18/3

True North Living

Guided by goodness, loyalty, faith, and fun

Live each day like it is your first

Recreating LivingMemories™

Compliments of
Peachtree Village
Retirement Community
PLEASE TAKE ONE

Dennis Garboden, President
Compass Senior Living

On being a Caregiver

What is the heart and soul of senior housing? Who is the heart and soul of senior housing?

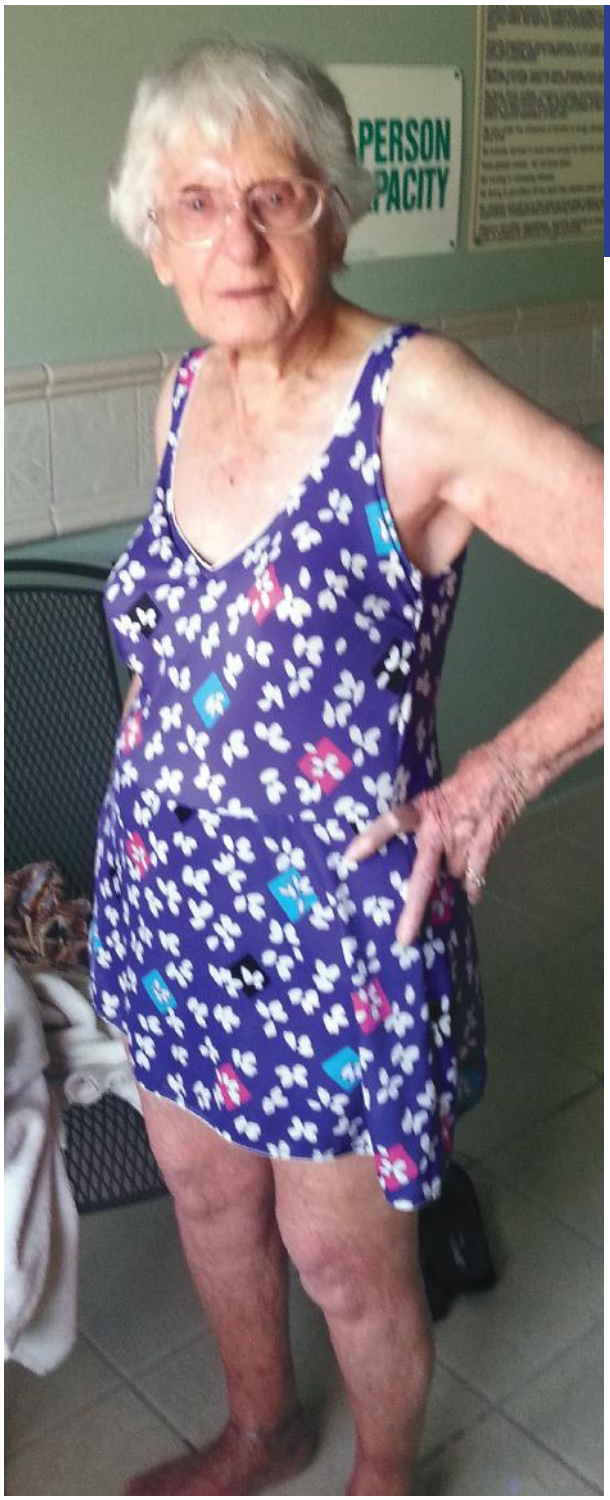
Caregiving and Caregivers.

Our business is alive and supported by a very large group of wonderful people – our Caregivers. We all know that without our caregivers, we don't have our industry. Currently we are in what some have referred to as a crisis situation. This is in response to the difficulty of finding good quality people to care for our elders.

Think how difficult of a job this may be. You, as a caregiver, are responsible for daily tasks such as bathing, passing medications, helping to dress, and grooming. But as any caregiver can tell you, the larger responsibility of the job is the social interaction between caregiver and elder. That is why, when searching for good caregivers, the "culture fit" is more important than the technical task abilities. You can provide training for skills – but you need to start with their Goodness. You hire Good people – then you train the tasks. Caregivers need that goodness within them, as across all business types (assisted living, nursing homes, childcare, disabled), it is imperative for the job.

