

Guided by goodness, loyalty, faith, and fun

# TRUE NORTH LIVING

19/1

## The Invisible Art of Caring:

Care Teams  
embrace patience,  
empathy, respect,  
and kindness



Compliments of

 **Peachtree Village**  
Retirement Community

PLEASE TAKE ONE





Dennis Garboden, President  
*Compass Senior Living*

## Why would I want to move in to a Senior Housing Community?

*Good question!*

Are we beyond the perception of senior housing being “an old folks home?” That is often what we may hear from an elder adult when exploring

the possibility of living in a communal setting in an Independent or Assisted Living Community.

What many discover is a new lifestyle opportunity, as my grandmother Dora did.

My grandmother Dora had significant visual decline due to macular degeneration, and also had mobility issues. She began occupying smaller and smaller areas of her home. She quit going upstairs and rarely used her bedroom. She spent a lot of time on the couch in her living room watching TV and eating microwaved meals. She could no longer drive safely, and had no way to maintain connections with friends, social groups, and church friends. Usually a vibrant, intelligent, optimistic life-long learner, and fiercely independent woman, she became depressed, and reclusive. She was feeling lonely and helpless.

My grandmother’s independence was apparent when she made the decision herself to do something about

her situation and make a move to a Senior Housing Community. Remarkably, this choice changed her life. Instead of sitting alone in her home watching TV, she now had a table of new friends to eat meals with (and a chef to prepare the meals!). She organized and led an outreach mission to the homeless in partnership with the Community. Her church family held monthly ‘circle’ meetings in the community room where she was the president of the Women’s Society. She learned to use a computer to connect with email.

Looking back, I saw that Grandma Dora was pulling inward and becoming isolated, and it was in large part due to her environment of being alone in her home. With the opportunities presented to her in her new senior housing home, she became more active and more outgoing, and found purpose again.



It is important to recognize that it is a very big decision to move from home to an Assisted Living or Independent Living Community. And – it is also important to note that a renewal of spirit can be a result of the move to a social setting with supports. It can be a thoughtful, intelligent decision - not something to be dreaded. It may just be

the next adventure! Dora’s grandchildren and great grandchildren loved to visit their happier, fun and smart grandma - calling her ‘Grandma Dora, the explorer!’

Take care,  
Dennis Garboden

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# Your Questions Answered about Social Security Benefits

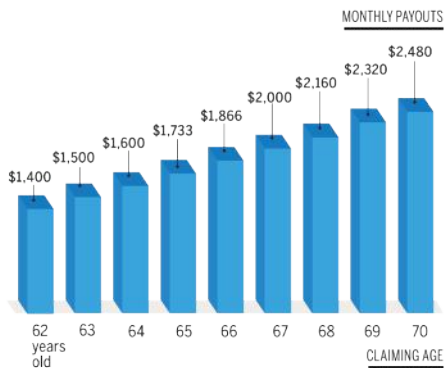
Social Security is the most important program the federal government operates. Last year, 1 in 6 Americans received benefits, and over half of all Americans contributed a chunk of their income through payroll taxes to help secure their own future retirement.

## ***When should I start claiming Social Security retirement benefits?***

The math is clear: Wait until age 70 if you can. That will maximize monthly and lifetime benefits, assuming you live to the average life expectancy for people your age. See the graphic below for how the first-year monthly payment would differ based on the age you start receiving benefits. (for those born between

### Patience Pays

Waiting to claim Social Security can boost your payouts significantly. Here's how it would affect a worker eligible to get \$2,000 a month at a full retirement age of 67.



1943 and 1954)

## ***Can I work and get Social Security?***

Yes, you can work and get Social Security. If you wait until age 70 to start drawing Social Security, you can work as much as you like, and your benefits won't be reduced. But beware:

if you are younger than full retirement age, the agency will withhold some of your benefit if your wages exceed a certain limit. In 2019, the threshold on your earnings will be \$17,640. Make more than that, and the government will temporarily withhold \$1 from every \$2 you receive over the cap. (you

will receive this money eventually in the form of higher benefits once you reach full retirement age.)

## ***What if I stop working in my 50's? Will it affect the benefits I receive if I apply at age 62 or 66, or even if I wait until 70?***

Your program benefits are calculated based on your 35 highest years of earnings. It doesn't matter what age you were when your earnings peaked.

## ***I am making contributions to my 401(k). Will that change my Social Security earnings limit?***

Contributing to a 401(k) plan does not reduce the amount of Social Security earnings. Social Security looks at your gross earnings before any tax-deferred deductions and allotments.

