

Guided by goodness, loyalty, faith, and fun

# TRUE NORTH LIVING

18/2

Why Yoga?  
Benefits for All Ages

Confessions of  
a Caregiver:  
Finding your Balance



Compliments of

**Shorewood**

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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Please email [bwebb@shorewoodsl.com](mailto:bwebb@shorewoodsl.com) or call 541.997.8202 or  
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To learn more about True North Elderhood, check out our website at [www.Shorewoodsl.com](http://www.Shorewoodsl.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](mailto:Jennifer@penningtongardens.com).

**June: Non-profit Fair: All non-profits are invited to participate.  
Call Shorewood for more information.**

**Every Tuesday at 9:30am: Wellness workshop.  
Focusing on nutrition and brain health.**

**Every 4th Thursday at 8:30 am: Men Only Breakfast.**

**Pinochle games on Tuesday and Thursday at 1 pm - Join us!**

All are welcome!

To receive more information on these or other activities,  
please contact Beth at [541.997.8202/bwebb@shorewoodsl.com](mailto:541.997.8202/bwebb@shorewoodsl.com)

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?"

•••••

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.

# Wellness Program



Better health is our goal for the year and we're very excited about the new Wellness Program. The program includes weekly classes which focus on a specific health topic for the month. Each informative session will include the latest research, benefits, tips, and other relative information.

Over the next few months we will be addressing how and why to increase our physical activity, make healthier nutritional choices, the importance of brain health, and how to incorporate what we learn into our daily lives.

Also included in the program are twice weekly balance and strength training exercises, weekly yoga sessions, a monthly meditation group, and pet therapy visits. The sessions are free and all materials are provided.

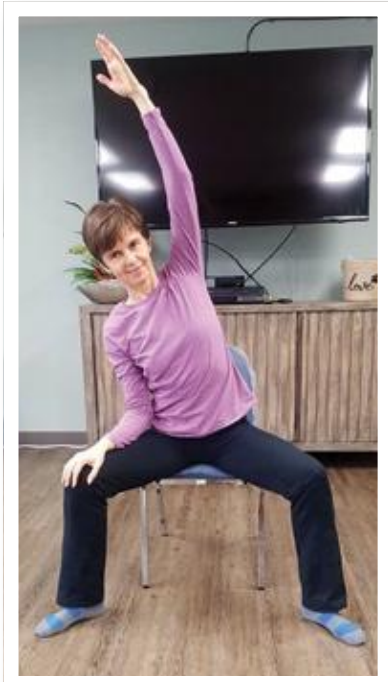
## Working together to make it happen. . .

After meeting with residents where the subject of transportation was brought up several times, it became evident that there was a need that required attention. The management team put their heads together and came up with solutions to the problem.

As a result, we now offer a monthly shopping trip to Eugene, extended shopping hours locally, added a library trip, and an additional lunch outing to the monthly schedule. We are delighted that we were able to meet the needs of our residents.



# Chair Yoga at Shorewood SENIOR LIVING



By Jarka Popovicova, PhD, Certified Yoga Instructor

Chair Yoga class has been a staple in weekly Shorewood activities for 2 years. There are many myths about what yoga is or is not. Yoga is a Mind-Body experience / practice to increase one's own awareness of himself/herself with a goal to calm the mind.

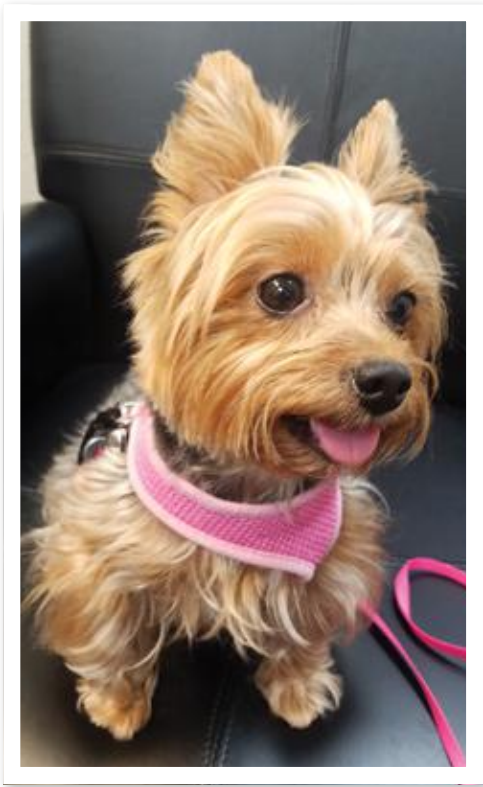
Yoga is for everybody as it is essentially about getting in touch with one's self, increasing awareness, and calming one's own mind. The movements and poses are the means to get there as they provide different point of view to learn about yourself and the body while you strengthen muscles, increase flexibility, and release joints from strain. Each person does what his/her body allows. Nothing more.

While consistent and continuous practice is needed to achieve and maintain those benefits, many students notice a difference only after a few yoga classes. Our 50+ class at Shorewood consists of three sections: 1) focusing, centering on breath, 2) physical practice of performing simple movements / poses in chair and standing to release joints, strengthen muscles and increase flexibility. Finally, 3) each class concludes with a focus on breath and progressive body scan, which results in relaxation and a release of tension in your body.

