

Guided by goodness, loyalty, faith, and fun

TRUE NORTH LIVING

18/2

Why Yoga?
Benefits for All Ages

Confessions of
a Caregiver:
Finding your Balance



Compliments of
Peachtree Village
Retirement Community
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



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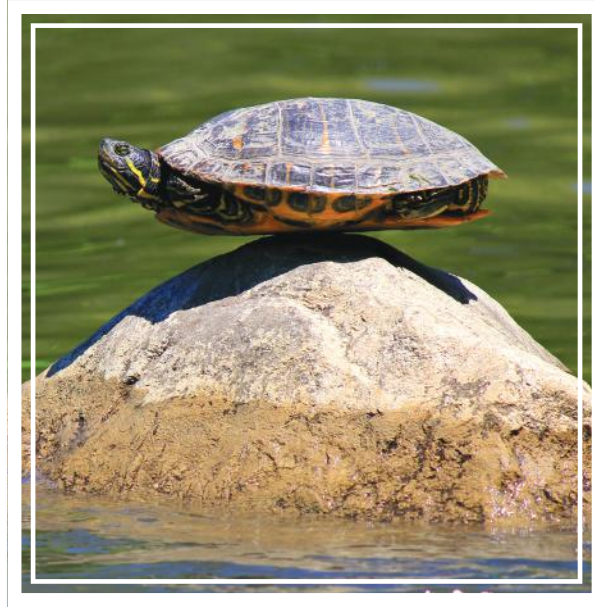
Please email mlawrence@peachtreeret.com or call 575.627.8070 or stop by 1301 W. Country Club Road, Roswell, New Mexico.

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

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

April Events

- 1st- Easter Luncheon @ 12:30
- 3rd- Silver Cords @ 2pm
- 21st- Roswell Flute Ensemble @ 11:30am
- 27th- Miss Minnie’s Dance Performance @ 6 pm

May Events

- 5th- Cinco De Mayo Celebration
- 13th- Mother’s Day Tea
- 19th- Roswell Flute Ensemble @ 11:30am

June Events

- 14th- Flag Day Ceremony
- 16th- Father’s Day Car Show & Root Beer Floats @ 5:30 pm

For information on future events: Please email mlawrence@peachtreeret.com or call 575.627.8070 or find us on Facebook at <https://www.facebook.com/PeachtreeVRC/> for dates and times of our events.

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?"

•••••

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.



Never too late to fall in love



Jerry Morris moved to Peachtree Village in March of 2015. He was from Alamogordo, NM and was not too crazy about moving to Roswell. He felt like he was giving up his independence. His daughter lives in Roswell and for various reasons she felt like having her father closer would be great.

Jerry adjusted to living in a community setting and he was enjoying the benefits Peachtree had to offer, from planting a community garden and tending the hens, to winning first place in the Eastern New Mexico State Fair for growing the largest pumpkin. Little did Jerry know that he would find love again.

In the summer of 2017 a caregiver with Visiting Angels, Betty Engle, walked into Peachtree Village and the rest is history. Jerry and Betty formed a friendship which then quickly turned into something much more.

In December of 2017 Jerry popped the question and on January 3, 2018 they got married.

We always tell prospective residents and family members when they visit our community that this is a place where we want the residents to continue living their lives with the benefits of independence, concierge services, security, friendships, adventures— and yes, you might even find love here!



Marybeth and June Barrett



Mary Beth Lawrence, Executive Director
Manuel Sena, Executive Chef
Annette Gaytan, Life Enrichment Director
Jimmy Ramirez, Maintenance Director
Samantha Ward, Community Relations



APRIL RESIDENT BIRTHDAYS:

Leona Montoya- April 1st

Gennie Dove- April 14th

Hildred Sandy- June 2nd

Jim Perkowski- June 12th

Anne Paschall- June 15th

Henrietta Oliver- June 21st

June Barrett- June 19th

Carl Hogg- June 26th

STAFF BIRTHDAYS:

Stephen Castro- April 4th

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MAY RESIDENT BIRTHDAYS:

Harriett Getchell- May 10th

Addie Thackerary- May 23rd

STAFF BIRTHDAYS:

Betty Gallegos- May 7th

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JUNE RESIDENT BIRTHDAYS:

Hildred Sandy- June 2nd

Jim Perkowski- June 12th

Anne Paschall- June 15th

Henrietta Oliver- June 21st

June Barrett- June 19th

Carl Hogg- June 26th

STAFF BIRTHDAYS:

Marybeth Lawrence- June 12th



Peachtree Residents and *Hot Club on the Pecos* Band

Fun Times at Peachtree Village Retirement Community



Residents making body butter with essential oils



Celebrating birthdays



Aromatherapy featuring a make and take Lavender/Peppermint Lotion



The Art of Painting with local artist Peggy Krantz

Watermelon Green Tea Refresher



You'll need:

1 1/2 cups green tea, brewed and chilled
4 cups watermelon, cubed and seeded, chilled
1/2 tbsp fresh lemon juice (use lime if you'd prefer)
some lemon slices for garnish (or lime, if you'd prefer)

To make:

A few hours in advance (or even the day before), steep a green tea bag in some freshly boiled water. Set it aside to cool to room temperature and then stick it in the fridge to chill (adding a few ice cubes always helps!).

Once your green tea is chilled, add 1-1/2 cups of it to your blender. Add the chilled watermelon cubes and lemon juice.

Blend on high speed for 45 seconds to 1 minute, or until the mixture is completely blended.

Pour into a glasses and serve with a slice of lemon!

If you're serving this delicious mocktail to friends it looks great in mason jars with a cute paper straw, but you could also serve it in some margarita glasses at a party.

This recipe makes 2-3 servings and since it's sweetened only with fresh fruit, it's the perfect no-guilt refreshing treat!!



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				



<p>1. </p>	<p>2. </p>
<p>3. PENNIES</p>	<p>4. back</p>
<p>5. b bird b bird bird b b b b b</p>	<p>6. Finger PIE</p>
<p>7. MILONELION</p>	<p>8. Matter</p>
<p>9. funny funny word word word word</p>	<p>10. Not = Cent</p>

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

Solution:

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	
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	
I	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	H	A	V	E	E	R	O	D	E	S	
D	O	C	T	F	E	W	E	R	T	I	R	A	N
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:
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 coloring page: FaberCastell.com





Let yourself bloom!



 **Peachtree Village**
Retirement Community

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575.627.8070 • PeachtreeRet.com

We would love to meet you!

Email mlawrence@peachtreeret.com or call for a warm welcome.