

Guided by goodness, loyalty, faith, and fun

TRUE NORTH LIVING

Why Yoga?

Benefits for All Ages

Confessions of
a Caregiver:
Finding your Balance



Compliments of
Garden Place
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



Earn \$500 - Simply fill out this card, give it to a friend, have them present it at their first appointment, and if they move in to any Garden Place location, we will send you a check for \$500 and they will receive \$500 off one month rent.

We are so happy that your friend has recommended our communities to you.
Simply bring this card to your first appointment, and we will give you and your friend \$500 when you move in.

We look forward to meeting you!

Referred by: _____

Phone: _____

Email: _____

Columbia | Millstadt | Red Bud | Waterloo | Reflections - Columbia

* Restrictions apply. Please see a Director for complete details.

18/2

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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Jennnifer Milne is the Community Relations Director at Pennington Gardens Assisted Living located in Chandler, Arizona. Contact her at Jennifer@penningtongardens.com.

April 28: Spring Shopping Bazaar

@ GP Columbia - 10am-2pm

May 3: The Big Muddy Dance Company

@ GP Columbia - 10am

May 25: The Singing Sheriff

@ GP Red Bud - 2pm

June 9: Family Movie Night

@ GP Waterloo

Enjoy an outdoor theatre under the stars!

June: BBQ @ GP Millstadt - Date & time to

be determined. Please watch facebook for event details or contact Jaysa Pfaff at the number or email below.

June: Family Fun Day @ GP Red Bud -

Date & time to be determined. Please watch facebook for event details or contact Jaysa Pfaff at the number or email below.

For more information on our **FREE** events, please email Jaysa.Pfaff@gpliving.com or call 618.971.7706 or visit each of our community websites at GPLiving.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?"

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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.



Garden Place

COLUMBIA



We live here.



Garden Place

MILLSTADT



We care here.



Garden Place

RED BUD



Dance like
nobody
is watching.



Garden Place WATERLOO



Garden Place Waterloo was host to an incredible celebration in honor of resident Mr. Ed Hetzer who recently turned 100 years old and is the oldest living, retired St. Louis Police Officer. He served on the force for 28 years. Waterloo Mayor Tom Smith and St. Louis Police Lt. Jerry Foster organized this special day for Ed! In attendance were St. Louis Police Chief John Hayden, numerous Police Officers and Troopers, Ed's children Jim Hetzer and Millie Crook, Channel 5 News, the Police Helicopter, the St. Louis Police Ice Cream Truck, and the 5th District police vehicle for Ed to ride in! It was an uplifting and inspiring day filled with integrity, honor, tradition, respect and best of all...Ed's smiles! We love you Ed and are ever grateful for your service and for being a part of our lives here at Garden Place!





Reflections

at Garden Place



Embrace
Yesterday
& live for today

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				



Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

1. 	2. 
3. 	4. 
5. 	6. 
7. 	8. 
9. 	10. 

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

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		T	E	E	N		H	E	R	E	
		T	H	U	D		S	I	G	N		G	R	A	S	S
		T	O	N		H	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	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 |

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



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inner child.**



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Garden Place
for yourself!***

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to join us for an event or a visit.



Garden Place

SENIOR LIVING

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208 Kossuth
Millstadt

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Red Bud

735 Columbia Ave.
Waterloo



Reflections
at Garden Place

Memory Care
710 S. Main, Columbia

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