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TRUE NORTH LIVING

19/2

Redefine & Reinvent Yourself...
Create Your Encore

Compliments of



Woodland Palms

a memory care community

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

CALENDAR OF EVENTS

April

National Poetry Month

May

Wildflower Week

June

National Donut Day

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



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.

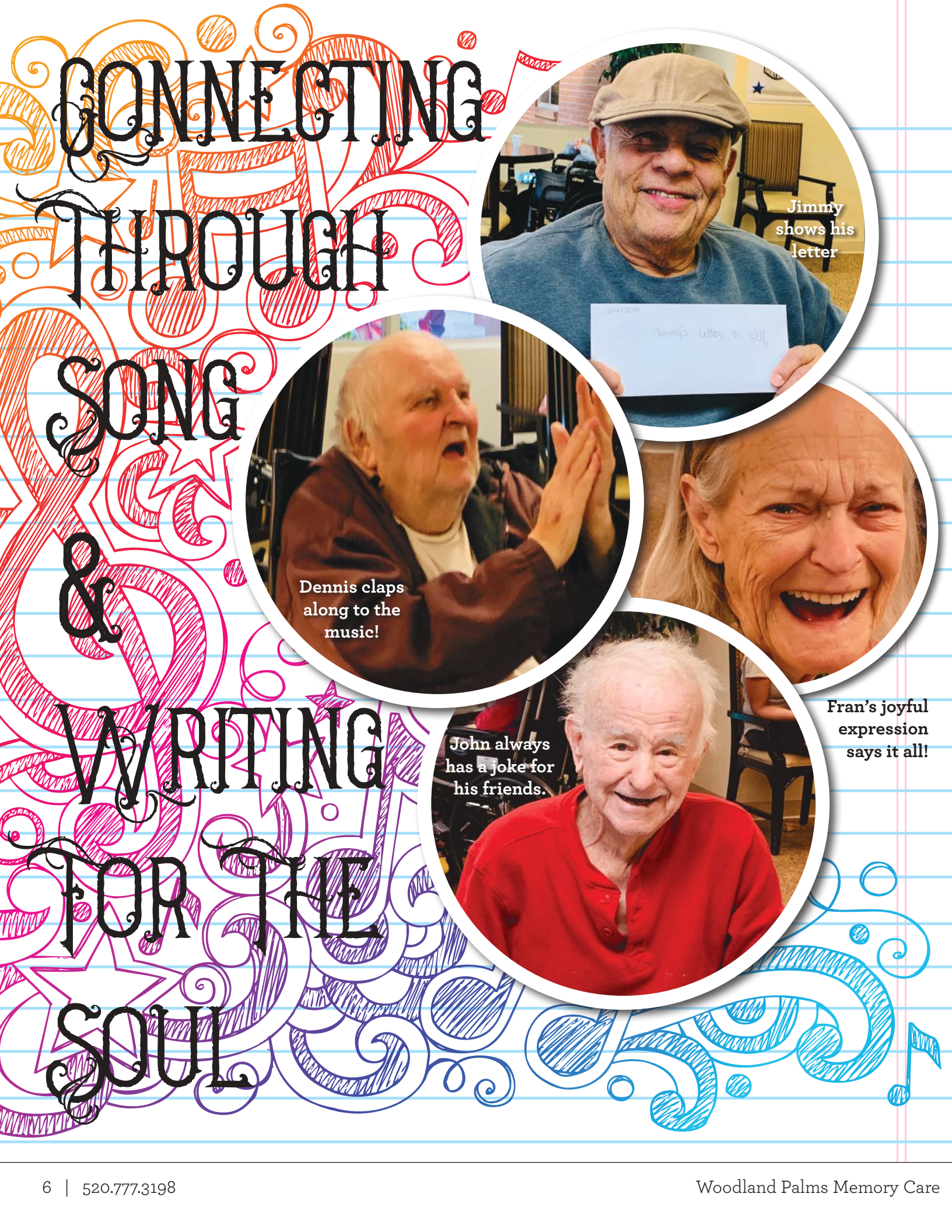
Perceptions are changing. The more we read about and meet older people making contributions and living joyfully, the more acceptable it will be for older people to remain a part of society. Baby boomers have not seen previous older generations grasp at opportunities, so they have few good role models.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

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.



