely grateful for these relationships and we continue that bond even when residents may have to leave for either personal or care reasons. You see, once you have a family like Majestic Rim, you yearn to find the same experience everywhere you go. That's the blessing we are proud to share and never take for granted.



Walter

Recently, we traveled an hour to celebrate Walter's 90th Birthday. Why so willing to share this special day with a friend? Because Walter is **FAMILY** and also a past resident and an inspiring man. There was no debate or conflict about seeing a friend so far away, in-fact, it was news that spread with interest and excitement. With 20+ residents loaded in our bus and van we traveled south for a surprise party complete with cake and balloons. For even a few hours, it felt like home again. We love you Walter and Elaine and we cherish the moments we can celebrate together. Until next time!



Reinhard & Maizie

Excursions

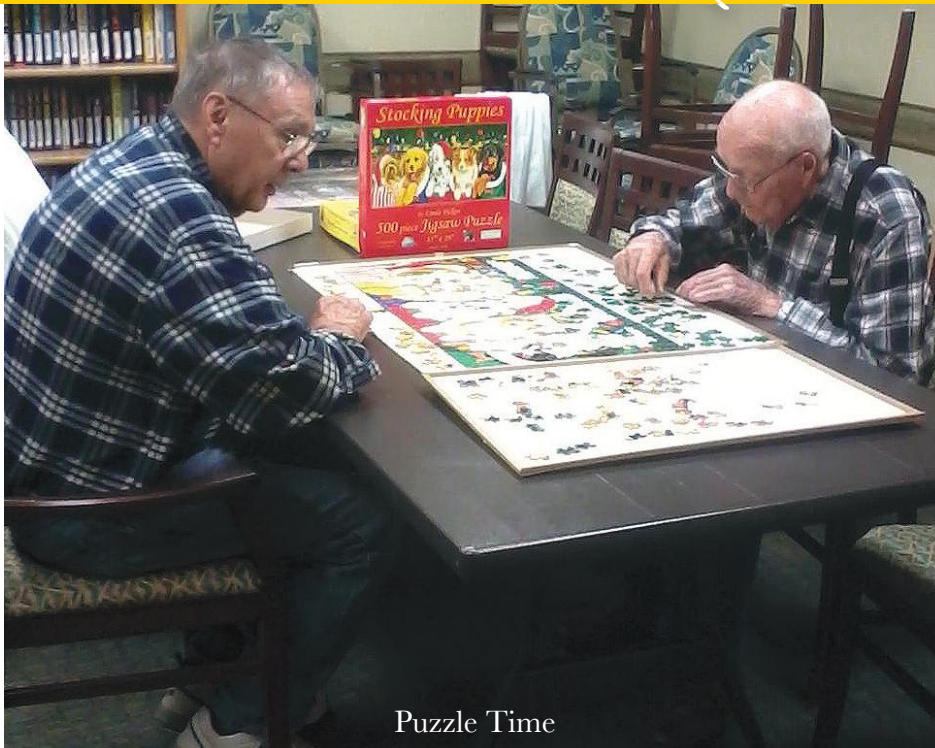




Poker boys



Exercise



Puzzle Time

Exercise comes in many forms, but have you thought about Brain Exercises? Playing cards or strategizing over chess moves stimulates the brain activity and exercises our muscle memory. And did you know that studies have shown that crossword and Sudoku puzzles can help delay the signs of dementia? So, turn off the television and pull out those word search books or dust off the Backgammon board and start exercising for an hour a day to stimulate those brain cells. If trying something new is your preference then get with a friend and learn to knit a scarf or work on a puzzle. There are many ways to exercise during the winter months when you might be spending more time indoors!

If you are new to Majestic Rim, Payson, or the communities of Rim Country, be sure to explore the vast array of events scheduled this fall. Whether you enjoy community concerts or physical events like mountain bike races there are activities planned for every age. There are many things to do in Payson - you just have to read the local newspaper and review the community section for a complete listing of events. Another avenue to explore is the online website PaysonRimCountry.com/event-calendar. There you can view the dates of the Aero Fair, Fire on the Rim Race, Veteran's Salute, Christmas Light Parade and more.

