

# TRUE NORTH LIVING



## BREAKING STEREOTYPES OF ELDERHOOD

COMPLIMENTS OF  
**Meadow Ridge**  
senior living





What an elder sees  
sitting; the young  
can't see standing.

~ Gustave Flaubert

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wordpress.com](https://truenorthelderhood.wordpress.com).



“

Old age is not a disease –  
it is strength and survivorship,  
triumph over all kinds of vicissitudes  
and disappointments, trials and illnesses.

---

MAGGIE KUHN

TNL



*Growing old is optional...*



*age out loud.*



# A note from Compass Senior Living. . .



Legend has it that Spanish explorer Juan Ponce de Leon spent years searching

for the Fountain of Youth along the coasts of Florida and the Caribbean back in the early 16th century. Alas, Ponce de Leon never found the elusive fountain, whose magical waters would restore youthfulness to all who drank or bathed in them.

But perhaps the Fountain of Youth exists after all, as what else could explain some of the amazing feats we see seniors accomplish? Britain's Fauja Singh ran a marathon at 100 years old in 2011. Sir David Attenborough continues to produce documentary films well into his 90's. Sister Madonna Buder from St. Louis completed a full Ironman triathlon at 82 years of age. And we could even include the Rolling Stones, who continue to sell out stadiums all around the world - Mick Jagger just turned 80 this past summer.

***But we don't need to look beyond our own Compass communities to see seniors doing remarkable things. It's my privilege to introduce just a few of our incredible residents:***



- At Woodside Senior Living in Springfield, Oregon, resident Audrey Etienne continues to lead various resident activities, continuing what was her profession and passion in her younger working days as a life enrichment director in senior living communities.



- At Garden Place Waterloo in Waterloo, Illinois, resident poet Marvin "Hitz" Hitzemann writes an original poem every day, typically on the back of his dining placemat. Hitz's prolific poems are often very funny and are "must reads" for the Waterloo staff and residents.



- At Majestic Rim Retirement Living in Payson, Arizona, resident Claire Wall teaches a popular yoga class several times each week, passing along her skill to help her fellow residents maintain their strength and flexibility.

The saying that "age is just a number" is so true. Our age has much more to do with our state of mind, attitude, and how we go about our days than about how many years we've lived. While we haven't yet found a literal Fountain of Youth at any of our Compass communities, I think you'll find something similar: an opportunity for every resident to reach their full potential, with plenty of encouragement and support to pursue activities that provide continued joy and good health.

- Will

Will Forsyth, Vice President & General Counsel  
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# POSITIVE Aging

While memory loss and cognitive decline can present challenges, it is still possible to promote a positive and empowering environment that supports individuals to live with purpose, dignity, and engagement.

Here are some strategies for positive aging in memory care:

1. Embrace a person-centered approach
2. Provide meaningful activities
3. Foster independence
4. Maintain social connections & interactions
5. Use effective communication strategies
6. Incorporate sensory stimulation
7. Create a supportive environment
8. Education and support for family
9. Embrace individuality
10. Foster emotional well-being
11. Encourage continued learning
12. Celebrate moments

By embracing a person-centered approach, providing engaging activities, fostering social connections, and maintaining a supportive environment, individuals in memory care can age boldly, experiencing purpose, fulfillment, and a sense of dignity throughout their life journey.

Author: Tina Woodcock, Graphic Designer - Compass Senior Living

# BREAKING STEREOTYP OF ELDERHOOD





# ES



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by **Tina Woodcock**,  
*Graphic Designer*  
for Compass Senior Living

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Breaking stereotypes of elderhood involves challenging negative and limiting notions about aging and older adults. These stereotypes can include beliefs that older adults are frail, dependent, and less capable than younger people. By breaking these stereotypes, we promote a more positive and inclusive view of aging and encourage people to value and respect the contributions of older adults.

*continued on page 10*



*continued from page 9*

One way to break the stereotypes of elderhood is to highlight the diversity and complexity of older adults. Older adults are not a homogenous group, and they come from a variety of cultural, social, and economic backgrounds. By acknowledging and celebrating this diversity, we can challenge stereotypes that portray older adults as a single, monolithic group.



