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# TRUE NORTH LIVING

19/2

Redefine & Reinvent Yourself...  
Create Your Encore



Compliments of



**DESERT PEAKS**  
ASSISTED LIVING & MEMORY CARE

PLEASE TAKE ONE





Will Forsyth,  
Vice President and  
General Counsel  
Compass Senior Living

## Making a House a Home with Music and Pets

What makes a house a home? A warm fire in the fireplace, savory smells emanating from the kitchen, a comfortable place to sit. And, of course, people close at hand that care about you, on the good days and especially the less-good days. But what else? When you think of home, it likely also conjures up things such as music filling the air, and a trusty pet at your side. These are the things, in ways both large and small, that provide the life and warmth of home. And these are all things you can find, every day, in great abundance, at any of our Compass communities. For this edition, I'd like to focus on the music and the pets that are important parts of what makes our Compass communities "home".

Music has an extraordinary quality that makes us feel alive and brings us together. It seems that not a day goes by where there isn't a musical offering in our Compass communities. It may be a guest musician or school choir playing a concert for our residents, or a multi-talented staff member playing the piano (if you're ever in Green Bay, Wisconsin, please stop by Carrington Assisted Living in early afternoon to listen to cook Megan Kurtz play for the residents, it's wonderful). Our residents frequently get into the mix as well - one highlight from this past year was playing guitar with one of our Memory Care residents in Illinois; while some of his mental faculties were waning given dementia, his fingers knew exactly where to go on the fretboard! We also are proud of our Music Makes Memories program that provides residents with the tools - complete with customized playlists - to listen to the music they've loved throughout their lives, and in turn sparking connections with life experiences associated with those sounds.

And pets... I have a soft spot in my heart for pets, as pets tend to bring out the best in us humans. At my home, family dogs Gracie and Stella rule the roost and provide an immeasurable amount of joy, love and humor... their tail-wag greeting at the door never gets old. Similarly, it's great to see so many pets in our Compass communities, providing joy and companionship to residents and staff alike. Pets are such a large part of our communities that I think it's time they received some fitting recognition: yes, a "Dogs of Compass" calendar. Please send along your photo of a pet in your Compass community, along with a caption, to me at [wforsyth@compass-living.com](mailto:wforsyth@compass-living.com). We'll see if this dog can hunt - I'm anticipating we'll have some great material to work with!

In closing, I'd like to thank all of our residents and staff for making Compass communities not just great places to live and work - but for making them "home".

Will

*...music and pets are  
important parts of what  
makes our Compass  
communities  
"home".*

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A day  
without  
*laughter*  
is a day  
wasted.  
~ Charlie Chaplin





# YOUR ENCORE!



# REDEFINE YOUR AGE

We are redefining every age of our lives. All of us are. Twenty-year-olds today are not where I was at twenty. They are in a very different world. So how can we say that we're not different from previous generations? Are we a different kind of sixty - or seventy - or eighty-year-old? **Yes. We are!**

So I'm just hoping for myself and for the women and men around me that we continue learning and growing and reimagining our lives. As long as I'm learning and evolving every day of my life, I will never feel useless or worn out. Never. And I feel in my head and in my heart ageless!

When we use the term anti-aging, we're subtly reinforcing the message that aging is a condition we need to battle. No, it is a condition we need to embrace! Aging is inevitable for everyone. **Age boldly!**

## REINVENT YOURSELF

Many people are redefining aging by trying new careers, classes, and hobbies.

~ *A former prisoner of war in Japan realized a lifelong ambition when he took up ballet at the age of 79.*

~ *The world's oldest professional fashion model is 89-years-old.*

~ *Sitting at a desk alongside two of his grandchildren, a Kenyan man first attended school in 2004 at the age of 84.*

Negative stereotypes are rampant in our society. We've come out of the punk generation and the hippie generation - which was all about societal changes and individualism. And now this aging generation is struggling with a sort of invisibility that society has thrust upon us simply because we are older.

Perceptions are changing. The more we read about and meet older people making contributions and living joyfully, the more acceptable it will be for older people to remain a part of society. Baby boomers have not seen previous older generations grasp at opportunities, so they have few good role models. We need to start developing some positive role models!

So-called 'olderpreneurs' is one place to talk about changing society's perception of older people. After all, age discrimination does not exist if you are your own boss! The data below is from the *Business Insider*.

- The highest rate of entrepreneurial activity in the United States in the past 10 years has been among those 55 to 64 years old.
- More than 1 in 3 new businesses were started by an entrepreneur over age 50.
- Benjamin Franklin was 76 when he invented the bifocal.

### WHAT DOES YOUR ENCORE LOOK LIKE? AGE YOUR WAY.

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Jean Garboden is the Director of Education and Innovation at Compass Senior Living. Jean is a Certified Eden Alternative Educator, and a passionate person-centered, elder-directed advocate. To learn more, contact her at [jgarboden@compass-living.com](mailto:jgarboden@compass-living.com).