One of our favorite programs is the Tonto Community Concert Series that begins in September and continues through April. We are proud to be the season sponsor of the 2018-19 series and would love to have you join us at one of our fall concerts. Professional, talented performers entertain the audience with their music and vibrant personalities. Listed below are just a few concerts scheduled this quarter and if you would like to join us as our guest, call Cristine Royer and ask about concert ticket availability or watch for our ticket giveaways via email and Facebook.

Cellisimo.

Soloists and masters of the cello!

Mon., Oct. 1st at 7p

Twin Kennedy, sisters Carli and Julie Kennedy
explode with musical perfection,

Tues., Oct. 9 at 7p

Nelson Family with velvety vocal harmony
and genres to thrill all ages.

Sun., Nov. 4 at 2:30p

Vox Fortura,

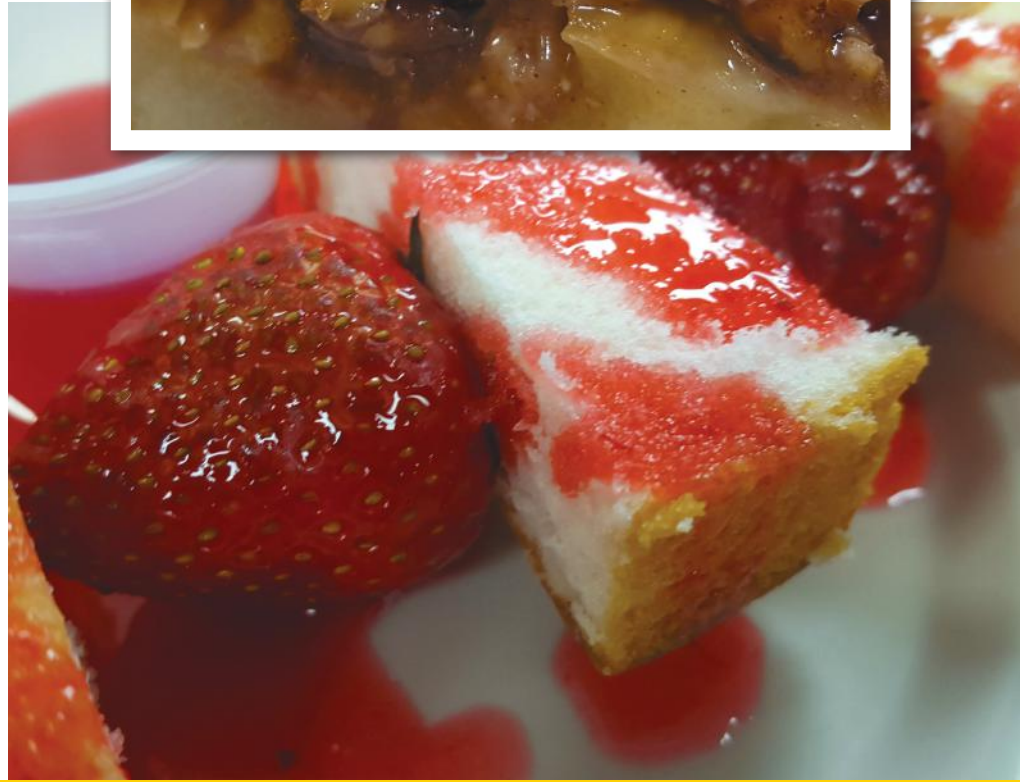
the show-stopping group with pure class.

Tues., Jan. 8 at 7p



Explore





Have you ever been to a party where DESSERT was the only meal served? Well, leave it to us to start the trend! The Holiday Dessert Bar is a must around here at Majestic Rim; full of sweetness and glamour that is suitable for a queen. A couple years ago we organized a winter holiday party with an excellent string quartet playing holiday favorites and timeless classics. To finish the evening, our Dining Services Chefs prepared a wonderland of deliciousness. A ten-foot table full of treats starting with apricot layer cake with coconut frosting, sugar cookies, fruit-filled puffed pastries, white chocolate and macadamia fudge, and the list went on and on. This was the start of something great and to this day we continue to receive calls and requests for another fine Majestic Rim event. Watch for our announcements and be sure to join us for another divine holiday experience!