Another way to break stereotypes of elderhood is to promote intergenerational connections and collaborations. By bringing younger and older people together, we can challenge stereotypes that pit different age groups against each other and promote mutual understanding and respect.



Finally, breaking stereotypes of elderhood involves challenging ageism and advocating for the rights and dignity of older adults. This can involve promoting policies and practices that support older adults' health, well-being, and independence, and combating discrimination and stereotypes that perpetuate negative attitudes towards aging and older adults.

Rather than viewing aging as a negative or limiting experience,



breaking the stereotype of elderhood involves embracing the opportunities and challenges that come with aging and making the most of them. This can involve staying physically and mentally active, pursuing new interests and hobbies, connecting with others, and finding meaning and purpose in life as we age. It encourages us to see elders as valuable members of society who have a wealth of knowledge, experience, and wisdom to share.



What is your perspective on aging and growing older? What if we start living intentionally rather than living according to preconceived notions and aging stereotypes. Let's work on embracing the time we are given to focus on actively experiencing the life we keep adding to our someday list. Let's start living intentionally because, like it or not, someday is now.



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A COMPASS SENIOR LIVING PROGRAM

**BRAIN BOOST**  
NUTRITION™

# Smoothies & PARFAITS

Feed your mind with Brain Boost™ smoothies and parfaits. According to alzheimers.net, 1 in 8 elders develop Alzheimer’s disease, and that number is expected to double in the next 40 years. Luckily, there are a multitude of common foods that not only provide a defense for dementia, but they also make for great smoothie and parfait ingredients. We offer our Brain Boost™ smoothies and parfait options as part of our *Compass Café™* menu.

Adding Brain Boost™ Smoothies into your healthy eating habits offers many benefits. The superfood ingredients in our smoothies and parfaits contain:

- **Antioxidants:** Protects cells against free radicals that may play a role in heart disease, cancer, and other diseases.
- **Anti-inflammatory agents:** Reduces inflammation, which may cause many debilitating diseases.
- **Flavonoids:** improves memory and protects cells from oxidative damage.



**Our Brain Boost™ smoothies & parfaits contain SUPERFOODS, such as:**

**Blueberries BANANAS** NUTS & SEEDS **Avocados**  
APPLES Whole Grains *Leafy Greens* Plums **GRAPES**  
Peaches *CHERRIES* **Oranges** *Mango* **Cranberries**





“

Laughter is timeless.  
Imagination has no age.  
And dreams are forever.

~ WALT DISNEY



# French Onion Soup



## Ingredients

- 3 tbsp. olive oil
- 4 pounds yellow onions (about 5 large onions), thinly sliced
- Kosher salt
- 1-1/2 tsp. all-purpose flour
- 1/4 c. cognac or dry white wine
- 2 32-oz containers low-sodium beef broth
- 2 bay leaves
- 6 large sprigs thyme, plus more for sprinkling
- 1 tbsp. sherry vinegar
- 8 thin slices country bread
- 3 oz. Gruyère cheese, finely grated

## Preparation

1. Heat oil in large, heavy stockpot on medium. Add onions and 1 1/2 teaspoons salt, reduce heat to low and cook, stirring occasionally, until onions are tender and have released their liquid, 10 minutes.
2. Increase heat to medium-high and continue cooking, stirring often and scraping bottom of pot, until onions are deep brown and caramelized, 40 to 50 minutes. If bottom of pot starts to get too dark, add 4 to 5 tablespoons water.
3. Sprinkle onions with flour and cook, stirring, 2 minutes. Stir in cognac and cook 1 minute. Add broth and herbs and simmer until reduced to about 8 cups, 18 to 20 minutes. Discard herbs and stir in vinegar.
4. When ready to serve, heat broiler. Arrange bread on rimmed baking sheet and sprinkle with cheese and some fresh thyme leaves. Broil in top third of oven until golden brown and bubbling, about 1 minute. Serve on top of soup.