# CELEBRATING 10 YEARS

# SUSIE SENKE

Susie Rivera Senke was born in Tyrone, NM on July 24, 1921 to Vicente and Librada Rivera. She attended school in Silver City and continued her education at the New Mexico State Teachers College. In 1943, in a bold move and being a bit of a free spirit Susie enlisted in the Women's Army Corp (WACs) and served until the end of the war.

After the war Susie worked in several professions before going to work for the City of Las Cruces. In 1983, after 30 years of service, Susie retired as a Senior Accounting Clerk. The city recognized her for many years of dedicated service.

Susie was a member of Soroptimist and active in the Democratic Party. Her favorite memory was hosting a fund raiser at her home attended by Ali McGraw. Her picture with Ali was prominently displayed in her home.

She lived an interesting life and witnessed incredible world changes during her 97 years. She was a free spirit whose life was a joyful celebration of family and friends. She loved to dance, party and laugh. The house was always open to family and friends & she enjoyed feeding everyone until they popped!

In her later years she loved relaxing in her yard with her sister Anita and her beloved dog Oso. In 2009, Susie moved from her home, to Desert Peaks Assisted Living. The staff at Desert Peaks made her transition as seamless as possible and showered her with care and affection. The staff was her family away from home.

Susie was a great wife, mother, grandmother, great grandmother, and friend. She passed away peacefully May 18, 2019 and is greatly missed by her Desert Peaks family and her treasured lifelong friends and family.

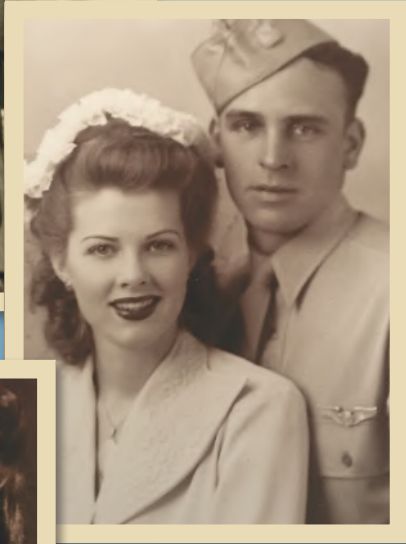




# RS AT DESERT PEAKS



# NETTIE KRIEDEL



Nettie Kriegel was born December 28th, 1921 in Richmond Kentucky. She weighed 10lbs. and her nickname was Big Girl. Nettie is the ninth child of twelve. They moved from Richmond to Lexington, Kentucky where she was raised on a farm. The family grew corn, tobacco, vegetables, bluegrass seed, and raised animals. Nettie says she loved to watch the wheat get threshed. She and her family moved to a small town in Scott County, Kentucky. That is where she first met her husband Ed Kriegel in first grade. He told her he had never seen such beautiful, big blue eyes!

Later, the couple decided to get married on May 7th, 1943 at a little chapel called Will Rogers in Oklahoma City, Oklahoma. Ed was being shipped to Hawaii for World War II. Her husband joined the Army Air Corps where they were stationed at Tampa, Florida, Oklahoma City, Oklahoma, Charlotte, North Carolina, and San Diego, California. They had their first child Mary Ann in 1944. After giving birth to their daughter they moved to Mesquite, New Mexico to farm cotton and alfalfa. In 1948, they had their second child Eddie B. Kriegel Jr. In 1957 they bought a 100-acre farm in La Union, New Mexico. They grew cotton and onions. In 1968 they sold the farm to their son Eddie Jr when he was 20 years old. They moved to Las Cruces and built a home for retirement. They visited Hawaii on a tour, Alaska and they visited family in Kentucky & California quite often. In 2009, Nettie and her husband Ed moved into Desert Peaks when it was still Cottonbloom. Nettie has six grandchildren, four great grandchildren and 2 great, great grandchildren.

# RESIDENT BIRTHDAYS:

## April

Josefa Lujan - 7th

June Hardin- 30th

## May

Eual Melton - 11th

Walter Williams - 15th

## June

Kerry Gwynne- 12th

Charles Miller - 14th

Anita Melton - 27

.....

# STAFF BIRTHDAYS:

## May

BettyAnn Mondragon - 2nd

Raymond Craig - 15th

Andreina Talamantes - 23rd

Yolanda Escapita 24th

## June

Nancy Dominguez - 13th





I was born and raised in Las Cruces, NM. I graduated from Mayfield High School and attended Dona Ana Community College. I am married and have two amazing children. Outside of work, I enjoy spending time with family, baking, and watching movies.

