Guided by goodness, loyalty, faith, and fun

True North Living

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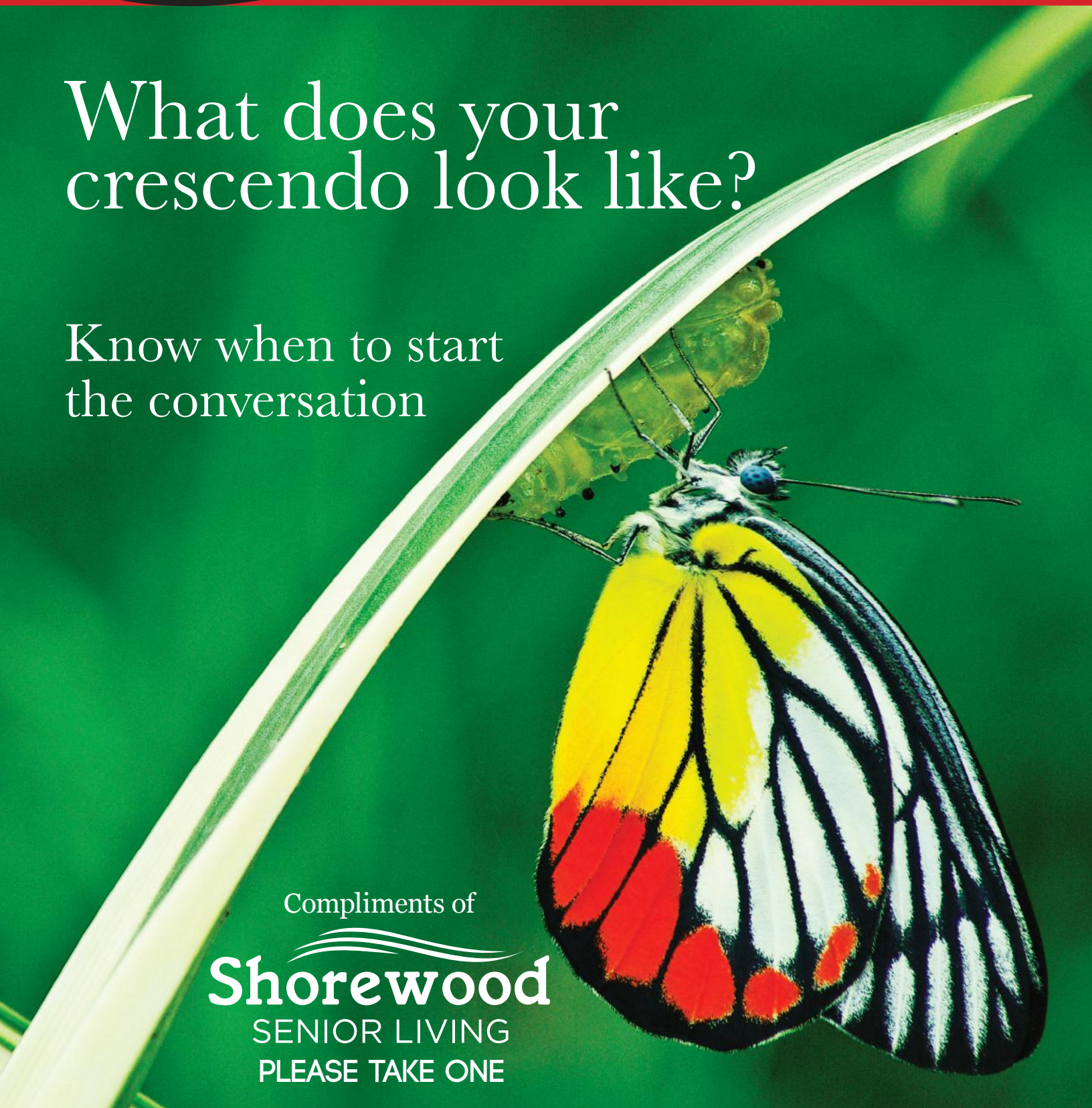

What does your crescendo look like?