# Spaghetti Squash Alfredo

## Ingredients

- 4 lb. spaghetti squash
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 c. half and half
- 3 tbsp. butter
- 1 c. Parmesan cheese
- 4 tbsp. shredded Mozzarella cheese

## Preparation

1. Toss peas, bacon, raisins, Cheddar. Scoop out and discard seeds from spaghetti squash halves. Prick outsides all over with sharp knife; season insides with 1/4 teaspoon each salt and pepper. Microwave, cut sides down, on large microwave-safe plate on high 10 minutes or until tender.

2. Meanwhile, in small saucepan, heat half-and-half and butter to simmering on medium-low; simmer 5 minutes, or until reduced slightly, then whisk in finely grated Parmesan cheese. With fork, scrape flesh of each squash half to separate into strands, leaving 1/2-inch border on sides; divide sauce among halves and top each with 2 tablespoons shredded mozzarella cheese. Broil 1 to 2 minutes or until bubbly and browned in spots. Optional: Sprinkle with diced green onions, chives, or cilantro.

Serve with green salad.



# 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				72					73					
74				75					76					



**ACROSS**

- 1 New York Island
- 7 Do up shoes
- 11 Sandwich
- 14 Tropical fruit
- 15 Sailors "hey"
- 16 Card game
- 17 Acmes
- 18 Harvard's rival
- 19 Compass point
- 20 Potato state
- 22 Pelter
- 24 Hat
- 27 Often poetically
- 29 Tails
- 30 Brand of sandwich cookie
- 32 Head official on field
- 35 Angel
- 37 Trim
- 38 Women's undergarment
- 41 Seize and throw to ground
- 42 Orchestra instrument
- 44 Tree
- 45 Gas burner
- 48 Give in
- 49 Ball thrown or tossed backwards
- 51 Adolescent
- 52 Lotion ingredient
- 55 Cooking measurement
- 56 Pacific Standard Time
- 57 Stop opponent in it's own endzone
- 60 Guiding principles
- 64 Fast plane
- 65 In the near future
- 67 Changes a text
- 71 East southeast
- 72 Water (Sp.)
- 73 Group of teams who compete against each other
- 74 Large weight unit
- 75 Scold
- 76 -me-not

**DOWN**

- 1 Resort hotel
- 2 Spigot
- 3 Imitate
- 4 Cab
- 5 Looked at
- 6 Space administration
- 7 Firings
- 8 Expression of surprise
- 9 Coke
- 10 Potato sprouts
- 11 Lazy \_\_ (turn table)
- 12 Uninvited
- 13 End of season reward for college teams
- 21 Garden tool
- 23 Encounter
- 24 \_\_ Rica
- 25 Regions
- 26 Alight
- 28 Yards needed for a first down
- 31 Grows acorns
- 32 Gone With the Wind's Mr. Butler
- 33 Team played often and disliked
- 34 Great
- 36 Supplication
- 38 Sound
- 39 Travels on
- 40 Concerning
- 43 Halloween mo.
- 46 Gauze
- 47 Armory
- 49 Downwind
- 50 Able
- 52 Resource
- 53 Loop
- 54 Many times
- 58 Despot
- 59 Meditation
- 61 Mid-game break
- 62 Tub spread
- 63 Sun
- 66 French "yes"
- 68 Poached food
- 69 Regret
- 70 Primed

**SUDOKU**

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

# HARVEST

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.