## ***If I start taking my benefit at 62, can I switch to spousal benefits when my husband claims his Social Security?***

You can claim your own benefit at 62 and then pick up a spouse's benefit on your husband's record later if his is higher, and if your full-retirement age amount is less than half of his.

## ***Can I collect a survivor benefit from my deceased spouse at age 62 and switch to my own retirement benefits later?***

Yes. When you are eligible for both your own retirement benefit and a survivor benefit, you have the option of collecting one benefit early and waiting until you are older to switch to the other. You can collect a survivor benefit on your deceased spouse's record as early as age 60 and wait as late as age 70 to switch to your own record.

Get more of your questions answered at <https://www.aarp.org/>

### **January:**

Encompass Health Talk Diet and Exercise  
Aromatherapy- Orange Room Spray

### **February:**

Sweetheart Dance  
Random Acts of Kindness Week  
Frontier Home Health Heart Health  
Penny Drop Fundraiser- Heart Association

### **March:**

St. Patrick's Shamrock's and Music Social  
Frontier Health Talk- Digestions and Smoothies  
Folkloric Recital

CALENDAR OF  
EVENTS

For information on future events: Please email [mlawrence@peachtreeret.com](mailto: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.



# The Invisible Art of Caring:

Care Teams embrace patience, empathy, respect, and kindness





Recently, I had the privilege of working with and teaching our care teams about how to embark on a courageous journey to change the world by embracing and evoking their power as educated caregivers.

The fact is – the care teams are also teaching me. I usually see people in a class-room setting, but here, I see them doing the daily tasks of washing others, holding others, feeding others, and dressing others. It is intimate work and requires patience, empathy, respect and kindness.

As I watched one team member tenderly helping a 90-year old man get ready for bed, I was touched by how beautifully and intentionally she engaged with him. It was clearly more than a ‘task’, it was a loving and truly beautiful act.

**When I told her what I had observed, she started crying. She said, “I love this work and I feel I get as much back from the residents as I give to them. But I feel like my work is invisible.” She continued, “My husband does body work on cars, and you can see the work he does every day, and people appreciate it. No one has noticed my work - It is invisible. Thank you for making it visible today.”**

I knew she was right! Caring work is powerful and magical – but for the most part, caring is invisible.

Care is more than custodial – Caring is an art. Caring is a science. I believe that caring plays a much bigger role in our lives than you might think. The experience

of caring can ‘shape us’ and help create order and stability in our own lives.

### ***Let’s make the invisibility of care visible!***

The deep assumption about caring is that it is something anyone can do, but we do not take care of human beings the same way we take care of a house or a lawn! We must know many things.

The way we touch others increases or diminishes their self-worth.

· **The sensations of the body are the pathways to intellect and emotions.** Caring routines involve engagement around bodily functions (elimination, cleaning, eating, sleeping) and therefore they hold the most intimate importance.

· **In the past, caring tasks may have been viewed as custodial.** In the emerging future, care is viewed as an honorable practice that requires specialized knowledge about human development.

· **When we see the other as competent and capable, we practice caring as a conversation** – a reciprocal exchange. We find ourselves doing things “with” others instead of doing them “to” others. We engage in relationship-planning rather than care-planning.

· **We view care as a practice that nurtures another’s development, actualization, and self-sufficiency.** This is the opposite of caring in a way that creates helplessness, frustration, dependency, or entanglement.

· **Caring is associated with strength and power** – not passivity or weakness. The other feels his or her wholeness in our caring response.

I am so grateful for every touch, every smile, every kindness that is given to one another, to our families, and to the residents. My deepest gratitude and respect for each one of you. I am honored to be on this journey with you.

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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).

# The Morgan Hero Award



Jon Morgan with Donald Sivils who was recently awarded the Jon Morgan Award 2018

Donald



# ...is an annual award that recognizes individuals who stayed true to the Compass values in the face of adversity.

As told by Director, Marybeth Lawrence, Director at Peachtree Village Retirement Community, who nominated Donald Sivils.

Several years ago, Donald Sivils was an independent 50-year-old man working 40 hours a week in the oil fields, when one day his life changed. Donald had a stroke, which left him in the hospital fighting for his life. After several weeks in the hospital, Donald was transferred to a nursing home where he started what he thought was his new life. He had to learn to eat, dress and walk again on his own. After many months of hard work and determination, he was moved to an assisted community in Clovis, NM where he continued to regain a sense of independence. His body was not doing what he wanted it to, but his brain and his heart knew different; it was not going to end this way.