Leaders and business owners must see themselves as caregivers. By this, I mean we need to care for the caregiver. Be good to your caregivers and they will be good to our elders.

Take care,
Dennis Garboden



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

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.

I live each day like it is my First!

Edith & Denise

As I travel around the country, my greatest pleasure is connecting with elders living in our communities. If the community has an available apartment I stay as a guest. I visited Majestic Rim Retirement Community in Payson, Arizona and met an incredible 90+ year old woman named Edith. I recorded her stories for our Tiny Stories™ program and then Edith invited me to go hot-tubbing with her and Denise. We laughed as Edith showed me how she could still raise her feet above her head.

As we soaked in the hot tub we shared stories and talked about life. Edith said, "*You know, I believe in life before death.*" I said, "*Really, tell me more!*" She shared more of her personal stories of both hardship and joy. Edith reflected that life is a journey of mountaintops and valleys. She said living in the present is the key.

"*Today is the day where we have a choice to find our happiness.*" She said, "*I live each day like it is the first day of the rest of my adventure!*"

This was a big 'aha' for me! Yes, life affirming words from a wise, down-to-earth elder!

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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.

Jean & Edith

CALENDAR OF EVENTS

July Events

4th – Fourth of July Firework Show
20th- Encompass Home Health Talk on Diabetes @ 1:30pm
26th – Homemade Ice Cream Sundae Bar @ 1:30pm

August Events

7th- The Art of Painting with Peggy Krantz @ 1:30pm
10th- Encompass Home Health Balance and Fall Prevention @ 1:30pm
25th- Peachtree Block Party 4:30- 6:30pm

September Events

9th- Grandparents Luncheon 12:30pm
14th- Dementia and Alzheimer's Care with Kindred Hospice @ 1:30pm

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.

Delivering Happiness by

An estimated 5.7 million Americans have Alzheimer's or other dementias. At home or in senior housing communities, creating beautiful, vibrant, and active cultures where those who have cognitive loss can live with joy and purpose is important.

We believe that those who have memory loss can participate as fully capable people in an environment where the mind, body, spirit, and soul is stimulated - promoting physical and mental wellness.

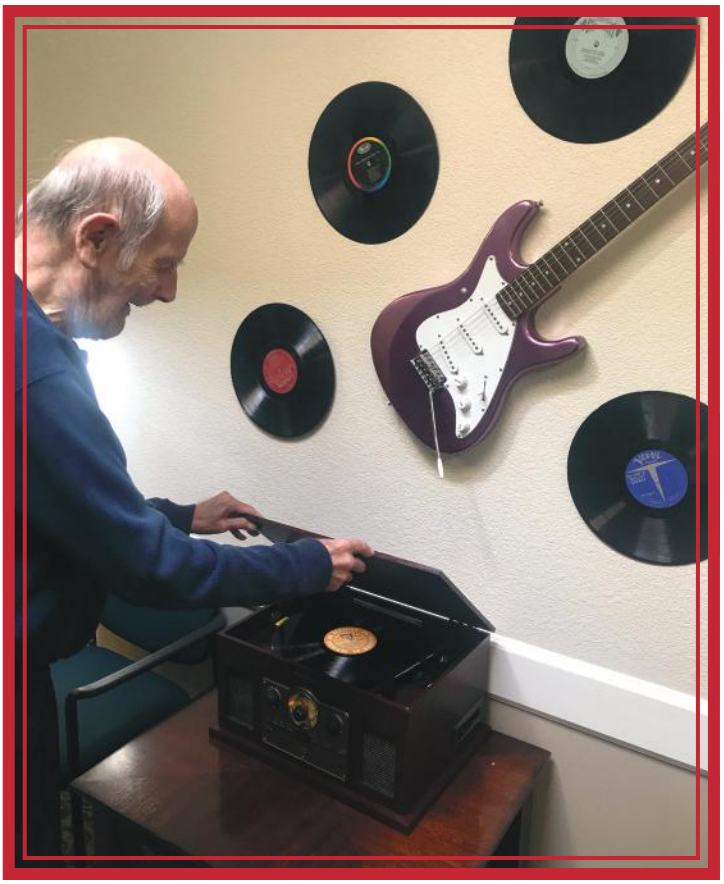
In our senior housing communities we have designed LivingMemories™ spaces to evoke memories of home life, work life, and creative endeavors.

