

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



**Woodland Palms**  
Assisted Living and Memory Care

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



**Would you like a FREE subscription  
to *True North Living Magazine*?**

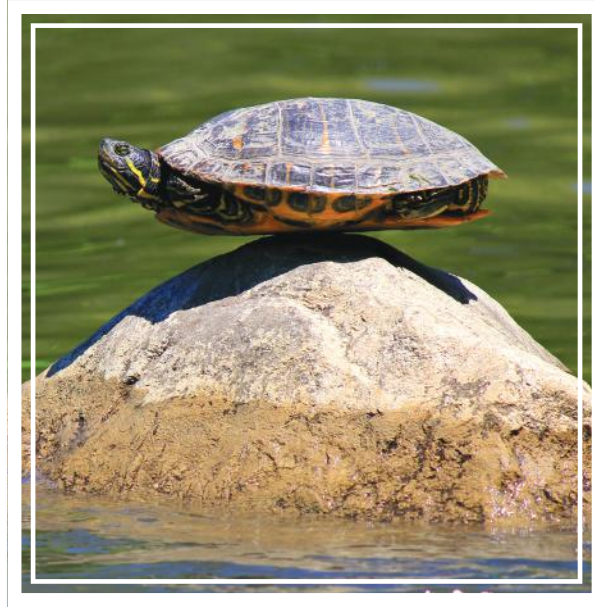
Please email [jbradley@woodlandpalmsal.com](mailto:jbradley@woodlandpalmsal.com) or call 520.777.3198 or  
stop by 1020 North Woodland Street, Tucson, AZ.

To learn more about True North Elderhood, check out our website at [www.WoodlandPalmsAL.com](http://www.WoodlandPalmsAL.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.

.....

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).

**April 14:** Carnival

**May 4:** Cinco de Mayo celebration

**May 13:** Mother’s Day Brunch

**May 28:** Memorial day celebration

**June 14:** Flag Day - Raising of our new flag ceremony

**June 17:** Father’s Day Brunch

Please call or email to find out more details for these events or to find out about other events happening on a regular basis.

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.





Time for some spring cleaning at Woodland Palms. Come see some of our new changes we have made and continue to make - aromatherapy, reminisce therapy, music therapy, gardening therapy, pet therapy, and Life Skills Stations.



## Woodland Palms Leadership Team

Joey Bradley, Administrator

Sherill Ocskai, LPN, Wellness Director

Cassandra Lewis, Wellness Coordinator

Manny Medina, Life Enrichment Coordinator

Boba Veljkovic, Dining Services Director

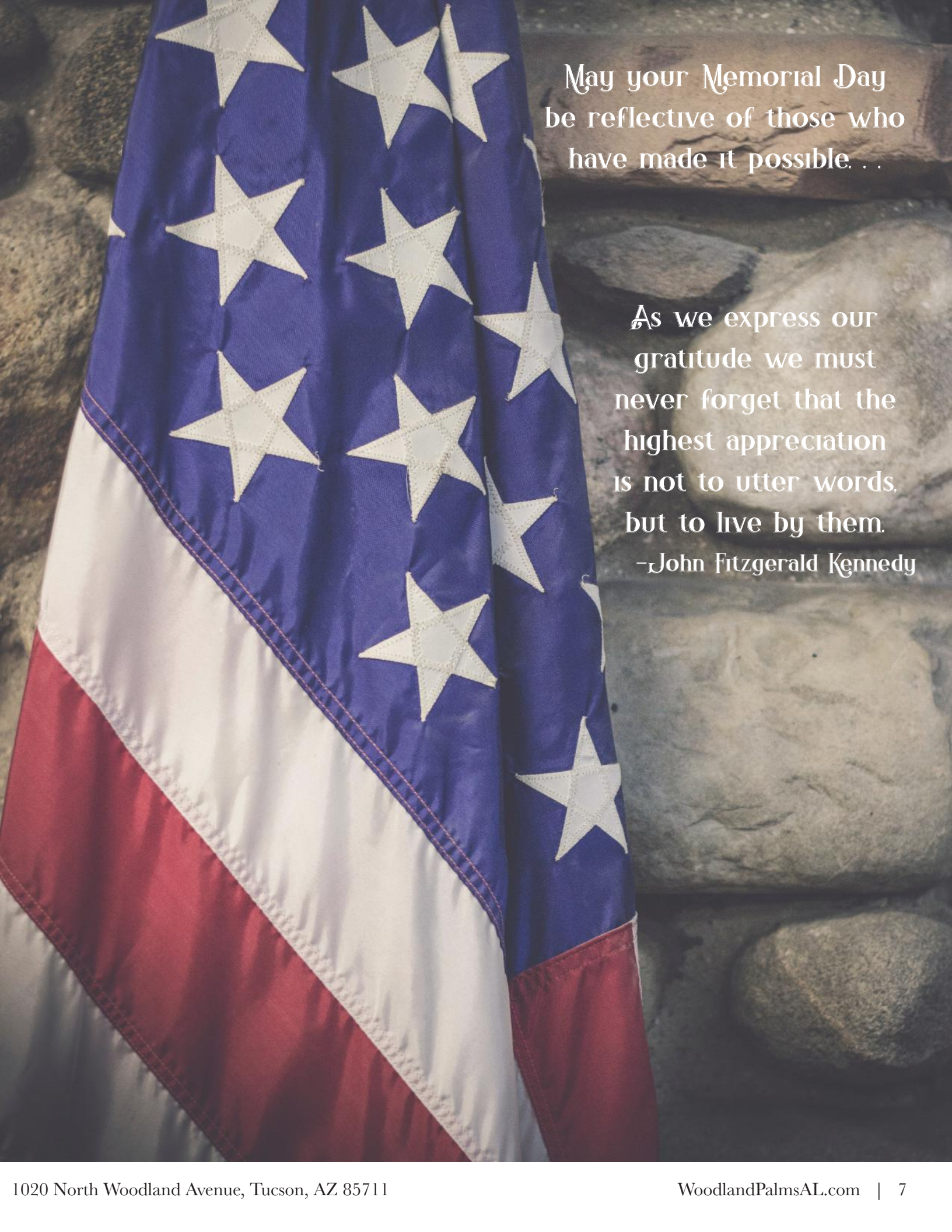
Shane Amos, Plant Operations Director



Welcome to

**Woodland Palms**  
Assisted Living and Memory Care






May your Memorial Day  
be reflective of those who  
have made it possible. . .

