

Guided by goodness, loyalty, faith, and fun

TRUE NORTH LIVING

19/4

The universe is made
of *Tiny Stories*TM



*"Every time an old person dies,
a library burns to the ground."*

~African Proverb

Compliments of

Shorewood
SENIOR LIVING
PLEASE TAKE ONE



Will Forsyth,
Vice President and
General Counsel
Compass Senior Living

Our residents have many years to draw upon, and so many interesting experiences to recount . . .

The Power of Storytelling

One of the most enjoyable things in life is to hear someone tell a good story. It allows you to get to know the person in a unique and insightful way, sharing a window into an experience from their life. It could be about anything, really – an adventure, a family history, a recollection of daily life many years ago. It could be inspiring, heartbreaking, informative, or hilarious, and sometimes all of those things all in one story.

It doesn't take long in a senior living community to realize that these are places where stories are in great abundance. Our residents have many years to draw upon, and so many interesting experiences to recount . . . and they are typically very generous storytellers! In Compass communities, we embrace the telling of stories, since it is a key to our residents, families, and employees becoming well known to one another. People who know one another well are able to care for one another and make each other's lives more full – this is a simple, powerful truth.

One way we promote storytelling in Compass communities is through our *Tiny Stories*[™] project, where residents are given the opportunity to share stories from their past that are recorded and provided to family members and shared in various ways. A number of *Tiny Stories*[™] clips are available on our website at www.compass-living.com/tinystories. If you have a few minutes, I encourage you to listen to a few of them – it'll brighten your day, as they are reflective of the stories you'll hear every day throughout our Compass communities. If you'd like to participate in the *Tiny Stories*[™] project, please contact your community's Administrator or Life Enrichment Director, as we'd love to help residents preserve and share their stories. In closing, I'd like to extend a heartfelt "thanks" to all of our residents for providing countless stories about their rich and varied experiences – and encourage them all to continue doing this, as it is an important part of what makes our communities enjoyable places to be.

Thanks –
Will

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

Please email
nhill@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](https://truenorthelderhood.wordpress.com).

Call for a tour!

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 or
email: vuhrig@shorewoodsl.com



An Elder once told me...

"Spend your days looking for ways to give instead of what you can take; you'll be much happier in life."

No words were spoken truer.

Our elders teach us many lessons that we can carry for our entire lives, but it all starts with listening to the stories they share with us.

One such story happened right here in our memory care community. She was a lady that was well known for walking throughout the community every day and moving random objects while she roamed.

One day, as she walked down the wide hallway towards me, a stuffed animal in one hand and a box of tissues in the other, she stopped and turned her eyes towards me.

Helen is a hugger. So, when she made eye contact, I knew exactly what I was in for.

We both smiled as we walked closer to our inevitable embrace, but this time was different. She stopped, inches from our practiced routine and asked. . ."why do you want my hug?"

I embarrass easily, so my face began to turn red as my mind scrambled for an answer to this question.

"I want a hug because it makes me feel good", I said.

She shook her head.

"My dear, you should look for hugs that make others feel good. . .you'll understand that one day."

Thank you, Helen, you've taught me well.

(*Tiny Story*™ from Zeth Owen, Community Relations Director, Regent Court, Corvallis, Oregon.)

The universe is ma



"If history were taught in the form of stories, it would never be forgotten." Rudyard Kipling

The Power to Transform

Stories have power. They delight, enchant, touch, teach, recall, inspire, motivate, and challenge. They help us understand. They imprint a picture on our minds. Our story-telling ability, a uniquely human trait, has been with us as long as we've been able to speak and listen. Not only do people love to tell stories, people love to hear stories!

Elder Storytellers

We have a unique opportunity to harvest the wisdom, the humor, and memories we hear every day. We live and work alongside elders who have journeyed almost a full century on this planet. Through their stories, we connect with one another while giving our elder storytellers the

opportunity to reconnect with what was once taken for granted. We give them the opportunity to share their memories for generations to come.

Legacy Preserved

Through the simple process of capturing these memories - these tiny stories - we create a profoundly enriching experience for both the storyteller and the recorder. Elders tell their stories of adventures, challenges, and wisdom acquired along their life journey. Deeper connections are made, and their legacy preserved!

If you want to learn more about this legacy collection project, contact us. We would love to hear your story and share ours too!

de of *Tiny Stories*TM



*"Every time an old person dies,
a library burns to the ground."*

~African Proverb

Irene: *I was born in a log cabin down there in the country. We had the old local doctor, Fred Murray, and he one time told me - He had a real cracky voice, and he said, "I had the choice to make whether you would live or die." And if my mom had been living now it would have been Caesarean, definitely. But, he said that, and he told me one time I was born in "tater diggin" time. [laughs] He was comical, he was a comical old guy. He had a real cracky voice. [laughs]*

Carrie: *You were born in what? What did he say?*

Irene: *Tater digging time! October.*

To read and hear more tiny stories go to: compass-living.com/tiny-stories.