We recognize that elders do not live in our work-space. We work in their living space.

These spaces encourage the elders to self-direct their own lives as they remember and practice routines or life skills that were previously part of their daily lives. The team member role is as trusted friend and family, supporting when needed.

We have seen first-hand men and women in the nursery nurturing dolls as their remembered babies. It is heart-warming as they dress them, feed them, change their diapers, and even sleep with them at night. The parent and/or grandparent role is validated, inspiring a sense of purpose, love, and belonging.

In the LivingMemories™ Nursery we have noticed that those who haven't talked in a while are now talking; and in one instance, a person who was anxious, agitated, and refusing food is now eating. Dorothy had been known to wander and exit seek. She has now found purpose and



Recreating LivingMemories™

love by taking care of her "baby" in the nursery - often sitting for hours rocking the baby.

Dottie, who loves all things that sparkle, enjoys the LivingMemories™ Beauty Salon where she models the jewelry collection.

When I visit the LivingMemories™ Neighborhoods my heart sings as I see care team members engaging with elders, entering their reality, and sharing their memories.

I see a young care team member learning alongside an elder craftsman, Ruben, at a workbench. Another care team member is offering to baby sit as the mothers and the grandmothers take care of the nursery. A caring Administrator purchases flowers for Don, an avid gardener, and listens to him explain to her the proper way to plant and grow beautiful flowers. Gerri, once an FBI agent sits at her desk to review the daily schedule, telling me that she is in charge of making sure the employees wear their name tags. Francesca, a pianist is playing piano at the LivingMemories™ music center as Adele dances. We are unique. Our team members truly work as a family unit to create and support a sense of purpose, love and belonging, self-esteem, safety, and home.

Our care teams are delivering happiness – and receiving it too!

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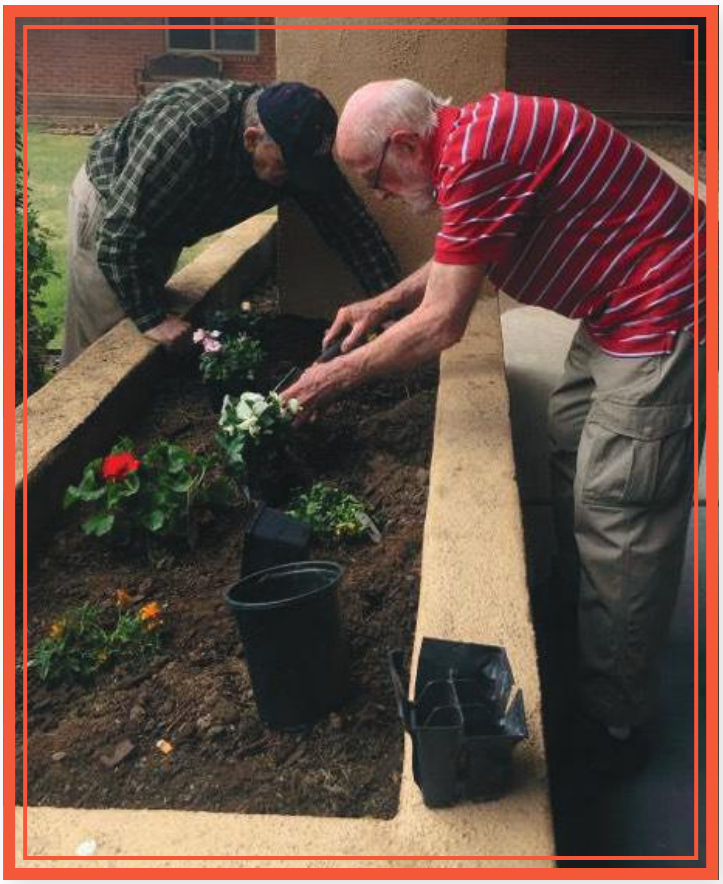
Candis Willis is the Director of Operations for the Southwest Region for Compass Senior Living. She is also a licensed nurse, with a bachelor's degree in Psychology. For over 20 years Candis has had a passion for education and elder care. To learn more contact Candis at cwillis@compass-living.com.