CONNECTING THROUGH

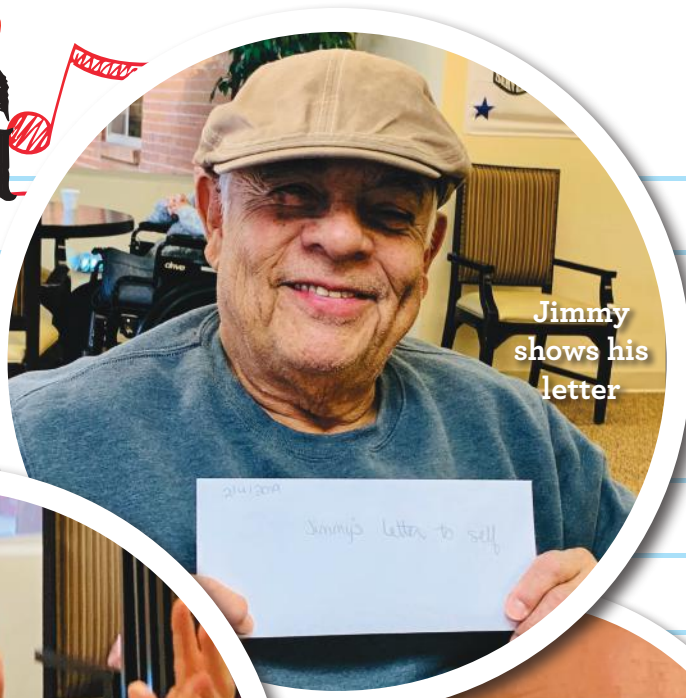
SONG

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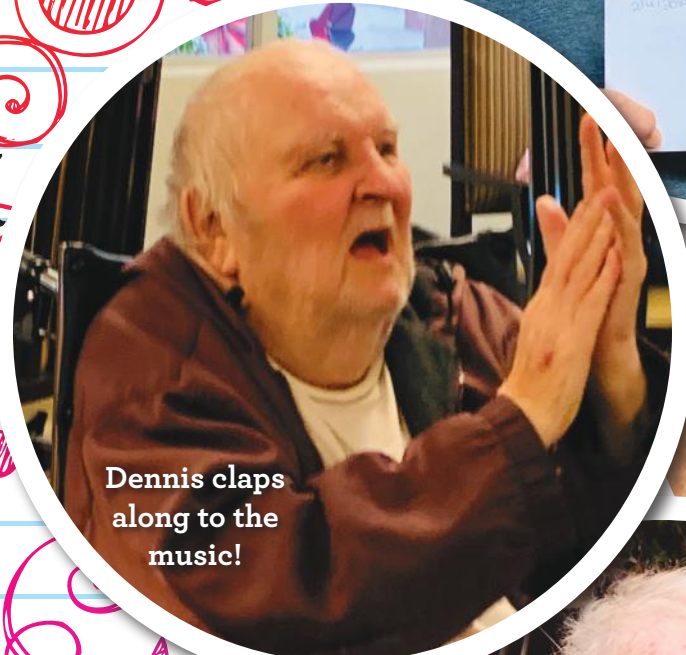
WRITING

FOR THE

SOUL



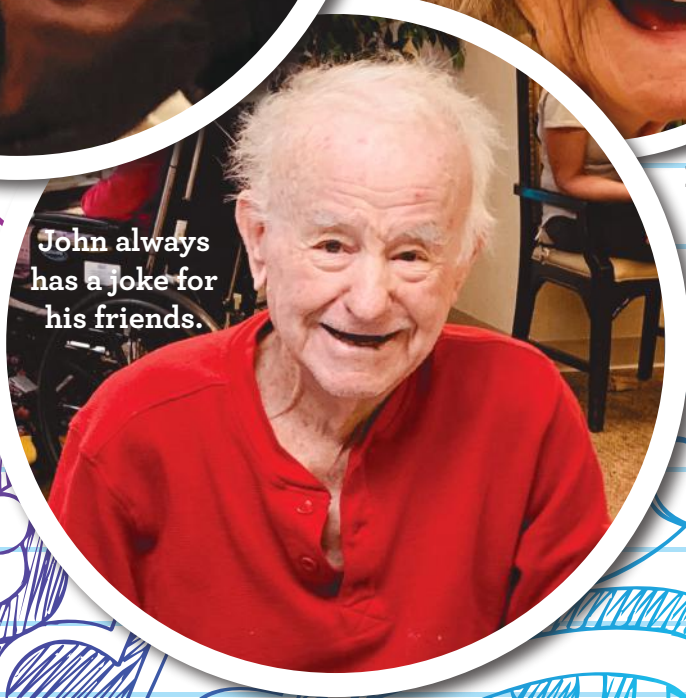
Jimmy shows his letter



Dennis claps along to the music!



Fran's joyful expression says it all!



John always has a joke for his friends.