"It doesn't get fresher than this!"

HEALTHY COLOR
organic
favorites FRESH
BUFFET STYLE



Always continuing to
learn more about my profession

Rick in the garden



leadership team

Meet our



Left to right

Rick Charles: Executive Chef

When I was first hired at Shorewood, I knew what to expect, because of past experience. However, I had no idea I would be able to put my love of cooking and healthy eating choices into practice. I am able to order organic produce, grass fed beef, organic chicken, fresh fruit and vegetables. I am inspired to create meals fresh, with the aroma of home-made cooking. I do not “heat” food, I create food to make a menu for our residents. Keep health, create health and

together we have happiness at every meal. With my knowledge of nutrition, I can easily satisfy most dietary requirements and create food for individual choices. Cooking is an art, the kitchen is my canvass. The outcome is the reason I do what I do.

Susan Burkhart:

People make such a fuss about my being at Shorewood for 26 years. But I must admit I am proud I have been able to dedicate so many years doing what I love. It is nice to be the

“answer gal” in the office. I feel like a computer some days with all the information anyone needs at hand. There is no problem too small. I see each request as the most important task I have at that time. After all it is for our residents. Maybe that is why I have a line outside my office from time to time. I would not want it any other way. Yes, I have “work” to do too, and it gets done. However, I feel the real reason I am here and have stayed for so long is the opportunity I have to show love and caring to everyone.

Niki Hill: Community Relations Director

As the Marketer, I am supposed to be all about numbers. Working at Shorewood has been so fulfilling for me. I am able to make serving the community and the people looking for a home, more important than anything to me. I pride myself on being able to match people’s needs to solutions. Moving to Independent living is not too different from other moves, except it is a lot more fun. I have such choices to offer. We have the little guy, (alcove) 400 square foot apartment to the large apartment home (premier) of 950 square feet. The in-between apartments can be just perfect to meet the needs for a great way of life. It is easy to do what I love and I even get paid for it. Bonus!

Beth Webb: Executive Director

“I see myself as part of my team. Yes, I am the leader, and I give everyone a chance to have a say in how their daily jobs are done. My goal is to have a happy team and happy residents. No one person can do it alone. Together we can do so much more. I like to think of Shorewood Senior Living as a fine tuned engine. Ready to win the race.

Staff note: We all wanted to add a little note about Beth. We could not have a better boss. She listens to us when we have a question and she listens

when we have a solution. She says she is a part of the team and with Beth it is much more than words. We have seen her with a hammer in hand, serving in the dining room and driving the bus. Thank you Beth for being on our team and leading us to be our best selves.

Vanessa Urhig: Life Enrichment Director

Silliness is my job and it fits me to a tee. Yes, we have serious moments too, but laughing, playing and keeping the ball rolling (both literally and figuratively) is what I love. We exercise, paint rocks, learn how to laugh at ourselves and teach each other acceptance and tolerance. I do all this while standing on one hand. Not! But I love what I do when I can be myself and use my skills in art, music and yes, just being silly. So being here at Shorewood is a very good match. Come and join us for one of our balance classes and kick ball. See you on Monday or Wednesday at 9:00 am. Just follow the sound of joy and friendship.

Ronnie Davis: Maintenance Director

My nickname is “the miracle worker”. I don’t know how I earned that moniker but I do love to have a problem that needs a solution. I just have a way of seeing things as a possibility, then the answer just pops up. I could be four people and still not get everything done I want to do. Helping to make our residents safe is the most important job I have. Making them happy is what I enjoy. It takes a hammer, lightbulb, paint, drywall and many many tools to do my job. But the best part is the smile I get when I finish a task and I am called. . .well, you got it.



Roasted Pumpkin-Apple Soup

Apples add just a hint of sweetness to this velvety pumpkin soup. Try it as a delightful first course for a special meal.

Ingredients

- 4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks (see Tip)
- 4 large sweet-tart apples, such as Empire, Cameo or Braeburn, unpeeled, cored and cut into eighths
- ¼ cup extra-virgin olive oil
- 1¼ teaspoons salt, divided
- ¼ teaspoon freshly ground pepper
- 1 tablespoon chopped fresh sage
- 6 cups reduced-sodium chicken broth or vegetable broth
- ⅓ cup chopped hazelnuts, toasted (see Tip)
- 2 tablespoons hazelnut oil



Preparation

Preheat oven to 450°F.

Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more. Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining ¼ teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

Make Ahead Tip: Cover and refrigerate for up to 3 days. Reheat in the microwave on High, covered, stirring frequently, or on the stovetop over medium heat.



Tips: Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.

To toast chopped nuts, small nuts and seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Cut Down on Dishes: A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.

Pumpkin Custard with Hazel Nuts and Caramel

Ingredients

1 cup canned pumpkin puree
2 large eggs, lightly beaten
2 cups nonfat evaporated milk
1 teaspoon vanilla extract
 $\frac{3}{4}$ cup packed dark brown sugar
1 tablespoon cornstarch
1 teaspoon ground cinnamon
1 teaspoon ground ginger
 $\frac{1}{4}$ teaspoon freshly grated nutmeg
 $\frac{1}{4}$ teaspoon salt 10 hazelnuts,
($\frac{1}{2}$ ounce)
 $\frac{1}{2}$ cup granulated sugar
 $\frac{1}{4}$ cup water 4 ounces reduced-fat
cream cheese, (Neufchâtel)
2 tablespoons confectioners' sugar
 $\frac{1}{2}$ teaspoon Cognac, or vanilla
extract



Preparation

Preheat oven to 350°F.

Whisk together pumpkin, eggs, milk and vanilla in a medium bowl. Combine brown sugar, cornstarch, cinnamon, ginger, nutmeg and salt in a small bowl. Sift into the pumpkin mixture and whisk until incorporated.

Divide the mixture equally among six $\frac{3}{4}$ -cup custard cups. Set the cups in a baking dish and pour in boiling water to come halfway up the outsides of the cups. Bake until a knife inserted in the center comes out clean, 50 to 60 minutes. Remove the custards from the oven and cool them to room temperature. Chill for at least 2 hours before serving.

Meanwhile, spread hazelnuts on a pie plate and toast in a 350°F oven for 10 minutes to loosen the skins. Rub off skins and let cool. Chop finely and set aside. Line a baking sheet with foil.

Combine granulated sugar and water in a small, heavy saucepan. Bring to a simmer and cook, without stirring,

until the syrup is a deep amber color, 5 to 10 minutes. Do not let the syrup burn. Pour the hot syrup onto the prepared baking sheet. Quickly tilt to spread the caramel in a thin layer. Sprinkle on the toasted nuts. Let cool. When the caramel is hard, break into shards.

Process cream cheese, confectioners' sugar and Cognac (or vanilla) in a food processor or blender until smooth. Garnish the custards with a spoonful of the cream and shards of the hazelnut caramel.

Make Ahead Tip: Prepare the custards through Step 4; cover and refrigerate for up to 2 days. The caramel (Step 6) can be prepared up to a week ahead and stored in an airtight container.



Brain Games

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| 65 | | | 66 | | 67 | | | | | | 68 | | | |
| 69 | | | | | 70 | | | | | | 71 | | | |
| 72 | | | | | 73 | | | | | | 74 | | | |

ACROSS

- 1 Grazing area
- 6 Clothed
- 10 Floating ice
- 14 Pointed weapon
- 15 Healthy
- 16 False god graven image
- 17 View
- 18 Institution (abbr.)
- 19 After eight
- 20 Way
- 21 Unmakes
- 23 Those who make the food laws (abbr.)
- 24 Advance
- 26 Wax coloring device
- 28 Observe
- 31 Mix
- 32 Genius
- 33 Pedals
- 36 Detail
- 40 Cover a present
- 42 Vane direction
- 43 Adore
- 44 Exchange for money
- 45 Amends (2 wds.)
- 48 Second day of the wk.
- 49 Giant
- 51 Twerp
- 53 Rat
- 56 Appeal
- 57 Liberal (abbr.)
- 58 Beam
- 61 Post
- 65 Won
- 67 Oaths
- 68 Remain
- 69 College head
- 70 Rewrite
- 71 Throws
- 72 Writer Bombeck
- 73 TV rooms
- 74 Resources