For me his story takes a turn in November 2016 when I received a call from his mother who was looking for a more independent community for her son. He was making progress but getting depressed because of the environment. I will always remember the tone and the pain in her voice, hoping we could help her son in some way.

She told me she would be in Roswell the next day with her son and wanted to stop by. At this time, we were at 100% occupancy and all I had was our model apartment that was a studio apartment without a kitchen area. The model apartment is not recognized on my census so I was reluctant to give it up until they walked in and sat in my office. I could not turn him away; we were now a part of his journey toward regaining his independence.

After a few months living at Peachtree, it was obvious that he was becoming more and more independent, and over the next year he took on a role of helping any way he could to assist other residents. Everyone loved Donald; he touched everyone he met with his kind heart and sweet caring personality.

Eleven months later, Donald walked into my office and said he was ready to move on and take the next step by living on his own. He rented a small apartment, got a job at Wendy's and was excited to move on with his life. Being so well liked by the staff and the residents it became very emotional and heart breaking to watch him leave.

About two weeks after he moved out, Donald came to visit us and I asked him how his job was going, and he said well. At this time, I was looking for someone part-time to help in several areas, and I happened to mention it to him. Before I could say anymore, he said he would love to work at Peachtree, "When can I start?". Two weeks later he began working at Peachtree and the rest is history.

Donald drives our community bus, helps in the kitchen and dining room and is always eager to help wherever he is needed. He always goes that extra mile to make sure whatever he is doing makes a difference.

I am assuming not many people (communities) have the opportunity, honor and privilege of having a resident become an employee, but we did.



Dennis, Donald, Will, Marybeth, and Jon



## Resident Birthdays:

### January:

Margery Preston- 11th  
Sally Chavez- 15th  
Bama Crouse- 16th  
Eileen Bohon- 23rd  
Fred Lewis- 29th  
Eugene Holden- 31st

### February:

Louise Blair- 5th  
Georgia Schoenecker- 6th  
Darlene Enzian- 12th  
Ruby Brown- 20th  
Nick Nickerson- 23rd  
Laura Nickerson- 28th

### March:

Opal Butts- 3rd  
Christine Williams- 17th  
Violet Perkowski- 20th  
Fred Schoenecker- 25th



## Staff Birthdays:

### January:

Joe Estrada- 13th  
Alicia Chapa- 19th

### February:

Rebecca Dowell- 2nd  
Joselyn Salazar- 19th  
Stephanie Martinez- 24th

### March:

Shirley Clayton- 13th  
April Andrews- 31st

# Happy Birthday





Having a little Halloween Fun.



Jeanette and her daughter enjoying dressing up for Halloween

Marybeth Lawrence- Director  
Annette Gaytan- Life Enrichment Director  
Samantha Ward- Community Relations Director  
Manuel Sena- Dietary Director  
Joe Estrada- Maintenance Director



Helen and Staff, you are a blessing at 101.



Breast Cancer survivor's luncheon



Hetty, Hildred and Sally enjoy some friend time.



# Loaded Baked Potato Soup

This healthy loaded baked potato soup recipe is inspired by the comforting flavor of fully loaded baked potatoes with bacon, Cheddar, sour cream and chives. To make a vegetarian version of this potato soup, omit the bacon and use “no-chicken” broth. Serve it with a green salad and crusty bread to clean up the bowl.



1 tablespoon canola oil  
16fl oz High Heat Omega 3 Canola Oil  
2 slices bacon, cut in half  
½ cup chopped onion  
1½ lbs med. russet potatoes (2-3),  
scrubbed and diced  
4 cups reduced-sodium chicken broth  
½ cup reduced-fat sour cream  
½ cup shredded extra-sharp Cheddar cheese,  
divided  
8oz Sharp Cheddar Chunk Cheese  
¼ teaspoon freshly ground pepper  
¼ cup snipped chives or finely chopped  
scallion greens

1. Heat oil in a large saucepan over medium heat. Add bacon and cook, turning occasionally, until crisp, 4 to 5 minutes. Transfer to a paper towel to drain, leaving the oil and bacon drippings in the pan. Add onion to the pan and cook, stirring, until starting to soften, 2 to 3 minutes. Add potatoes and broth. Bring to a boil. Reduce heat to maintain a simmer and cook until the potatoes are tender, 12 to 15 minutes.

2. Using a slotted spoon, transfer about half the potatoes to a bowl and mash until almost smooth, but still a little chunky. Return the mashed potatoes to the pan along with sour cream, ¼ cup cheese and pepper. Cook, stirring, until the cheese is melted and the soup is heated through, 1 to 2 minutes. Serve garnished with crumbled bacon, the remaining ¼ cup cheese and chives (or scallion greens).