Know when to start the conversation

Compliments of

Shorewood
SENIOR LIVING

PLEASE TAKE ONE

Will Forsyth, Vice President and General Counsel
Compass Senior Living

A Spirit of Giving

"Those who are happiest are those who do the most for others."
– Booker T. Washington

There can be a frustrating misconception about elders as no longer being capable of accomplishing meaningful things. One of the joys of operating senior living communities is to see firsthand how much of a misconception this is, and a prime example is the extent of charitable activity that occurs by residents at our Compass communities. It's nonstop! Not a day goes by without news of an effort by our residents to help others in ways small and large.

Whether it's providing backpacks with school supplies for underprivileged kids, collecting food for a local food bank, or hosting an event to raise funds for a worthy cause, our residents are continually helping those in need. It's as inspiring as it is life-affirming.

At Compass, we certainly encourage, organize, and support our residents in these endeavors, recognizing that giving back is an important way for our senior living communities to be part of the fabric of the cities and towns where we are located. And it just feels good to help! If you know of an organization that could use some help with a project or initiative, please let us know, as our staff and residents are always looking for ways to lend a hand and make a positive, meaningful difference.

My dear colleague Jean Garboden (Compass's Director of Education and Innovation) has a phrase that I just love – that elderhood "is the crescendo of life." One needs to look no further than the sheer volume of "good works" being done each day by residents in our communities – and the happiness that is generated in both the giving and receiving – to know that this is the case.

Will Forsyth

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

Please email nhall@shorewoodsl.com or call 541.997.8202 or stop by 1451 Spruce Street, Florence, OR.

To learn more about True North Elderhood, check out our website at www.Shorewoodsl.com or follow our True North Elderhood blog at https://truenorthelderhood.wordpress.com.

Now is the time to Start the Conversation

In 2012 my son brought his paternal grandmother home to live with his family. At the time, she was in a less than desirable relationship, which required some changes be made. That was a tough choice, but turned out to be a great choice.

During the course of the next three and a half years, things on the home front were good. Grandma improved significantly as my daughter-in-law watched grandma's mental and physical health issues closely, taking her to physicians when necessary, and keeping up with her daily regime of prescribed medications as well as supplements. Grandma was happy and my son's family was happy as well.

Starting at the end of 2015, something changed. Grandma was still getting great care, but needed more stimulation from people of her age. While she loved being around the family, something was missing.

She hired a companion to take her to some senior activities and was continuing to attend monthly Red Hatter's meetings. Grandma had so much fun attending the activities at the senior center, but was reluctant to move.

Tensions were starting in the household, as grandma was not very tolerant of her two grandsons running around the house. She stayed in her room resting a lot. Still, she, my son and daughter-in-law were reluctant to start looking at alternative living for grandma.

During my visit in December 2015, I broached the idea of assisted living with grandma, my son, and daughter-in-law. The seed was planted, but after I left grandma was not happy that I talked with them about it.

During the first months of 2016, my daughter-in-law decided to take grandma around to show her assisted living and independent living communities.

To her surprise, grandma was open to the idea. They looked at several communities and grandma decided she wanted to live in a smaller one because the bigger ones would make her feel like she was living in a hotel. She made the decision to move in April of 2016. Tough choice~great choice.

While it took just a little while for grandma to adjust, she now loves her new home. She is participating in activities, loving the meals, and making new friends. She is more lively and enjoying her time with her family, as they visit several times a week.

They can now be in a relationship as a family again and not caregivers to their elder grandma. Once again, tough choice~great choice, and the BEST choice she could have made for herself at this time in her life, at the age of 87.

I work in eldercare, and see families and elder adults struggling with the same tough choices as my family. We all have basic human needs to live purposeful lives, and to be part of a social structure that allows us companionship and the opportunity to continue to extend care to others.

For my children's grandmother, the tough choices were made with the primary goal to do what would result in a happy decision for all. Good choice!

Candis Willis is the Director of Operations for the Southwest Region for Compass Senior Living. She is also a licensed nurse, with a bachelor's degree in Psychology. For over 20 years Candis has had a passion for education and elder care. To learn more contact Candis at cwillis@compass-living.com.

CALENDAR OF EVENTS

Call Shorewood for more information.

Balance Class Mondays and Wednesdays at 9am.

Yoga on Tuesdays at 11am.

Art Club Fridays at 1:30pm.