Leadership, Commitment,

Marybeth receiving the True North Leadership Award with Dennis Garboden and Will Forsyth.

On April 24, 2018 in Las Vegas, Nevada, Compass Senior Living, gave highest honor and recognition to Marybeth Lawrence, Executive Director at Peachtree Village Retirement in Roswell, New Mexico. Peachtree is one of 21 senior housing communities in 7 different states owned and managed by Compass Senior Living – located in Eugene, Oregon.

The True North Leadership award is the highest standard for Leadership. Marybeth exemplifies the qualities of a True North Leader, guided by goodness, loyalty, faith, and fun.

- **Integrity and fairness:** Marybeth is a model of the goodness of a True North Leader, humbly and honestly giving credit to the power of her team.
- **Courage and faith:** Marybeth is motivated to do the right thing with faith that by doing the right things - the right things happen.
- **Self-management:** Marybeth is internally motivated to guide her team based on the core values of goodness, loyalty, faith, and fun.
- **Calculated risks:** Marybeth trusts her instincts, using mistakes as inspiring learning tools to grow her team.

Heart. . .

Marybeth loving what she does with June Barrett

Marybeth Lawrence and family, husband David, daughter Samantha Ward and her husband Kris, daughter Chelsea Lane and her husband Brandon and her two grandkids, Kase and Kooper Ward

Marybeth with some of the Peachtree Staff

• **Decision making:** Marybeth does not shy away from difficult decisions, with fierce loyalty to her team, families, and residents.

• **Transparent no hidden agendas:** Marybeth is attuned to the feelings of her team, residents, and families; with straight-forward communication and inclusion.

• **Adaptable, flexible, and fun:** Marybeth can calmly and without drama change course quickly, creating a spontaneous, fun workplace.

It is an honor to work with a woman of this caliber, and it makes my heart sing to know that the team, families, and residents of Peachtree Village have Marybeth at the helm, leading, inspiring, guiding, and caring.

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About the author: Jean Garboden, Director of Education and Innovation for Compass Senior Living, Eugene, Oregon. For more information, you may contact Jean at jgarboden@compass-living.com.

Resident Birthdays:

Frances Carter - July 7th
Imogene Jones - July 23rd
Idamaye Sanders - July 25th
Geneva McCarty - July 30th
Elsie Kimbrell - July 31st
Lester Bross - August 3rd
Lela Daniels - August 11th
Hetty Hasekamp - August 11th
Marijo Bross - August 14th
Patricia Sams - August 23rd
Carolyn Gallagher - August 25th
Daylene Gohres - August 30 th
TK Cully - September 4th
Jan Johnson - September 11th
ED Ikenberry - September 17th

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Staff Birthdays:

Sally Galindo - July 1st
Jimmy Ramirez - July 2nd
Annette Gaytan - July 11th
Irene Aargon - July 26th
Gabby Ramirez - August 11th
Manuel Sena - Septmber 12th
Mary Flores - September 15th

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Wedding Anniversaries:

TK & Jack Cully - July 6th

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New Residents:

