

Guided by goodness, loyalty, faith, and fun

# TRUE NORTH LIVING

Redefine & Reinvent Yourself...  
Create Your Encore

Compliments of

**Shorewood**

SENIOR LIVING

PLEASE TAKE ONE







Will Forsyth,  
Vice President and  
General Counsel  
Compass Senior Living

*...music and pets are  
important parts of what  
makes our Compass  
communities  
"home".*

## **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](mailto: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

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**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  
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Vanessa at 541.997.8202 or  
email: [vuhrig@shorewoodsl.com](mailto:vuhrig@shorewoodsl.com)



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.

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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](mailto:jgarboden@compass-living.com).





Georgia sees beauty in even the common things. She has an elegance about her that brings people in. When one looks at her beautiful garden one sees her gift.

*"I like living at Shorewood Senior Living.*

***[I am free to live my life the way I choose too.]***

*I participate in Bridge tournaments and am in and out almost every day. I love to spend time out in my garden where I find peace and beauty." ~Georgia*



Dean is in love with nature and it loves him back. If he touches a living plant of any kind, it responds. He makes us a true believer of the saying, "Green Thumb".

*"I enjoy living at Shorewood Senior Living because it feels like home.*

***[My wife and I live our lives in comfort and privacy.]***

*We have company when we want and/or just stay home. It is nice to have meals prepared and housework done. I enjoy being able to plant my vegetables, herbs and flowers outside and spend as much time as I want. I share the fruits of my labor with my neighbors." ~Dean*





Eva is, simply put, an energy ball. She had a few tours and was thinking about moving to Shorewood Senior Living. She asked to not be called, let her make up her own mind. About six months later, Eva showed up in the office and said "I am ready". She had read the ad in the Siuslaw News about the one bedroom with an outdoor space. She moved in and is very happy.

*What keeps me happy and keeps me here is the fact I can live my life the way I choose.*

*I cook for myself. I do not eat in the dining room. I like being alone and I study and walk and just enjoy my life. I have an outdoor area where I can sit and enjoy the air and the sounds of the day. Life is what we make it, a daily gift. I like to make my life joyful and spontaneous. I can do that here." ~Eva*



Doris is a vibrant and friendly woman. She decided to move to Shorewood Senior Living last year. Then, she changed her mind and decided to stay in her home for a while longer. In the meantime, her neighbor who was moving to Shorewood, decided to take the apartment Doris took off "hold". A couple weeks later Doris called and asked if the apartment she had on hold was available. I told her it was not but I had another available. She came to look at it and said she would take it. When she told her neighbor about the apartment her neighbor said it was the one she was going to move into but rented the other instead. Now they are both moved in and are still neighbors.

*"It took me awhile, but I am so glad I decided to make the move. I have changed my furniture around several times and now have it just perfect. The staff came in and helped me configure things several times. We all had fun and I felt like it was something they wanted to do for me. I enjoy having meals and housekeeping services.*

*I can still go out and jump into my car any time I want and keep my busy life the same.*

*I love the security here at Shorewood. I know there is someone available 24/7 if I need someone. I can sleep at night and know I am safe." ~Doris*