Pinochle games on Tuesday and Thursday at 1 pm - Join us!

All are welcome!

To receive more information on these or other activities, please contact Vanessa at 541.997.8202/vuhrig@shorewoodsl.com

What does Your Crescendo Look Like?

Life is a series of events that, when put together, write your story. The next chapter is up to you. Always strive to write it better than the one before. . .your Crescendo.

I have moved through my life, guided by the silent anticipation and stereotype of what each stage of my life should look like. I became focused on seeking certain expectations, or landmarks so to speak, that I thought I needed to achieve during each decade as I aged with the vision of my future during my teens hitting its pinnacle when I hit middle-age. And then, all of a sudden I found myself sitting at that pinnacle. That age where I realized that I am now on the cusp of a stage in my life that seemed so far away, elderhood. While the story I have written so far is good, it is not really what I envisioned and it sure isn't over.

I have started to think about what aging looks like and how I will wear it as I move closer to that reality. Will my hair turn gray? Will I use a walker? Will I have to give up my drivers license? Will I shuffle when I walk? Will I view it as a time of life where I sit in a rocking chair waiting for the inevitable? Will it be considered a time when living becomes viewed as 'going through the motions' just to get through a day.

As I enter my fifth decade of life I am one of 108.7 million folks age 50-plus. This includes 76.4 million boomers (born 1946-64), compared with 49 million Gen Xers and 82 million millennials. Moreover, people 50-plus will continue to grow over the next decade to the tune of 19 million vs. a growth of only 6 million for the 18-49 population.

> Crescendo. . . used as a verb it means to increase in loudness or intensity.

My life is a book, with chapters created from every milestone, moment, or mundane/routine/ordinary day I have lived so far. Some chapters are thicker, happier, or more exciting than others, but these scripts are what build the story of my life.

Crescendo. . .used as a verb it means to increase in loudness or intensity. I associate this word with music, mystery novels, movies, dramatic tv shows, and the list goes on. But I have never thought to use that word to define my life. . .until now.

We are supposed to get better, smarter, wiser with age, not simply exist to mark time. There are a lot of people out there just like me wanting to change the face of aging, to change our perception of what our elderhood will look like.

So grab that pen, write that next chapter, and create your crescendo. I know I am.

Age loudly. Live intensely.

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About the author: Tina Woodcock is the Graphic Designer at Compass Senior Living in Eugene, Oregon. Tina creates all of the print advertising for 21 Compass Senior Living communities in 7 different states. She takes great pride in sharing the goodness, loyalty, faith, and fun of all of our communities.

COMPASS SENIOR LIVING

We have a WINNER!

At Shorewood we promote active healthy aging by carefully designing activities to meet the needs of our residents and to encourage new possibilities. Residents are free to choose to participate in the things they would like to.

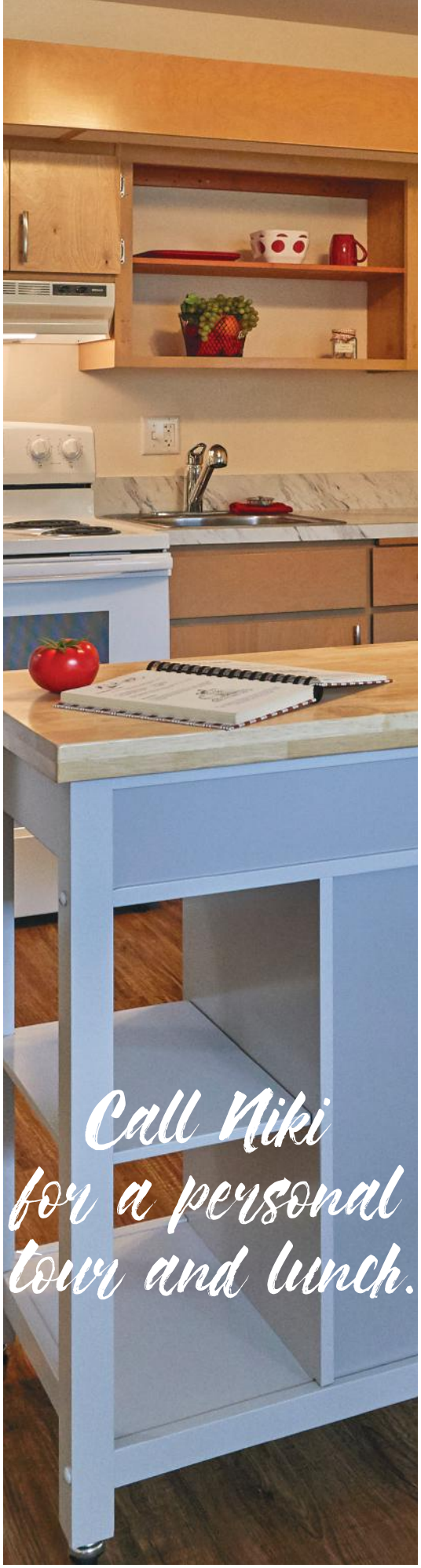
We offer physical fitness programs such as balance class, yoga and kickball as well as a fitness room for individuals who prefer to work out alone.