Experience



White Bean Chicken Chili

Hearty stews and belly-warming soups are coming out of the kitchens; frost is sparkling, and jackets are coming out of hiding. Families are craving slow-cooked, savory meals that yield health benefits and leftovers.

Delicious, savory fall-recipe ingredients that will surely satisfy are white beans and sweet onions. Onions are not only believed to be a cancer preventative, their low-salt, low-fat health benefits are the proactive equivalent to superhero powers. Onions have 25 compounds that lower blood pressure and cholesterol, prevent

thrombosis, inhibit strokes and battle heart disease, says the American Heart Association.

Plus, the antioxidants and flavonoids found in onions don't lose their potency once cooked. This makes them ideal for slow-cooked recipes. They add a punch of flavor and a whopping serving size, making them an affordable luxury during the crisp fall months.

Use the following recipe for a tasty detour from your typical red chili.



- 1 bag dried white beans
- 2 Sweet Onions
- 1/2 cup Garlic (chopped)
- 1 pound ground chicken or turkey
- 1 cup celery (chopped)
- 1 cup corn
- 1 tsp Oregano
- 1/4 cup Olive oil
- 2 each large green mild chili (deseeded)
- 2 quarts chicken stock or water (to cover)
- 2 tsp Cumin

Saute onions, garlic, celery, corn, chilies, chicken/turkey for 10 minutes on medium heat. Add half of the chicken stock. Then add salt, pepper, oregano and cumin and simmer for 45 minutes. Then adjust with the remaining chicken stock. Combine all ingredients in crock pot or large heavy-bottomed pot, bring to a boil and then simmer overnight, or 8 hours.

Puree 1 cup beans for a thicker chili and serve. Garnish with shredded cheese, fresh cilantro, tarragon or basil, chopped Tabasco peppers, raw chopped sweet onions or hot sauce.

Apple Crisp Cookie Cups

1 1/4 c. brown sugar (divided)
3/4 c. granulated sugar (divided)
2 sticks unsalted butter, softened (plus more for cooking apples)
2 eggs
1 tsp. vanilla
1 1/4 c. all-purpose flour
1 3/4 c. rolled oats
1 tsp. baking powder
1/2 tsp. ground cinnamon
1/2 tsp. kosher salt
6 Granny Smith apples, peeled, cored and finely chopped
2 tsp. cornstarch
1/2 tsp. ground nutmeg
1/2 tsp. ground cinnamon
Caramel sauce, for serving

DIRECTIONS

Preheat oven to 350 degrees F.

In a large mixing bowl, combine butter, 1/2 cup granulated sugar and 1 cup brown sugar. Beat with hand mixer until light and fluffy. Add eggs and vanilla and mix until evenly combined. Add flour, oats, baking powder, cinnamon and salt and stir until just combined.

Spray 2 regular sized muffin tins with cooking spray. Using a medium ice cream scoop, scoop dough into muffin tins, press down with a spoon to create cups. Bake for 15-20 minutes until the cookie cups are golden brown and set. (Don't worry if the cookie cup centers rise!)

While the cookies are still warm, make the cups. Spray the bottom of a small shot glass with cooking spray and press the shot glass down into the center of each cookie to create cups. Let cool in pan for 15 minutes, then transfer to wire cooling racks.

Meanwhile, melt about 2 tablespoons butter in large nonstick skillet over medium-high heat until beginning to brown. Add apples and sauté until beginning to soften. Add the remaining sugars, nutmeg, cinnamon and cornstarch and cook until soft and caramelized.

Spoon the apple filling into the cups. Drizzle with caramel and serve warm or at room temperature.