# The Most Delicious Meatloaf

Growing up, my mom was sure of one thing, that my sister and I did NOT like it when it was meatloaf night at our house. For years, my mom tried so many versions of meatloaf only to once again fail to hit the mark with half the people at her table. Then. . .she stumbled on this recipe, shared in a community cookbook, and it forever changed the minds of two teenage girls. Which is quite a feat in and of itself. . .even if it is just meatloaf. *Tina Woodcock*



## **Meatloaf:**

2lbs ground beef  
2 eggs  
1c crushed cornflakes  
2 tsp. salt  
1/4 tsp. pepper  
2T minced parsley  
1T dried onion

## **Sauce:**

1 c ketchup  
2/3 c brown sugar  
3 tsp prepared mustard  
4T cider vinegar  
1 tsp nutmeg

Combine meatloaf ingredients and mix well.

Combine sauce ingredients and mix well.

Mix a quarter of the sauce into the meatloaf.

Bake at 350° for 40 minutes then pour a quarter of the sauce on top of the meatloaf and bake for an additional 20 minutes.

Place the remaining half of the sauce in a pan to heat and use as a gravy over individual servings.

Total cooking time is 1 hour. Serves 8 to 10.







# Brain Games

## ACROSS

- 1 Resort hotel
- 4 Tempos
- 9 Calorie
- 12 Gust
- 14 Take into one's family
- 15 Wheel
- 16 Singing voice
- 17 Pertaining to the north or south ends of the earth
- 18 Makes hot cereal
- 19 Heavy and widespread snowstorm of lengthy duration
- 21 On the other side
- 23 Bullfight cheer
- 24 Old-fashioned Fathers
- 25 Hairstyle
- 28 Pat lightly
- 31 Ritzy
- 34 Express approval
- 36 Lavatory
- 38 Police officer
- 40 Water film
- 41 Heroism
- 43 Out of bounds
- 44 Decade
- 45 Stretch to make do
- 46 Slovenly
- 48 Sprint
- 51 Central nervous system
- 53 Stare at
- 54 Net
- 56 Greedy person
- 58 Short open jacket
- 61 Runnerless sled that is curved upwards
- 66 Waterless
- 67 Fatty vegetable
- 69 World organization
- 70 Strong wind
- 71 Sounds with reference to pitch, strength, or duration
- 72 Experts
- 73 Wily
- 74 Inscribed stone
- 75 Observe secretly

## DOWN

- 1 Wash with a mop
- 2 Tablet
- 3 Opposed
- 4 From the pope
- 5 Worshiped
- 6 Frigid
- 7 Government agency
- 8 Tie down
- 9 See ya!
- 10 Branch of learning
- 11 Fewer
- 13 Dozen (abbr.)
- 15 Upper body
- 20 Where animals are kept
- 22 Head cover
- 25 Curved
- 26 Animals in a region
- 27 Boundary
- 29 Type of wrench
- 30 Ghost's greeting
- 32 Frown angrily
- 33 Provide housing for
- 34 Pacific Time
- 35 Evening
- 37 Sphere
- 39 Wooden sheet
- 42 American Kennel Club (abbr.)
- 43 Cloudlike mass made up of tiny water droplets suspended in the air near the ground
- 47 Company symbol
- 49 Swedish citizen
- 50 Possessive pronoun
- 52 Large, long-handled scoop for digging or scooping heavy material
- 55 Coverings for the feet worn for protection
- 57 Overly fat
- 58 Containers
- 59 Spoken
- 60 Spring flower
- 61 Prong
- 62 Gross national product (abbr.)
- 63 Long fish
- 64 A spinning toy (2 wds.)
- 65 Prying
- 68 Large number



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					69			
70					71						72			
73					74						75			

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.

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

Blizzard  
 Blue  
 Boots  
 December  
 February  
 Fireplace  
 Frozen  
 Gray  
 Hibernate  
 Icicle  
 January  
 Shovel  
 Silvery  
 Skates  
 Skis  
 Sled  
 Snow  
 Snowstorm  
 Sweater  
 White  
 Winter

Brain Game Answers:

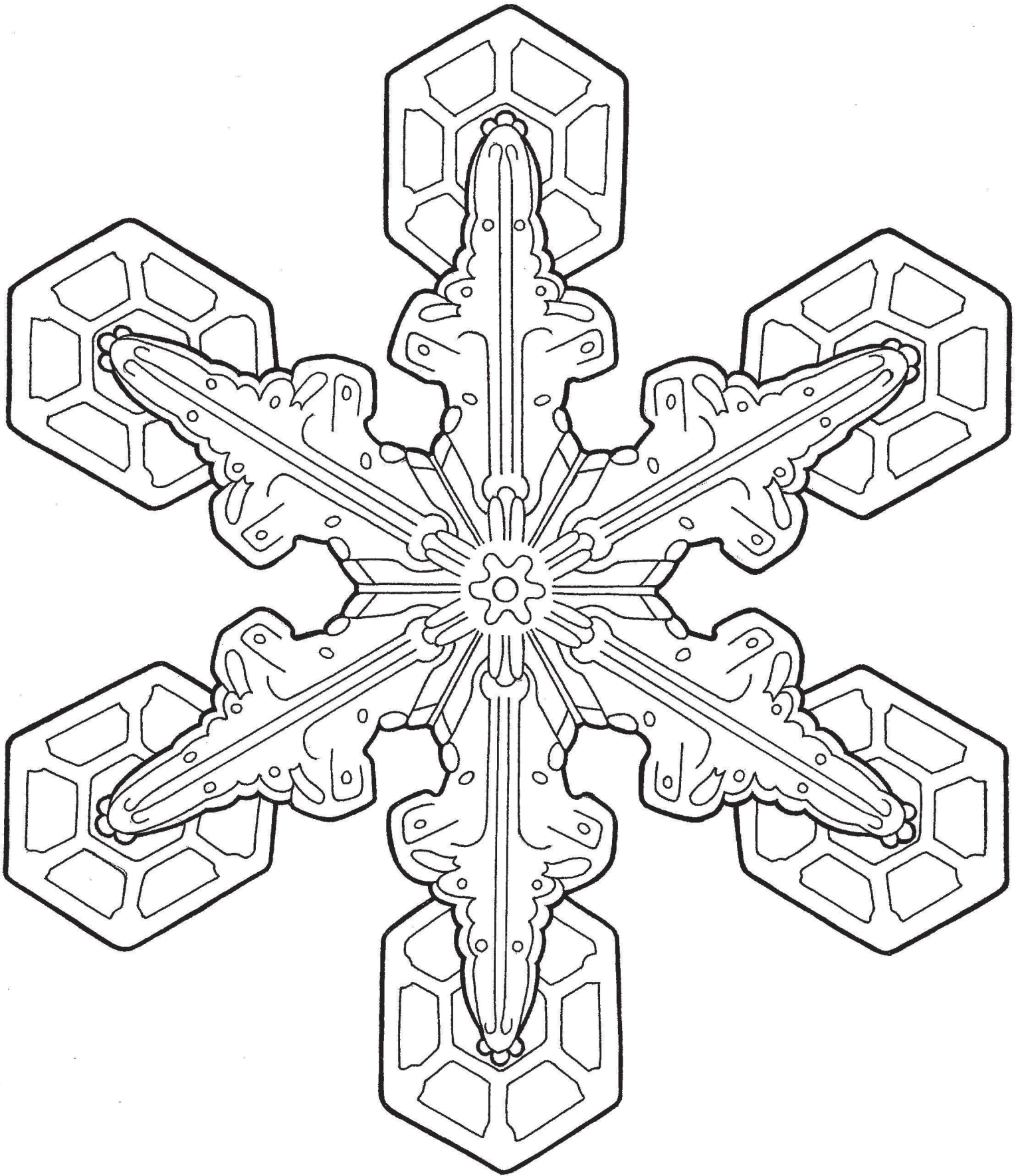
W O N S L A U E G H T E B E  
 S S R S T O O B L I S L T T  
 K H L E S L U Y N C I T H A  
 A A T E E D R Y Y Z I R I N  
 T V E V D E A R Z S S C F R  
 E S O W V R A A W R N E I E  
 S H W L G U R E I E O T R B  
 S N I I N D A T E B W I E I  
 F S R A N T F R O M S H P H  
 R E J M E T T H E E T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

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

Resource Credits:

Page 10 & 11: EatingWell Magazine, recipe by: Carolyn Casner;  
 Meatloaf recipe shared in a community cookbook {circa 1980} called  
 Stovetop Melodies, Valmeyer, IL  
 Pages 12-15: Crossword & Word Search: Evelyn Johnson/qets.com;  
 coloring page: FaberCastell.com







Everyone has a story.

Continue yours at Peachtree Village.

Call, email, or stop by and join Marybeth  
for lunch or a cup of coffee to learn more.

Contact Marybeth at [mlawrence@peachtreeret.com](mailto:mlawrence@peachtreeret.com) or call 575.627.8070



 **Peachtree Village**  
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