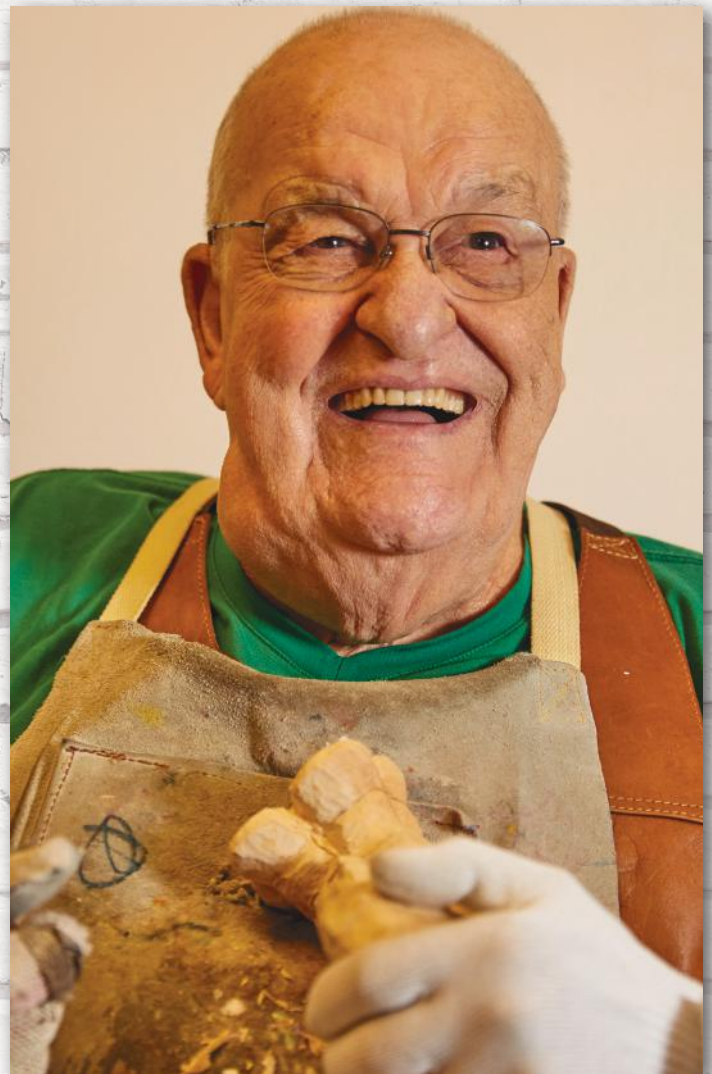


Rose is a smile walking. She and her husband, Forest, moved into our 950 sq. ft. premier apartment a few months ago. When they came to tour from Las Vegas, NV they could not believe how spacious the apartment felt. Forest is quiet, yet has a great sense of humor which comes out-of-the-blue. He was asked "what do you think?" He looked around the apartment and said, "Rose might be kind of hard to catch with this much room". And his humor has not stopped since.

*"We went up and down the coast looking for our new home. We even took a trip to Washington and California. Shorewood beat them all. That large apartment at Shorewood Senior Living just kept coming into our minds. Rose said. . .*

*"During our tour, one of the staff members reached out and hugged one of the people who lived there. 'I love you' came from the staff and 'I love you too' came from the resident. I knew there and then I wanted to call this home."*

*After we got back to Las Vegas we knew Shorewood had won our hearts. We called and put the apartment on hold. Our move to Oregon was a real story, but we made it and are so glad to be here. The independence is what we enjoy. Our apartment has a full kitchen so we can eat at home or in the dining room. ~ Rose & Forest*



Cecil is an artist. He carves faces, creatures, and objects out of wood. We recently had a display of his art work. His walking sticks drew a lot of attention. However, the Indian Head was the hit of the show. So many people tried to purchase it, but it was not for sale.

*"My kids love to come to Shorewood Senior Living and have lunch with me. It is a real treat and feels like home. I have been doing some carving again which I enjoy very much.*

***I never feel like I am living in an "old-folks home".***

*I am independent and live my life as I choose. But, if I need something I know help will be on the way. I meet smiles every day from my neighbors and the Shorewood staff."*

*~Cecil*



A woman with short, curly white hair and glasses is sitting in a red motorized chair in a garden. She is wearing a pink cardigan over a blue patterned top and grey pants. She is holding a green watering can and watering a plant. The garden has a wooden lattice fence in the background and various plants, including a potted plant with red flowers on a small table to the left.

A little dirt under  
my fingernails  
makes me feel  
at home



At *Shorewood Senior Living* we feel it is vital for our residents to feel this is their home. Gardening is a very important part of life. If you love nature and like to plant seeds or starts, we will make room for you to do just that. We have spaces where one can plant flowers, vegetables or herbs. We have raised garden beds and some apartments have their own outdoor area. Get your flower seeds ready because in just a few weeks we can begin the fun of planting them and watching them grow. Last year we had tomatoes, green beans, peppers, squash, and flowers, flowers, flowers. A Master Gardener lives among us and what a bright spot that is. Not everyone enjoys gardening (Can you believe that?) but if you do, your heart will fill with joy this year. Spring is such a wonderful time of year. There is nothing like watching a plant break through the earth to welcome us with its beauty. If you like gardening you will love it at *Shorewood Senior Living*.



# 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 through, 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.



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	
W	A	R	E	S	O	T	E	E	N	H	E	R	
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
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	T	I	R	A	N	A	
M	H	Z	E	L	L	E	T	A	M	E	D		

## 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







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## Shorewood

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