Lester & Marijo Bross
Eileen Bohon
Stanley and Cyndi Brewster
Laura Januszewski

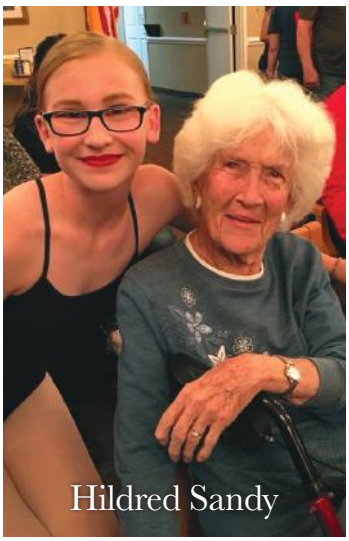
Aromatherapy-
Residents making lemon hand lotion

Fun Times at Peachtree Village Retirement Community

Resident Nic Nickerson

Sole Mates Walking Group:
June Fleig, Bama Crouse, and Jeanette Smoot

June Barrett with her great granddaughter



Hildred Sandy

Gennie Dove and
Gladys Smith

Raisin Chipotle Grilling Sauce

It's that time of the year again – time to dust off the barbecue and gather the family together to celebrate summer! As happy as you are to kick off the grilling season, that same old barbecue sauce is eventually going to wear out its welcome.

If you're tired of traditional sauces every summer, try looking for new inspiration. Add a twist to your grilling favorites with an unlikely recipe helper: California Raisins. Raisins add a deliciously sweet zip to savory relishes and homemade sauces, and as an added bonus, all the flavor that California Raisins bring to your recipe is even better because the fruit is fat- and cholesterol-free, as well as naturally low in sodium. This grilling sauce recipe is sure to add refreshing flavor to any summer favorite.

Start to finish: 40 minutes
Servings: 24
Serving Size: 2 tablespoons

Ingredients:
1 cup prepared barbecue sauce
1 1/2 cups California Raisins
1 cup husked and chopped tomatillos
1/2 cup lime juice
1/2 cup water
1/3 cup chopped onions
1/4 teaspoon ground cinnamon
1 to 2 chipotle chiles, canned in adobo, minced, and sauce, to taste.

Directions:
Combine ingredients in small saucepan; cover and simmer for 30 minutes. Let cool. Then, puree in blender or food processor.

The sauce is tops on chicken or ribs or even as a zesty dressing for juicy burgers!

Nutrition Information (per serving):
Calories 40 (6 percent from fat), Total fat 0g (sat 0g, mono 0g, poly 0g), Cholesterol 0mg, protein 1g, Carbohydrates 9g, fiber 0.3g, Iron 0.3mg, Sodium 90mg, Calcium 9mg.

Grapefruit & Quinoa Salad

Ingredients:
1 Texas Rio Star Grapefruit, sectioned and peeled (reserve the peel)
1 Texas Orange, sectioned
8 thin slices fresh ginger
1/4 cup extra-virgin olive oil
3/4 cup quinoa
1/2 teaspoon kosher salt, plus additional for seasoning
1 tablespoon white wine vinegar
2 teaspoons honey
1 small serrano or jalapeno chile, minced
2 scallions, minced
2 carrots, peeled and diced
2 tablespoons chopped fresh cilantro leaves
Freshly ground black pepper

Optional Additions:
Baby Spinach or Spring Mix Lettuce
Apple or Pear wedges

Directions:
1. Warm the grapefruit peel, ginger and olive oil in a small saucepan over medium heat. As soon as the oil starts to bubble, remove from heat. Set the oil aside to steep for 30 minutes. Strain and reserve the oil.

2. Meanwhile, rinse and drain the quinoa, and follow the package directions to cook. Transfer the quinoa to a bowl and fluff with a fork. Cool.

3. Segment the grapefruit over a bowl, reserving the segments and juice separately. Whisk 3 tablespoons of the grapefruit juice with the vinegar, honey and salt to taste in a medium bowl. Gradually whisk in 3 tablespoons of the reserved grapefruit oil, starting with a few drops and then adding the rest in a stream to make a slightly thick dressing. Season with pepper to taste.