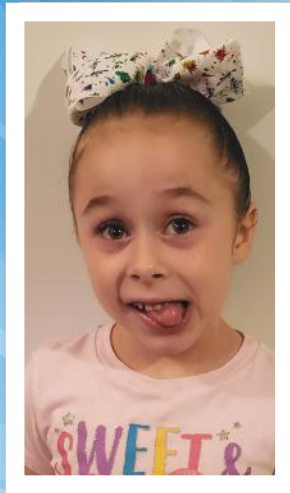
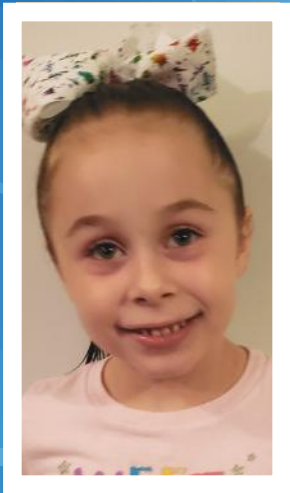


Meredith Miller is the administrative assistant at Woodland Palms. She has worked with us since May, 2018. This is her first job in senior living, but not her only experience. In fact, both her mother and sister have helped seniors for years.

Meredith's previous job was at Tucson Bowl where she worked for 13 years. It was her first job out of high school. She started in the snack bar and finished as their bookkeeper. A true success story! At the bowling alley, Meredith was also in charge of all the birthday parties and special events. And in her spare time, she helped her mom who was an activities director at a local assisted living community. Her passion for celebration and parties naturally transitioned from bowling teams and kids parties to making memories with seniors.

Meredith started at Woodland Palms in activities and was promoted to administrative assistant when she demonstrated her organizational and financial skills. She says, "Although I love working with the residents and Life Enrichment, I have found new challenges in the main office and learning the business side of senior living."

At home, Meredith's pride and joy is her charming daughter, Mackenzie (or 'Kenzie for short). She is a 6-year old firecracker with unlimited energy and a passion for Jo Jo Bows! Meredith loves country music, especially Florida Georgia Line and Luke Bryan.



•••• TEAM SHOWCASE ••••



Angelina (Angie) Johnson is the Wellness Coordinator at Woodland Palms. At age 50, she has almost 38 years of caregiving experience. It all started when she was just 12 years old and family member was diagnosed with mental illness and needed help at home. When she was 21, Angie started working with Alzheimer's and dementia patients and found her calling.

"I find it especially rewarding when I come in each morning and get to hug the residents and help them start their day," says Angie. Each day is a challenge, for sure, but Angie always has a smile on her face and does her best to keep everyone laughing.

Angie has a big family, with 5 children and 4 grandchildren. She spends most of her time outside of work helping others. It's just in her blood and she can't escape it. She has a heart of gold, an unmatched work ethic, and a natural compassion for folks who needs assistance.



Woodland Palms is so excited about this “bench painting” project with PSA Art Awakenings. The concept developed when we discovered this amazing non-profit organization in Tucson that helps folks with behavioral and mental health challenges.

From its modest beginning in 2000, PSA (People Service Action) Art Awakenings has grown into a significant psycho-social

rehabilitation program in Arizona with 18 locations and five galleries serving over 2,000 artists annually – all working toward empowerment and recovery through creativity. <http://www.artawakenings.org>

With art therapy also being a proven activity that is beneficial to Alzheimer’s and dementia patients, it was a match made in heaven! Both the residents at Woodland Palms and the artists at Art Awakenings get to enjoy this project and the beautiful art that has been created for our community.

The seven park benches in our lovely courtyard have been repurposed as beautiful works of art. New memories will be created at Woodland Palms for residents, families and visitors. And we can all take a moment to think back to the many occasions that we had conversations on park benches in different cities and towns around the country and around the world.



WOODLAND PALMS ART PARTY

“I was excited to have the chance to create a design for one of the benches at Woodland Palms. Painting the design around the edges of the slats was an artistic challenge but well worth the effort. My hope is that the rainbow colors and bright flowers will bring pleasure and prompt smiles.”

~ beckp, Artist

“The symbols drawn are meant for the persons who live here. This is my prayer for you. The art has a whimsical effect to touch a small part of one’s heart.”

~ Monā, Artist



“My vision, in my design for this bench decoration project, is very abstract. I loved creating the ribbon effect as well as the twists and turns reflected in this design. I have enjoyed this new experience in putting my artwork onto a bench.”

~ Stacey Konrad, Artist



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 D 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





Let your colors shine.

Call Pat @ 520.777.3198 | woodlandpalmsal.com

**Woodland Palms**
a memory care community

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