Jonathan Boutton

Brain Games

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17					18					19				
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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 Decreases
- 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

7				8	4		2		5
	3			1	5		4		
		5		6			7		
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	2	8	7			9		3	
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		4	5	2			9		
		9	4		8				
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R A N U T L U M N I T R S S
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Acorn
 Apple
 Autumn

Chestnuts
 Chilly
 Cider

Corn
 Cranberry
 Deciduous

Harvest
 Hayride
 Leaf

Maize
 November
 Nuts

October
 Raincoat
 Reap

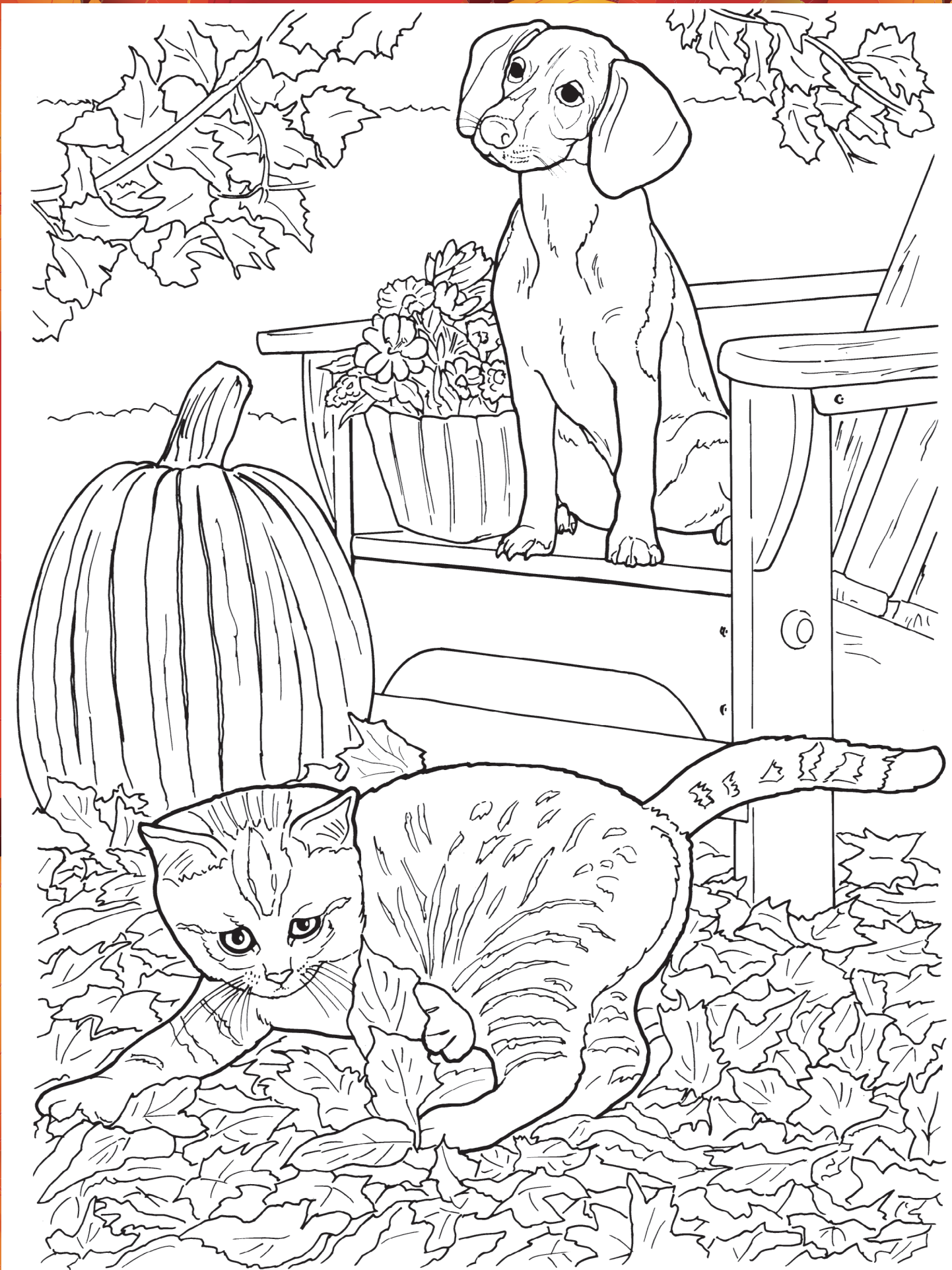
September
 Sleet
 Squash

Brain Game Answers:

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



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Pie
makes
everybody
happy.

~ Chef Kathy Bickert
Dining Services Director

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