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

- Acre
- Arid
- Barn
- Cornucopia
- Crops
- Disk
- Gather
- Glean
- Granary
- Hybrid
- Land
- Mulch
- Packer
- Pests
- Picking
- Plow
- Reap
- Shock
- Till
- Tract
- Winnow

## Brain Game Answers:

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

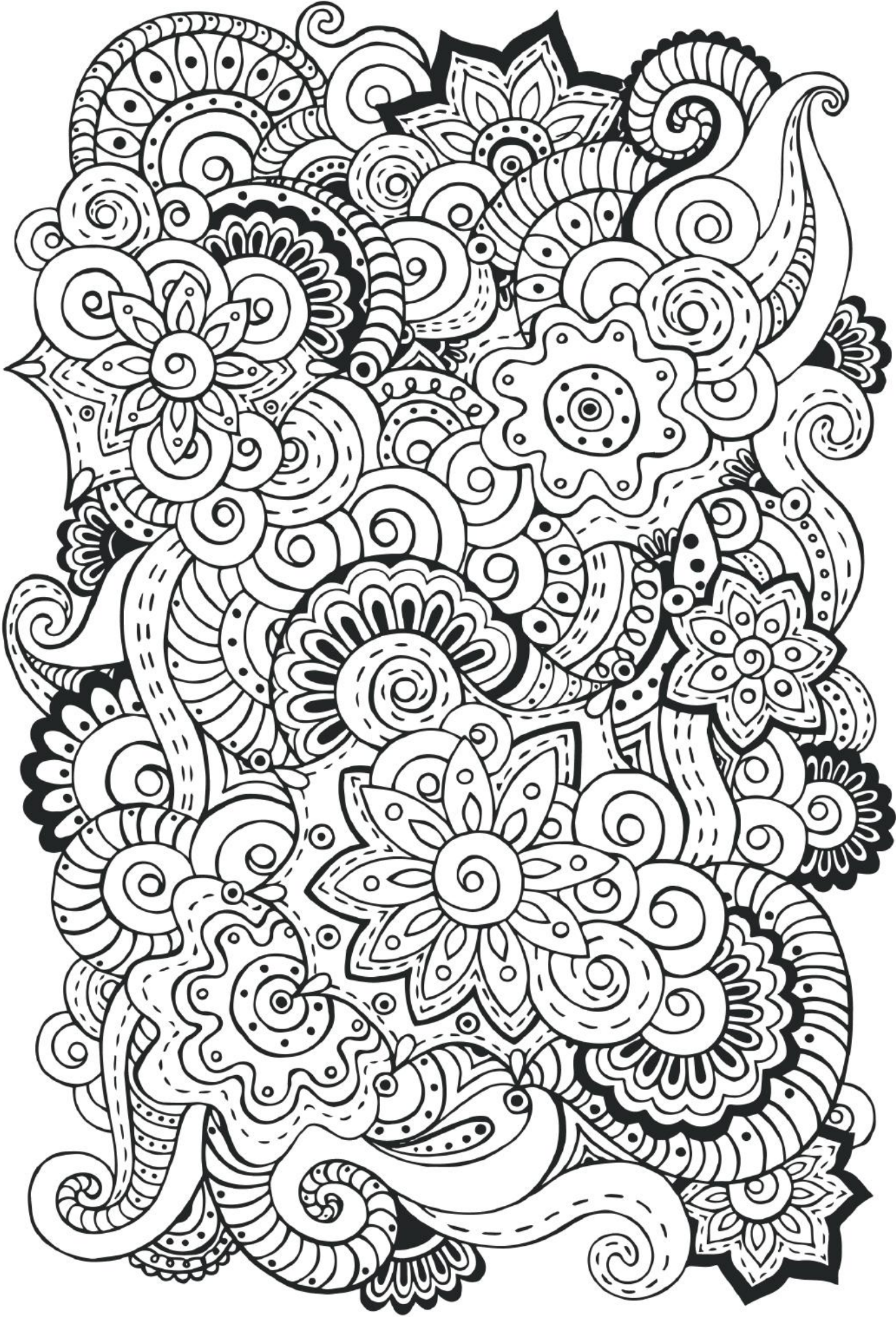
4	6	5	8	7	2	3	9	1
8	9	2	1	3	6	5	4	7
7	1	3	4	9	5	6	2	8
2	4	1	6	5	8	7	3	9
3	8	6	9	4	7	2	1	5
5	7	9	2	1	3	8	6	4
9	2	7	3	8	4	1	5	6
1	3	8	5	6	9	4	7	2
4	4	4	7	2	1	4	8	3

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

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