JOIN US, give yourself a gift of self-care.



# Our furry family members. . .



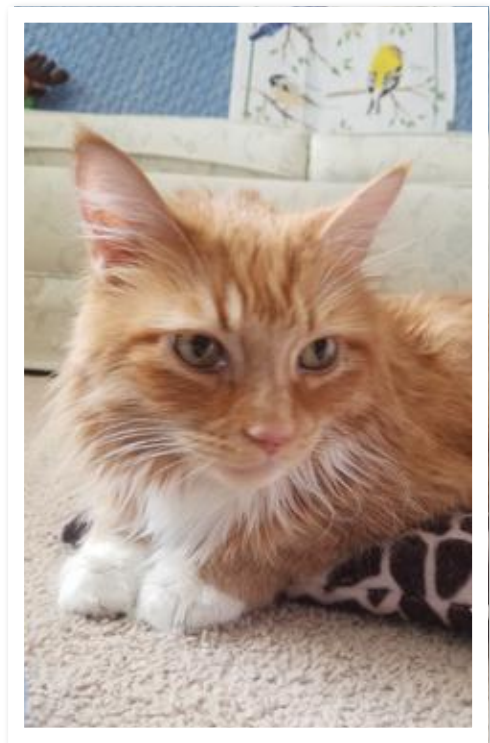
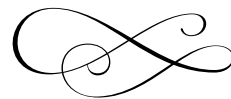
Several residents have pets which are part of the Shorewood family and are great to have around. The dogs bring much enjoyment to all of us.

**Sophie**, (Yorkshire terrier) came to live here with her mom Georgia several months ago. This little girl is always happy to get attention, she even has an adopted mom that watches her when her real mom has to go out.

**Annie**, (Pomeranian) is a sweet girl who just turned fourteen, she shares an apartment with her mom, Dolores. They both enjoy going on the bus for scenic drives together and hanging out with the other doggies.

**Happy**, (Chihuahua) moved in several months ago too and brought her dad, Ken along. The two of them can be seen out walking the grounds during the day.

**Ralph**, the cat is a distinguished older gentleman, he resides with Edith. Ralph is a great companion, very sweet and doesn't have a mean bone in his body.





# All Aboard at Shorewood SENIOR LIVING



Each month Shorewood will be traveling via armchair to a different destination where we will devote one week to exploring the customs, foods, arts, and history of each. In January we visited Hawaii where we wore leis, learned about the Islanders and enjoyed wonderful foods such as Kalua pork. We even had Mai Tais for happy hour! In February we visited France and had a variety of French cuisine.

Upcoming itineraries include fun and interesting travels and we look forward to learning about and experiencing what each unique place has to offer.



## Resident Spotlight

You will never meet a woman with a more beautiful smile than **Deane Nordahl**. She literally brightens a room with her friendliness and good humor. Deane has shared some pretty interesting stories with us and she is not afraid to laugh at herself or some of the predicaments she has found herself in.

Deane is a very caring individual who looks out for and assists other residents, leads balance class when needed, volunteers at the Siuslaw Pioneer Museum and also at her church. She is a very special gal and always fun to be around. Thank you Deane for being you!



# Serving up Salmon



## Grilled Salmon Fillet

Stemmed Oregon Strawberries 4 oz  
Dried Oregano leaves 1/4 tsp  
Dried Basil leaves 1/4 tsp  
Dried thyme leaves 1/4 tsp  
Minced Garlic 1/4 tsp  
Salt - to taste  
Black pepper - to taste  
Red pepper flakes 1/8 tsp  
Balsamic vinegar 2 TBS  
Olive oil 2 TBS  
Sugar - as needed  
Salmon Fillets, 8 oz each 4  
Oregon Strawberries, halved 4  
Thyme sprigs as needed

### Instructions:

Puree strawberries in blender or processor. Transfer to bowl. Add dried herbs, garlic, salt, pepper, and pepper flakes. Whisk thoroughly. Whisk in Vinegar. While whisking, add oil in slow, steady stream. Adjust seasoning with salt and pepper; balance flavors with small amount of sugar if needed. Cover, reserve.

### For each portion:

Season 1 salmon fillet with salt and pepper. Grill over open fire. (Salmon can also be broiled, poached, or sautéed.) Drizzle 3 TBLS strawberry-balsamic vinaigrette on to serving plate; top with salmon. Garnish with strawberry halves and thyme sprigs.

# 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				



<p>1. </p>	<p>2. </p>
<p>3. <b>PENNIES</b></p>	<p>4. <b>back</b></p>
<p>5. <b>b bird b</b> <b>bird bird b</b> <b>b b b b</b></p>	<p>6. <b>Finger</b> <b>PIE</b></p>
<p>7. <b>MILONELION</b></p>	<p>8. <b>Matter</b></p>
<p>9. <b>funny funny</b> <b>word word</b> <b>word word</b></p>	<p>10. <b>Not = Cent</b></p>

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	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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Call, email, or stop by  
and join Bethany for  
lunch or a cup of coffee  
to learn more about  
Shorewood.



  
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1451 Spruce Street  
Florence, OR 97439  
541.997.8202  
[shorewoodsl.com](http://shorewoodsl.com)