Our wellness classes are aimed at nutrition, physical activity and brain health. Each class lasts six weeks and provides residents with the tools needed to make healthier choices and gain a better understanding of what they can do to feel better and possibly increase longevity.

Guest speakers bring informative presentations to Shorewood on a variety of subjects. We have had local artists, authors, photographers, astronomers, and our local cannabis retailer provide inciteful and educational material for us.

Each month brings new opportunities for exploration. Mystery drives are regularly scheduled and involve journeys off the beaten path. Other outings include luncheons, day trips, museums and shopping excursions here in Florence and in Eugene.

Shorewood
SENIOR LIVING



Call Niki
for a personal
tour and lunch.

APARTMENT HOMES OFFERED BY SHOREWOOD SENIOR LIVING

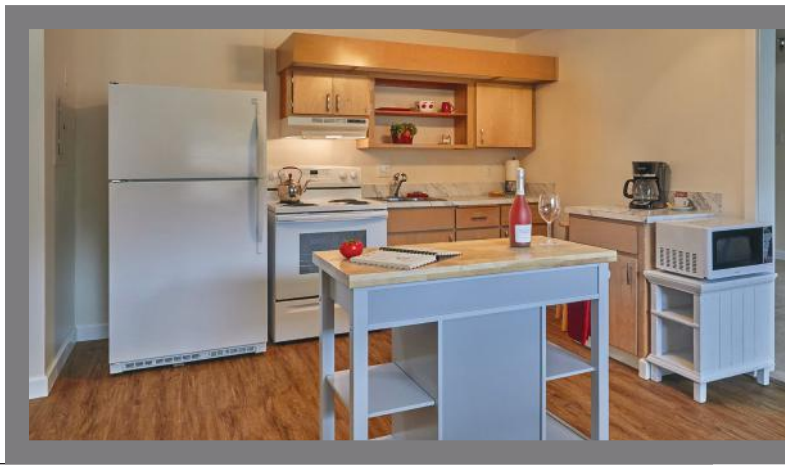
ALCOVE STYLE - 400 Square Feet.
$2295 monthly for one occupant
Private bath with step in shower. Kitchenette includes, microwave, sink, refrigerator/freezer and plenty of storage. $600 per month for second occupant. Occupancy includes three meals per day, weekly housekeeping and utilities.

ONE BEDROOM/ONE BATH – 475 Square Feet.
$2495 monthly for one occupant
Private bath with step in shower. Large windows to give you lots of natural light. Kitchenette includes, microwave, refrigerator/freezer, sink, and plenty of storage. A very pleasant home just for you. $600 per month for second occupant. Occupancy includes three meals per day, weekly housekeeping and utilities.

TWO BEDROOM/ONE BATH–720 Square Feet.
$2995 monthly for one occupant
This apartment has a 6-feet x 6.5 feet walk in closet in the hallway. Private bathroom with a step-in shower. The two bedrooms have large closets. Kitchenette includes microwave, refrigerator/freezer, sink and plenty of storage. $600 per month for second occupant. Occupancy includes three meals per day, housekeeping and utilities.

