

# TRUE NORTH LIVING

## NEW BEGINNINGS

COMPLIMENTS OF  
**Meadowlark**  
SENIOR LIVING



23/SS



So, I close my eyes to  
old ends

And open my heart to  
new beginnings.

Would you like a  
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*True North Living*  
**Magazine?**

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To learn more about  
True North Elderhood,  
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True North Elderhood blog at  
[https://truenorthelderhood.  
wordpress.com](https://truenorthelderhood.wordpress.com).



“

Stepping onto a brand new path is difficult, but not more difficult than remaining in a situation which is not nurturing to the whole [person].

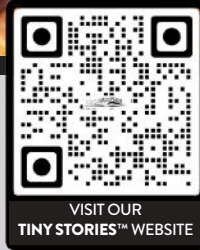
MAYA ANGELOU

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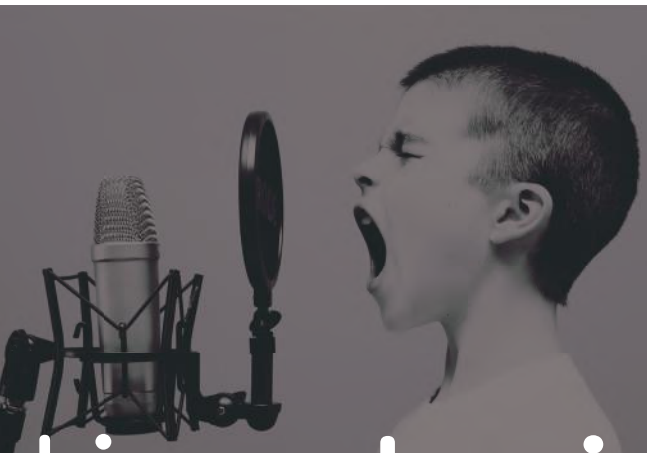
# THE UNIVERSE IS MADE OF tiny stories™



Our *Tiny Stories*™ blog features short stories told from our residents' perspectives at different points in their lives.

You can read it, listen to their voice, and see photos from their life.

These are their stories and we are here to share them with you.



# tinystoriesproject.com

# A note from Compass Senior Living. . .

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## New beginnings...



As we grow older, we often find ourselves at a crossroads, looking back on our lives and wondering what the future holds. This can be a daunting and even scary time, but it can also be an exciting opportunity for new beginnings.

In our assisted living and independent living communities, we believe that age is just a number and that it is never too late to try something new or pursue a long-held dream. Our communities offer a wide range of programs and activities designed to help elders stay active, engaged, and connected.

One popular program with Compass Senior Living is *Tiny Stories*<sup>™</sup>, where we capture and preserve audio and visual memories of our residents as storytellers, sharing their legacy for future generations. Another is #Gen2000<sup>™</sup>, where we coordinate teen volunteers who visit and support the elders with continued learning through smartphones, tablets, and computers. These programs honor both the history of our elders' lives as well as looking forward to demonstrating that lifelong learning is possible!

Elders looking for new beginnings should explore the various types of senior living environments that are open to them. Whether you are looking to stay fit, learn new skills, or meet new people – you can find your new beginning in a senior living community.

- Dennis

Dennis Garboden, President  
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Scan the QR Codes above to view our Compass<sup>™</sup> Programs.







Author: Tina Woodcock, Graphic Designer - Compass Senior Living

# SOWING SEEDS OF EMPATHY & GOODWILL

Community can be defined geographically such as a neighborhood or a city, by shared interests, or maybe it is referring to the brick & mortar buildings that many elders call home. Senior Living communities are living, breathing, silent contributors to society with a wealth of caring elders who have all "been there and done that" to some degree or another in one way, shape, or form.

This "been there" perspective that elders and senior living communities bring to the table opens the door to empathy and goodwill where it is least expected. Like when a senior living community hears about a teenager in their area who was being bullied and had lost hope in others. They hosted a Luau, celebrating in honor of the teenager, in hope of reinstilling a bit of their faith & trust in the human race. Wanting the teenager to see that there are good humans out there and that they do care. Or when a Senior Living Administrator establishes an in-house food bank to help her team members especially during the holidays; or when a senior living community collects items to help local veterans; or to collect donations to help a family who is living with a cancer or terminal illness diagnosis.

Whether it is a senior living community or neighborhood/city community, sowing the seeds of empathy and goodwill can foster a sense of connection, trust, and cooperation that can bond community to community.