DOWN

- 1 Invitation abbreviaton
- 2 Capital of Western Samoa
- 3 Bird's home
- 4 Bring together in one place
- 5 Epoch
- 6 Spine
- 7 Solid part of earth's surface
- 8 In addition
- 9 Notices
- 10 Container
- 11 Teach
- 12 Musical piece
- 13 Gather straw
- 21 Opp. of pretty
- 22 ___ Lanka
- 25 MD
- 27 Very dry
- 28 Animal feet
- 29 Unit of land measurement
- 30 Bluish green
- 31 Meets
- 34 Give
- 35 Acid drug
- 37 Dorothy's dog
- 38 Decorative needle case
- 39 Sports event
- 41 Farm tool for turning earth
- 45 Came
- 46 Prepare ground for planting
- 47 Lyric poem
- 50 Stiffen
- 52 Verse meter
- 53 Forest clearing
- 54 More friendly
- 55 Right angle to a ships length
- 56 Unwanted insects
- 59 What a leaf comes from
- 60 Matching
- 62 Ventilates
- 63 Lazy
- 64 For fear that
- 66 Genetic code
- 68 Expression of surprise

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 5 | 1 | | | 8 | 7 | | 6 |
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HARVEST

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.

| | | | | | | | | | | | | |
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| Y | B | Y | C | T | A | H | K | H | E | H | O | O |
| A | R | V | E | A | E | R | D | S | R | S | P | H |
| E | T | Y | O | R | P | W | N | U | I | E | S | S |
| R | P | L | O | W | O | R | A | E | H | D | A | A |
| C | P | B | U | N | T | N | L | C | T | B | Y | P |
| A | T | H | N | R | A | E | L | S | A | R | I | D |
| E | E | I | A | E | D | U | S | T | S | E | P | T |
| S | W | C | L | Y | M | O | U | P | L | A | N | I |
| T | T | G | D | I | R | B | Y | H | D | R | Z | L |
| D | K | A | I | P | O | C | U | N | R | O | C | L |

- Acre
- Arid
- Barn
- Cornucopia
- Crops
- Disk
- Gather
- Glean
- Granary
- Hybrid
- Land
- Mulch
- Packer
- Pests
- Picking
- Plow
- Reap
- Shock
- Till
- Tract
- Winnow

Brain Game Answers:

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | Y | P | P | O | P | B | A | R | K | O | V | E | |
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| 6 | 7 | 8 | 1 | 3 | 2 | 9 | 5 | 4 |
| 8 | 9 | 4 | 5 | 2 | 3 | 6 | 1 | 7 |
| 1 | 3 | 2 | 6 | 8 | 7 | 5 | 4 | 9 |
| 5 | 6 | 7 | 9 | 1 | 4 | 2 | 8 | 3 |
| 7 | 1 | 3 | 2 | 4 | 6 | 8 | 9 | 5 |
| 4 | 2 | 6 | 8 | 5 | 9 | 3 | 7 | 1 |
| 9 | 8 | 5 | 3 | 7 | 1 | 4 | 6 | 2 |

Resource Credits:
 Page 10 & 11: EatingWell.com
 Pages 12-15:
 Crossword & Word Search: purchased from Evelyn Johnson/gets.com;
 Sudoku - www.mathsphere.co.uk;
 coloring page: FaberCastell.com



APARTMENT HOMES OFFERED BY SHOREWOOD SENIOR LIVING

ALCOVE STYLE - 400 Square Feet.

\$2395 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.

\$2595 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.

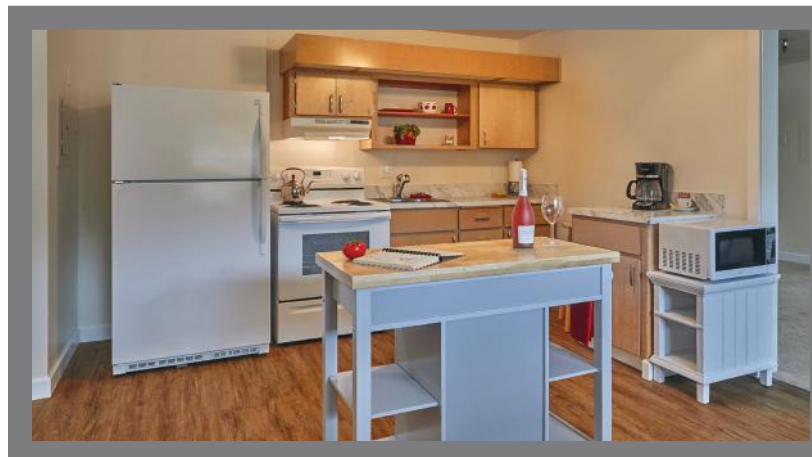
\$3195 monthly for one occupant
This apartment has a 6-ft x 6.5 ft walk in closet in the hallway. Private bathroom with a step-in shower. The two bedrooms have large closets. Kitchenette includes microwave, refrigerator/freezer, sink and plenty of storage. \$600 per month for second occupant. Occupancy 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 lifestyle. 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.



Shorewood
SENIOR LIVING

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