ONE BEDROOM/TWO BATH– 875 Square Feet.
$3200 monthly for one occupant
PLUS, an area for a TV room or office. The one bathroom has a step-in shower, the other bathroom has a tub/shower. Kitchen with a stove, refrigerator and lots and lots of storage. Six feet of counter space with a large sink. This apartment will amaze you. So comfortable you will want to call it home. $500 per month for second occupant. Occupancy includes one meal per day, weekly housekeeping and utilities.

TWO BEDROOM/TWO BATH– 950 Square Feet.
$3600 monthly for one occupant
As large as many free-standing homes, without the work. Downsizing will not be a problem. Keep your cherished dining room table and the buffet that goes with it! Two bathrooms, one with a step-in shower, one with a tub/shower. Lots of storage and room to fit your life style. You will be amazed at what retirement living has to offer. $500 per month for second occupant. Occupancy includes one meal per day, weekly housekeeping and utilities.



Dining Room

Our table service dining room encourages social interaction and the nurturing of friendships. Our Independent Living Residents enjoy the flexibility with their dining options and can choose how many restaurant-style meals they wish to have each day in the main dining room. At all meal times we do our best to ensure you have healthy options to choose from.

Highlights of our dining program include:
- Beautiful, light-filled dining room featuring restaurant-style dining by our attentive and caring staff
- Meal options available for every meal
- Open meal times
- Salad bar daily
- Special Birthday night dinner
- Guest meals

Daily drinks and snacks served in the living room with comfortable seating making it easy to socialize in the afternoon. A few of our specialty drinks include, iced Mocha, Arnold Palmer, iced chai tea, and strawberry lemonade and infused water is served daily.

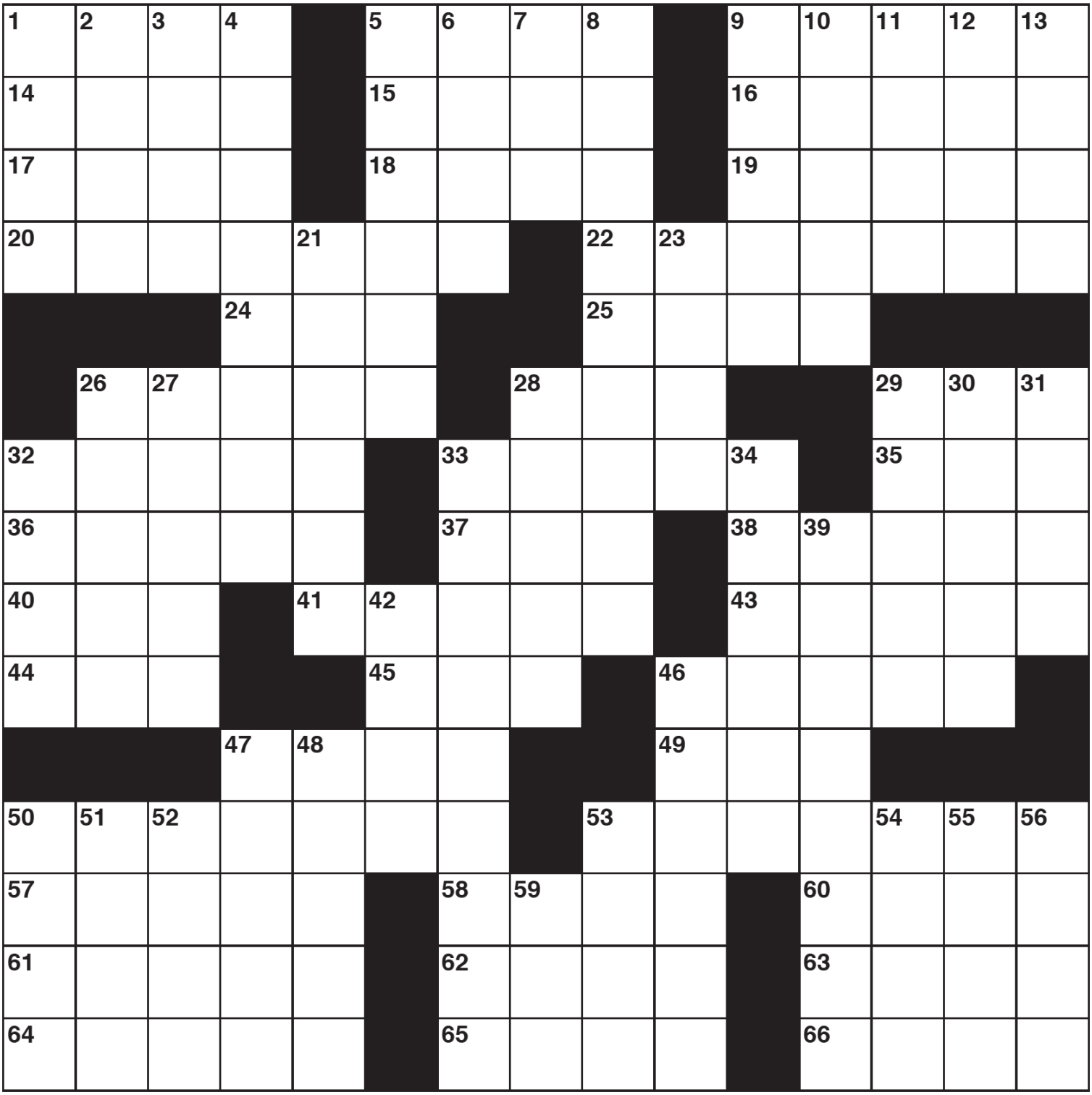
ICED MOCHA RECIPE
(makes one)
½ cup brewed coffee
½ cup chocolate milk