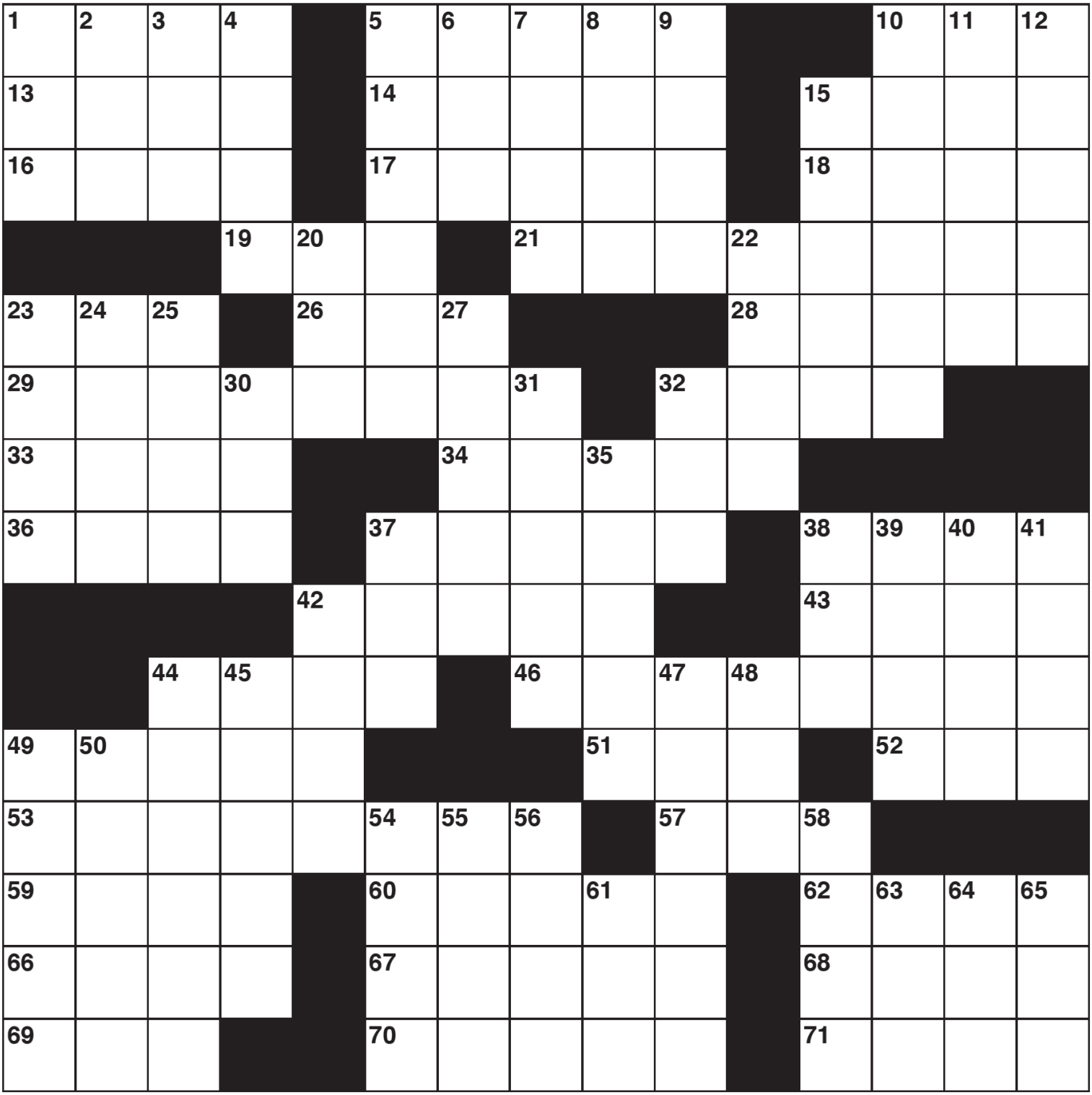
4. Toss the quinoa with the dressing, chiles, scallions, carrots and cilantro. Season with salt and pepper, to taste.