As we express our  
gratitude we must  
never forget that the  
highest appreciation  
is not to utter words,  
but to live by them.

—John Fitzgerald Kennedy



A Mother's Day card with a white scalloped border on a light green background. The text "Happy Mother's Day" is written in pink and green cursive. Pink tulips are scattered around the card, and a teal ribbon with a silver buckle is tied across the bottom.

Happy  
Mother's Day

A chalkboard with a white frame and a scalloped border, set against a background of various tools on a wooden surface. The text "HAPPY FATHER'S DAY" is written in white chalk.

HAPPY  
FATHER'S DAY





Valentine's Day Party



Our King & Queen

# Fun times at **Woodland Palms** Assisted Living and Memory Care



Arial loves spending part of every day in the new nursery Life Skill Station. She shows us every day her compassion, empathy, and love as she cares for the babies in the nursery.



# Watermelon Green Tea Refresher



## You'll need:

1 1/2 cups green tea, brewed and chilled  
4 cups watermelon, cubed and seeded, chilled  
1/2 tbsp fresh lemon juice (use lime if you'd prefer)  
some lemon slices for garnish (or lime, if you'd prefer)

## To make:

A few hours in advance (or even the day before), steep a green tea bag in some freshly boiled water. Set it aside to cool to room temperature and then stick it in the fridge to chill (adding a few ice cubes always helps!).

Once your green tea is chilled, add 1-1/2 cups of it to your blender. Add the chilled watermelon cubes and lemon juice.

Blend on high speed for 45 seconds to 1 minute, or until the mixture is completely blended.

Pour into a glasses and serve with a slice of lemon!

If you're serving this delicious mocktail to friends it looks great in mason jars with a cute paper straw, but you could also serve it in some margarita glasses at a party.

This recipe makes 2-3 servings and since it's sweetened only with fresh fruit, it's the perfect no-guilt refreshing treat!!





# 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			



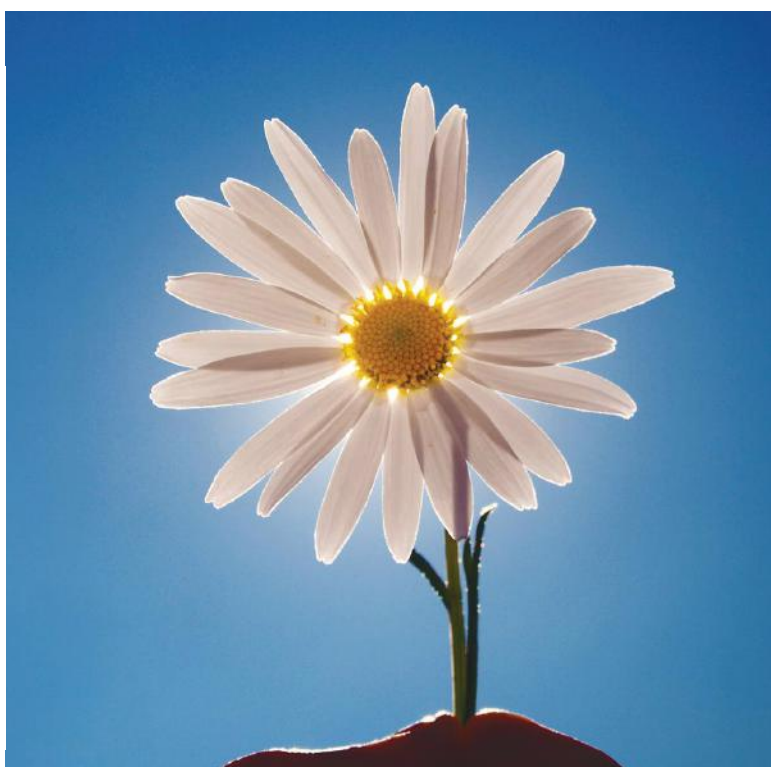
**ACROSS**

- 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					
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	E	R	O	D	E	S		
O	C	T	F	E	W	E	R	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 |

Resource Credits:  
 Page 10 & 11: Premeditatedleftovers.com; JessicaLevinson.com; BakerbyNature.com  
 Pages 12-15: Crossword: EvelynJohnson/qets.com; Rubus: puzzle-to-print.com;  
 coloring page: FaberCastell.com







Call or email today  
and ask about our  
***Lifetime Promise™***

No base rent increase and  
no level of care increases ever -  
***That's our Promise!***

520.777.3198 • [jbradley@woodlandpalmsal.com](mailto:jbradley@woodlandpalmsal.com)



**Woodland Palms**  
Assisted Living and Memory Care

1020 North Woodland Ave., Tucson, AZ 85711  
520.777.3198 • [woodlandpalmsal.com](http://woodlandpalmsal.com)

ARIZONA LONG TERM CARE SYSTEM (ALTCS) accepted at Woodland Palms.