Mix coffee and chocolate milk. Store, covered, in the fridge until cool. When ready to drink add lots of ice cubes and enjoy!

Water is good for you and you feel better when you drink a lot of it! And depending on what you've used to infuse the water, you could be setting yourself up for bonus nutrients.

STRAWBERRY, BASIL AND LEMON:
- 5 cups of water
- 1 cup of ice
- 1/2 cup strawberries stemmed and sliced, fresh or frozen
- 5 large basil leaves torn
- 1 lemon thinly sliced

Brain Games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ACROSS

1 Swiss mountains
5 Deliver by post
9 Piece together
14 Gambling game
15 Decorative needle case
16 Sound of a sneeze
17 On top
18 Doings
19 Belonging to you
20 Review
22 Ornamental stand
24 Hubbub
25 Bearing
26 African country
28 Compass point
29 April (abbr.)
32 Disturbance
33 Pulls along
35 Sign of the zodiac
36 List of highly desired guests
37 Atmosphere
38 Small talks
40 Permit
41 Courage
43 Comfortable
44 Those who make the food laws (abbr.)
45 Hard boiled food
46 Draw with crayons
47 What a mosquito bite does
49 Pole
50 Crop
53 Heat
57 Once more
58 Black
60 Deviate
61 Gathered the leaves
62 Baseball's Nolan
63 Self-esteems
64 Clothe
65 Gorgeous
66 Shrimp

DOWN

1 Far away
2 Unpunctual
3 Professor (abbr.)
4 HBO mob show
5 Time of the year
6 Engrave
7 Tree seed
8 Unload from a ship
9 Recipient
10 Squirrel's dinner
11 Hoodlum
12 Cob vegetable
13 Flexible tube
21 Decrees
23 __ pong
26 Bundled hay
27 1997 Madonna movie
28 Twist the water out
29 “Remember the __”
30 __, Paul and Mary
31 Good outlook
32 Not whole
33 Female children
34 What children attend
39 Held over tradition
42 Upper body muscles
46 Nook and __
47 Crawling vines
48 Takes care of
50 Difficult
51 Seaweed substance
52 Collect leaves
53 Cajole
54 Prego's competition
55 Take the wrinkles out
56 Saclike structures filled with fluid or diseased matter
59 Farewell

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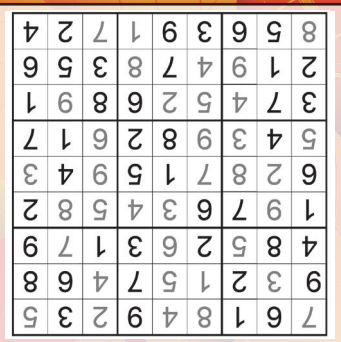
Acorn
Apple
Autumn
Chestnuts
Chilly
Cider
Corn
Cranberry
Deciduous
Harvest
Hayride
Leaf
Maize
November
Nuts
October
Raincoat
Reap
September
Sleet
Squash

