





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

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



Referred by:

Er



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 mo	ve in

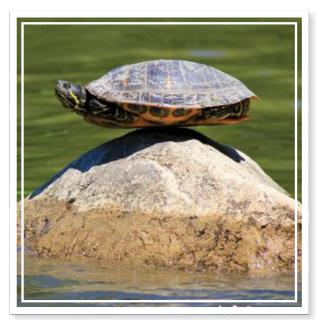
#### We look forward to meeting you!

one:	
nail:	

Columbia | Millstadt | Red Bud | Waterloo | Reflections - Columbia \* Restrictions apply. Please see a Director for complete details.

# 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.



- 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.

• • • • •

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

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.

**April 28: Spring Shopping Bazzaar** @ 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.



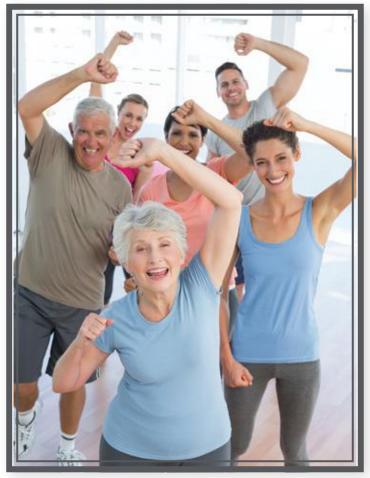
# Why Yoga?

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 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?"

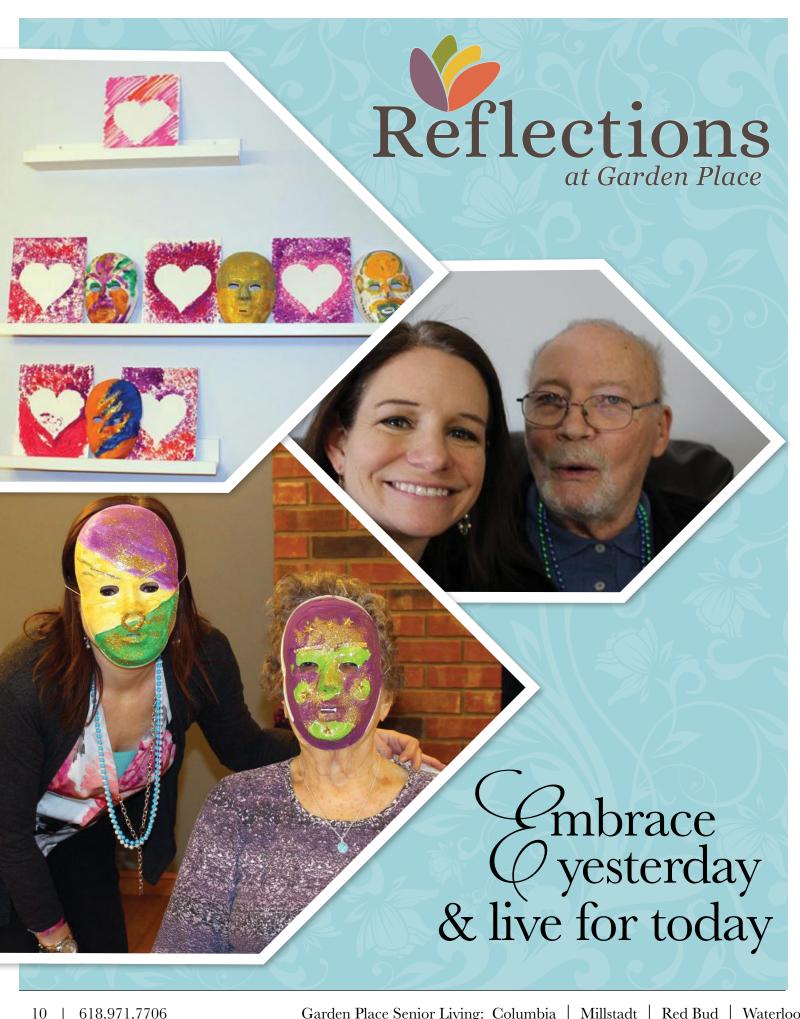
Carrie Gallahan has completed two 200-hour Yoga Alliance Teacher Trainings and has a Chair Yoga Certification. Carrie is also passionate about dementia education, keeping elders inspired and active, and preserving the stories and legacies of elders. She has worked in the assisted living industry for 15 years and is currently a Regional Director with Compass Senior Living.



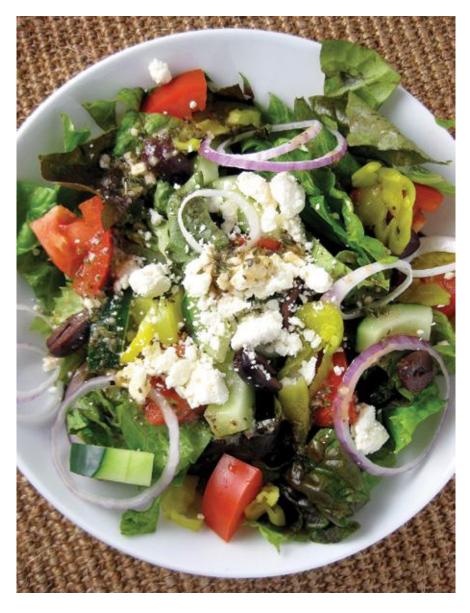








### Tossed Greek Salad with Greek Vinaigrette



#### **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.

## Grain 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
- 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
- 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
- Lanka 14
- 21 Calm
- 23 Bush
- 24 Hold it there
- 25 Father's sister
- 27 Self
- 29 Twitch
- 30 Earth
- 31 Emit light
- 33 Precipitation
- 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			8	
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.

potato potato potato potato potato potato potato

3.

## PENNIES

4.



5. bird bird bird b b b

6.



7.

### MILONELION

8.

Matter

9.

funny funny word word word word

10.

Not = Cent

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



- 1. A bundle of nerves
- 3. Pinching pennies
- 5. The birds and the bees
- 7. One in a million
- 9. Too funny for words
- 2. Small potatoes
- 4. Back on one's feet
- 6. A finger in the pie
- 8. Grey matter
- 10. Not worth a red cent

Resource Credits:

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



Unleash your inner child.

Experience Garden Place for yourself!

Call 618.971.7706 or email jaysa.pfaff@gpliving.com to join us for an event or a visit.



480 DD Rd. Columbia 208 Kossuth Millstadt 351 Lockwood Dr. Red Bud

735 Columbia Ave. Waterloo



Memory Care 710 S. Main, Columbia

a Compass Senior Living community

618.971.7706 • GPLiving.com