5. Toss the grapefruit segment into the salad, divide among four plates. Serve warm or at room temperature.

6. Serving suggestion: This salad makes a great packed lunch. If you want to serve this salad at dinner, try it with grilled salmon.

Makes Four Servings

Brain Games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66 67 68
69 70 71

ACROSS

1 Angus
5 Compels to go
10 Time zone
13 Opposed
14 Ancient Greek marketplace
15 Passenger car
16 Hard-of-hearing
17 Threatens
18 Nova
19 Kimono sash
21 Government travel document
23 Central daylight time
26 Shoshonean
28 River
29 Reflexive pronoun
32 Father's sister
33 Compass point
34 Suitable
36 Streetcar
37 Commercial establishment that provides overnight lodging
38 U.S. Department of Agriculture
42 Let down
43 Vessel build to carry people and goods through deep water
44 Thick soup
46 Bureaus
49 Contempt
51 Talk incessantly
52 Dined
53 Prison in San Francisco Bay
57 Beheld
59 Carved Polynesian pendant
60 Out and __
62 Imitated
66 Prayer ending
67 Edgy
68 Go at it alone
69 Fisherman's tool
70 Maneuver
71 Take a long walk in the country

DOWN

1 Not good
2 Vane direction
3 Estimated time of arrival
4 "First in, first out"
5 Rock salt
6 Gone by
7 Lasso
8 Writer Bombeck
9 Back talk
10 Removing from the surrounding paper
11 Heavenly lights
12 Light cake
15 Quaking tree
20 Large motor vehicle with many seats
22 Indecent language
23 Saclike structures filled with fluid or diseased matter
24 One who gets things done
25 Bass horn
27 Jostle
30 Rapid eye movement
31 Gave a lavish party
32 Cause of sickness
35 Boat used to carry people and vehicles across a body of water
37 In what manner
38 Ship initials
39 Popular stadium
40 Soil
41 Niche
42 Allowed to borrow
44 Electric __
45 Connected series of railroad cars
47 Spring holiday
48 Resort hotel
49 Devil
50 Climate
54 Rodents
55 A wager (2 wds.)
56 Subdivide
58 Remove dirt
61 Manipulate
63 Luau dish
64 Antlered animal
65 Female deer

						9	2	
5	4			3		1		
		8		5	7			4
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9		3		4	6	8		
1			3				4	
	7		4					
3	6	1		7	9		8	
				6			3	7

Can you solve these visual word puzzles?
Let your mind explore and you are sure to find the answers. Good luck!

1.

Injury
+
Insult

2.

Weather
Bit

3.

yourballcourt

4.

B Cat
a
gg

5.

T B
Bush
A E

6.

1.
2. Blame
3. Blame

7.

belly

8.

ri poorch

9.

mce mce mce

10.

IMONSTERI

Brain Game Answers:

7	3	6	8	1	4	9	2	5
5	4	9	6	3	2	1	7	8
2	1	8	9	5	7	3	6	4
6	5	4	2	8	1	7	9	3
9	2	3	7	4	6	8	5	1
1	8	7	3	9	5	2	4	6
8	7	5	4	2	3	6	1	9
3	6	1	5	7	9	4	8	2
4	9	2	1	6	8	5	3	7

1. Adding insult to injury
2. A bit under the weather
3. The ball is in your court
4. Let the cat out of the bag
5. Beat around the bush
6. No one to blame
7. Yellow belly
8. Take from the rich & give to the poor
9. Three blind mice
10. A green eyed monster

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cre·scen·do
/krə'SHen,dō/
verb: increase in loudness or intensity.
Age loudly.
Age intensely.
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Email mlawrence@peachtreeret.com or call for a warm welcome.