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DO YOU REMEMBER HOW TO

# PLAY

When was the last time you blew bubbles? Played music like no one was watching? Twirled a hula hoop? Played with a water gun? Giggled until your ribs hurt or laughed until you cried?

Feeling youthful can involve engaging in activities that promote physical and mental well-being, such as exercising, eating a healthy diet, and staying socially active. It can also involve continuing to learn and try new things, and maintaining a positive attitude and outlook on life.

Engaging in activities that challenge the mind and body can help you feel more youthful and energetic, bringing you joy and a sense of playfulness. It can also involve being open to trying new things and having a sense of curiosity and wonder.

Playing may look a little different from this side of the life-spectrum, but embracing your inner child can help reduce stress and promote a sense of well-being and fulfillment. And who doesn't want that?

Are you ready to embrace your inner child? 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









# CLUTTER KEEPS YOU STUCK IN THE PAST

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by **Jean Garboden**,  
*People Experience Innovator*  
for Compass Senior Living

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I was visiting with a 97-year-old friend who is considering a move to a smaller place or an assisted living community. She has already downsized once, and we were discussing the many things she has in her home. What to keep? What to give away?

She loves her things. We all do! With every item she picked up she had a story. After one story, she looked at me and said, ***“You know, clutter keeps me stuck in the past, and prevents me from moving forward in my life.”*** I was surprised at this revelation. She shared with me that she wants to continue to grow, learn, and be open to new ideas and new possibilities. We talked about “things” and “stuff” that make it difficult to de-clutter our lives in order to open our minds.

***Decluttering is overwhelming.***

*continued on page 12*



*continued from page 11*

Overwhelmed is the predominant challenging emotion and often our homes reflect that. We decided it is best to start with the easy stuff – like the old cast iron skillet that is too heavy to lift!

### ***Re-imagining and recreating a new version of ourselves***

My friend has had many careers and opportunities to travel and give back to her community through service. She has been evolving and growing over the past 90+ years. We talked about the problem that arises when our ‘stuff’ is piling up as we shape-shift into new versions of ourselves. There is a natural dying and rebirth that takes place as we evolve – but we resist this process. My friend said she recognizes she needs to let go of what she was and recreate a new version of herself in her 90’s and beyond.

### ***Clearing clutter can help us be more creative & interesting***

My friend sometimes does tell the same stories over and over. I have friends 50 years younger than her that do the same thing. It is not only elders who hold onto the past. Many much younger people do the same thing – and get stuck in old ideas, resisting growth and learning.

My friend suggested that clearing her space will support her evolution so that fresh, new ideas, inspirations, and insights can enter in a flash! She said, *“Holding onto old ideas that have gone past their expiration date will prevent new ideas from coming in.”*

I am inspired by the wisdom of this woman. I am looking forward to accompanying her on her journey through her 90’s. My beautiful, insightful elder friend is a great example that as we age, we continue to learn and grow, and are whole, capable human beings. If we are open and eager to evolve, elderhood can truly be the crescendo of our lifetime!

I realized that I hold onto ‘stuff’ myself. I am going to de-clutter my life, to open myself to all of life’s possibilities now!

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Our Activities Director and Lynn are getting our bird feeders set up for spring! Stop by and watch the birds at **Meadowlark**.



# Beet Salad



## **INGREDIENTS:**

1-1/2 cups Romaine Lettuce  
1/2 oz. Chopped Walnuts  
1 oz. Feta Cheese  
1/2 cup canned Beets  
Sliced Red Onions  
2 oz. Salad Dressing

## **PREPARATION**

1. Layer plate with approximately 1.5 cups of romaine lettuce.
2. Add a 1/2 cup of sliced beets, on top of the salad. Distribute evenly.
3. Sprinkle .5 oz of chopped walnuts, 1 oz. of feta cheese, and sliced red onions over the romaine. Distribute evenly.
4. Serve with salad dressing of choice.

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# Chicken Street Tacos

## INGREDIENTS:

3 corn tortillas  
4 oz. grilled, shredded chicken  
1 Tbs pico de gallo  
1 sliced avocado  
Chipotle Ranch Dressing  
Cilantro for garnish  
Sour Cream

## PREPARATION:

1. Flash fry 3 corn tortillas for approximately 10 seconds on each side so they are soft and pliable (not crispy).
2. Grill prepped shredded chicken (4oz) for 2-3 minutes and distribute evenly over each tortilla.
3. Layer approximately 1 tablespoon of pico de gallo over the shredded chicken.
4. Layer a slice of avocado over the pico de gallo.
5. Drizzle chipotle ranch over each taco in a “zig-zag” motion.
6. Garnish with cilantro.
7. Serve with sour cream on the side.