Brain Game Answers:



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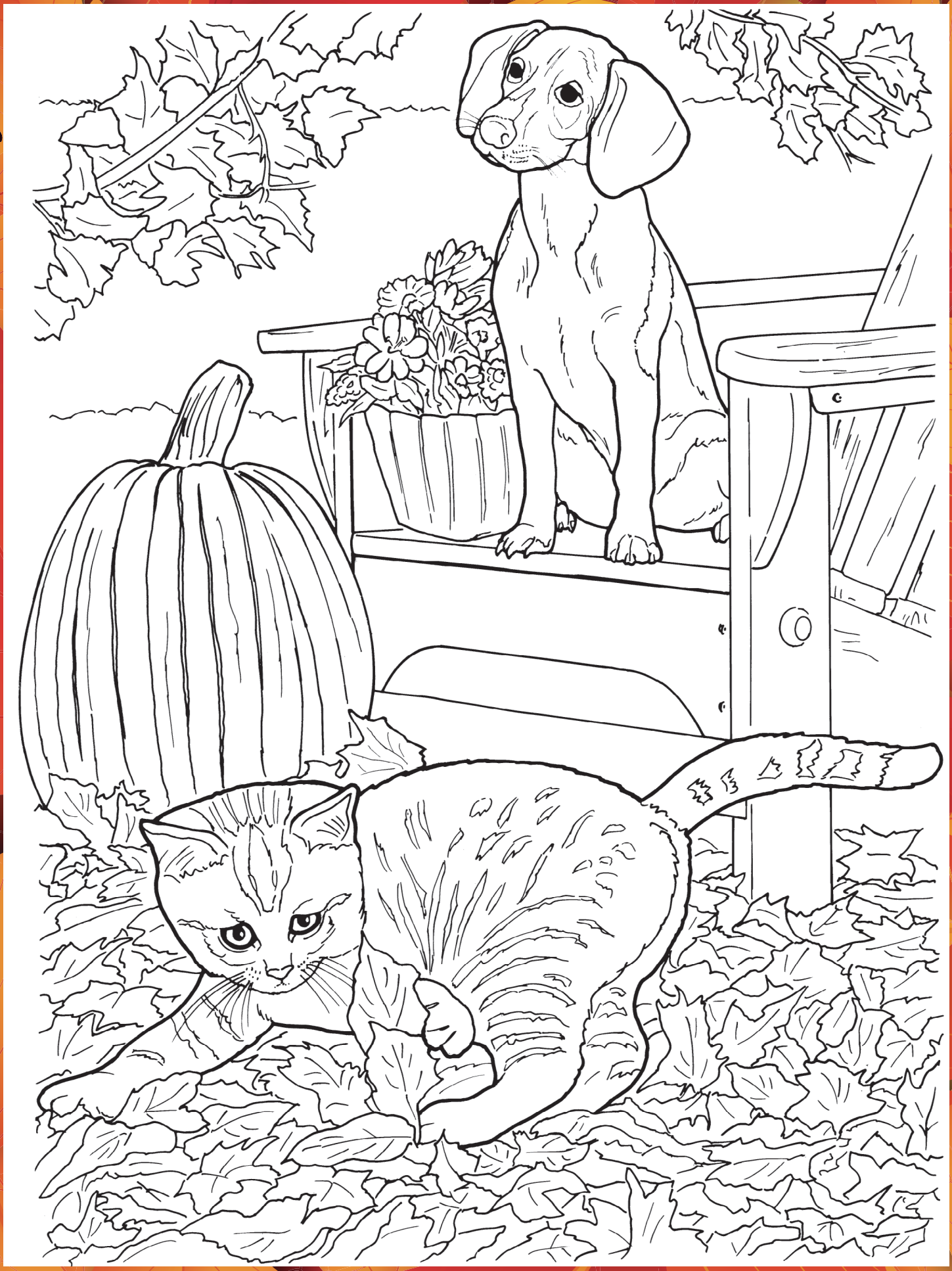

Holiday Bazaar
December 7th • 9am-4pm
Featuring local vendors.
Choose from handmade crafts,
treats, and unique gift items.
Raffle prizes and special giveaways
throughout the day.
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