Prior to working with Desert Peaks, I was a Customer Service Representative for 8 years. My first role at Desert Peaks was as a caregiver, which working in the community taught me to appreciate life. I enjoy coming to work and giving residents motivation to live their life to its fullest potential. I look forward to the challenge in my new role as Life Enrichment Coordinator to meet all different needs in a fun, creative way. Giving back to the residents and being able to positively impact their lives is important. It is nice to be a part of their life enjoyment!



**Amanda Lopez**  
*Life Enrichment Coordinator*



# Mediterranean Wrap

This wrap is stuffed with chicken tenders and couscous with a hit of lemon and a healthy dose of fresh herbs. Save any leftovers to wrap up for an easy lunch. Serve with: Mixed green salad and a glass of crisp white wine.

## Ingredients

1/2 cup water  
1/3 cup couscous, preferably whole-wheat  
1 cup chopped fresh parsley  
1/2 cup chopped fresh mint  
1/4 cup lemon juice  
3 tablespoons extra-virgin olive oil  
2 teaspoons minced garlic  
1/4 teaspoon salt, divided  
1/4 teaspoon freshly ground pepper  
1 pound chicken tenders  
1 medium tomato, chopped  
1 cup chopped cucumber  
4 10-inch spinach or sun-dried tomato wraps or tortillas



## Steps

Bring water to a boil in a small saucepan. Stir in couscous and remove from the heat. Cover and let stand for 5 minutes. Fluff with a fork. Set aside.

Meanwhile, combine parsley, mint, lemon juice, oil, garlic, 1/8 teaspoon salt and pepper in a small bowl.

Toss chicken tenders in a medium bowl with 1 tablespoon of the parsley mixture and the remaining 1/8 teaspoon salt. Place the tenders in a large nonstick skillet and cook over medium heat until cooked though, 3 to 5 minutes per side. Transfer to a clean cutting board. Cut into bite-size pieces when cool enough to handle.

Stir the remaining parsley mixture into the couscous along with tomato and cucumber.

To assemble wraps, spread about 3/4 cup of the couscous mixture onto each wrap. Divide the chicken among the wraps. Roll the wraps up like a burrito, tucking in the sides to hold the ingredients in. Serve cut in half.



# Raspberry Chocolate Mousse

The secret to this ultra-creamy healthy chocolate mousse recipe: whipping and folding lightly sweetened egg whites into raspberry-spiked chocolate. This healthy chocolate mousse is perfect for a special occasion but easy enough for a weeknight. Serve with a few raspberries or chocolate shavings for a garnish.



## Ingredients

2 cups water  
4 large eggs, separated  
3 tablespoons sugar, divided  
1 tablespoon Chambord  
1 tablespoon low-fat milk  
1/8 teaspoon salt  
3 ounces bittersweet  
chocolate, chopped and  
melted (see Tips)  
1 teaspoon vanilla extract  
Chocolate shavings for  
garnish

## Steps

Heat water in a medium saucepan over medium-low heat until barely simmering.

Combine 2 egg yolks, 2 tablespoons sugar, Chambord, milk and salt in a heatproof bowl large enough to fit over the saucepan. (Save remaining yolks for another use.) Set the bowl over the barely simmering water and whisk constantly until the sugar dissolves, about 2 minutes. Remove the bowl from the heat and stir in chocolate.

Beat 4 egg whites in a separate large bowl with an electric mixer on high speed until soft peaks form (see Tips). Add the remaining 1 tablespoon sugar and vanilla and continue beating until the mixture holds stiff, shiny peaks.

Whisk one-fourth of the egg whites into the chocolate mixture until smooth. With a rubber spatula, gently fold in the remaining egg whites just until incorporated. Spoon the mousse into 6 dessert dishes. Refrigerate until set, at least 2 hours. Garnish with chocolate shavings, if desired.

## To Make Ahead

Cover and refrigerate for up to 2 days.

## Tips

Place chocolate chopped chocolate in a bowl and microwave on Medium for 45 seconds. Stir; continue microwaving on Medium, stirring every 20 seconds, until almost melted. Continue stirring until completely melted. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.

When egg whites are beaten to “soft” peaks, the whites will still be soft enough to curl over when a beater is turned upside down. The whites are considered “stiff” peaks when they remain stiff and upright.



# 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**

- 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**

- 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

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

# WILDFLOWERS

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.

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

- Annual
- Anther
- Bark
- Blossom
- Bud
- Clover
- Corolla
- Daisy
- Family
- Genus
- Larkspur
- Leaf
- Poppy
- Root
- Rose
- Sage
- Seed
- Stem
- Sunflower
- Vines

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

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

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

Resource Credits:  
 Page 10 & 11: Mediterranean Wrap & Raspberry Chocolate Mousse - AARP.org  
 Pages 12-15: Crossword & Word Search: Evelyn Johnson/qets.com; Sudoku - www.mathsphere.co.uk; coloring page: FaberCastell.com







Keep your face  
*always* toward the  
*Sunshine*  
and shadows will fall behind you.

~Walt Whitman



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