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# 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 Spiritedness
- 4 Review
- 9 Rubbish
- 14 Wing like part on a living organism
- 15 Help
- 16 Recycle
- 17 Tear
- 18 Striped animal
- 19 Enthusiastic
- 20 What we breathe
- 22 Require
- 24 Italian money
- 25 Baseball glove
- 27 Dirt
- 31 Canal
- 32 Vice \_\_
- 33 Pacific Standard Time
- 34 French city
- 36 Sacred poem
- 38 Away from home
- 40 Container usually made of glass or plastic
- 42 Spew forth violently
- 43 Relating to the sun
- 44 Knot
- 45 Complain
- 47 Asian country
- 51 Phone
- 53 Weightless
- 54 Treaty organization
- 55 Young Men's Christian Association
- 57 Employ (2 wds.)
- 59 Chili con \_\_
- 62 Bird claw
- 65 Business title ending
- 66 Girl in Wonderland
- 67 Drug doers
- 68 Constellation
- 69 Day's opposite
- 70 Ply
- 71 High naval rank (abbr.)

**DOWN**

- 1 Type of probation
- 2 Medicinal drink
- 3 Ancient paper (plr.)
- 4 Take down
- 5 Fair
- 6 Taxi
- 7 Mixture of gasses that surrounds the earth
- 8 Places in soil
- 9 Leaf maker
- 10 Looks at a book
- 11 August (abbr.)
- 12 South southeast
- 13 Possessive pronoun
- 21 Celtic language
- 23 Estimated time of arrival abbr.
- 25 Repair
- 26 Internal Revenue Service
- 28 Opaque gem
- 29 Island
- 30 Long-term memory
- 32 Volume (abbr.)
- 35 Still
- 36 School group
- 37 Opp. of weak
- 38 Melody or song
- 39 Anything that is burned a source of energy
- 40 Emaciated
- 41 Bullfight cheer
- 42 And so forth
- 43 Mr.
- 45 Western Athletic Conference
- 46 Interruption
- 48 Capital of the Philippines
- 49 Made amends
- 50 Noncommissioned officer
- 52 Type of mob
- 56 Get together
- 57 Painful
- 58 Institution (abbr.)
- 59 Metal container for food or other products
- 60 Boxer Muhammad
- 61 Set up
- 63 Tree
- 64 Downwind

SUDOKU

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

**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 prefilled 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.

# PRESIDENTS DAY

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.

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

- America
- Birthday
- Cabin
- Capital
- Colonists
- Congress
- Democracy
- Election
- February
- History
- Holiday
- Leader
- Liberty
- Lincoln
- Military
- Patriot
- President
- States
- USA
- War
- Washington

## Brain Game Answers:

1	P	E	P	1	R	E	C	A	P	1	T	R	A	S	H
14	A	L	A	1	A	V	A	I	L	1	R	E	U	S	E
17	R	I	P	1	Z	E	B	R	A	1	E	A	G	E	R
20	O	X	Y	2	G	E	N	1	N	E	E	1	1	1	1
24	L	I	R	A	1	M	I	T	T	1	S	O	1	1	1
27	E	R	I	E	1	V	E	R	S	A	1	P	1	1	1
30	A	F	I	E	L	D	1	B	O	T	T	L	E	1	1
34	E	R	U	C	T	1	S	O	L	A	R	1	1	1	1
37	C	A	L	L	1	W	H	I	N	E	1	O	M	A	N
40	C	A	L	L	1	A	I	R	Y	1	N	A	T	O	1
43	M	1	C	A	1	S	I	G	N	O	N	1	1	1	1
46	C	A	R	N	E	1	T	A	L	O	N	1	I	N	C
49	A	L	I	C	E	1	U	S	E	R	S	1	L	E	O
52	N	I	G	H	T	1	S	H	E	E	T	1	A	D	M

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

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

## Resource Credits:

Page 14 & 15: Compass Cafe signature dishes  
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# EXPERIENCE EXTRAORDINARY LIVING



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**We live here. We care here.**