

Guided by goodness, loyalty, faith, and fun

TRUE NORTH LIVING

Live each day like
it is your first

Recreating
LivingMemories™



 Compliments of
Garden Place
SENIOR LIVING
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.

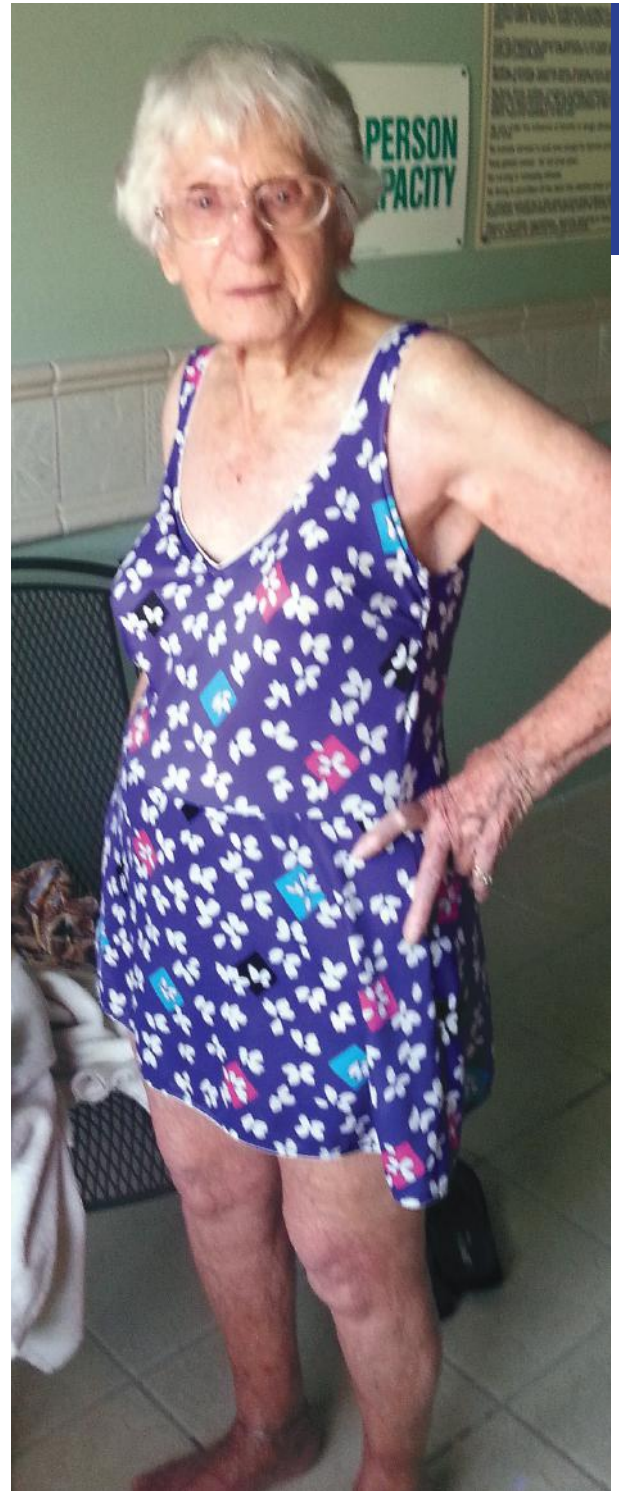
Our business is alive and supported by a very large group of wonderful people – our Caregivers. We all know that without our caregivers, we don't have our industry. Currently we are in what some have referred to as a crisis situation. This is in response to the

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



Earn \$500 - Simply fill out this card, give it to a friend, have them present it at their first appointment, and if they move in to any Garden Place location, we will send you a check for \$500 and they will receive \$500 off one month rent.

We are so happy that your friend has recommended our communities to you. Simply bring this card to your first appointment, and we will give you and your friend \$500 when you move in.

We look forward to meeting you!

Referred by: _____

Phone: _____

Email: _____

Columbia | Millstadt | Red Bud | Waterloo | Reflections - Columbia

* Restrictions apply. Please see a Director for complete details.

18/3

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

July - Kona snow cone truck @ GP Millstadt

July 10 at 2 pm - Understanding Financial Exploitation by Officer Scott Spencer @ GP Waterloo

July 19 at 2 pm - Ice Cream Social Sundae bar and music @ GP Red Bud

July 27th - 4:30 - 7 PM - BBQ fundraiser for Columbia Senior Center @ GP Columbia

August - Back To School Drive-Drop off school items @ GP Red Bud - date TBD

August 8th 5-7 PM, Summer BBQ @ GP Millstadt

Aug. 24th - 4:30 - 7 - Taco Truck fundraiser for Alzheimer's Association @ GP Columbia

Sept. 8th 1-3 pm - Open House @ GP Columbia: Family fun - Kids games, craft activities, and face painting

Sept. 9 at 2 pm - Dessert Social for Grandparents Day @ GP Red Bud

Sept 9-15 - National Assisted Living Week

For more information on our **FREE** events, please email Jaysa.Pfaff@gpliving.com or call 618.971.7706 or visit each of our community websites at GPLiving.com.

CALENDAR OF
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.

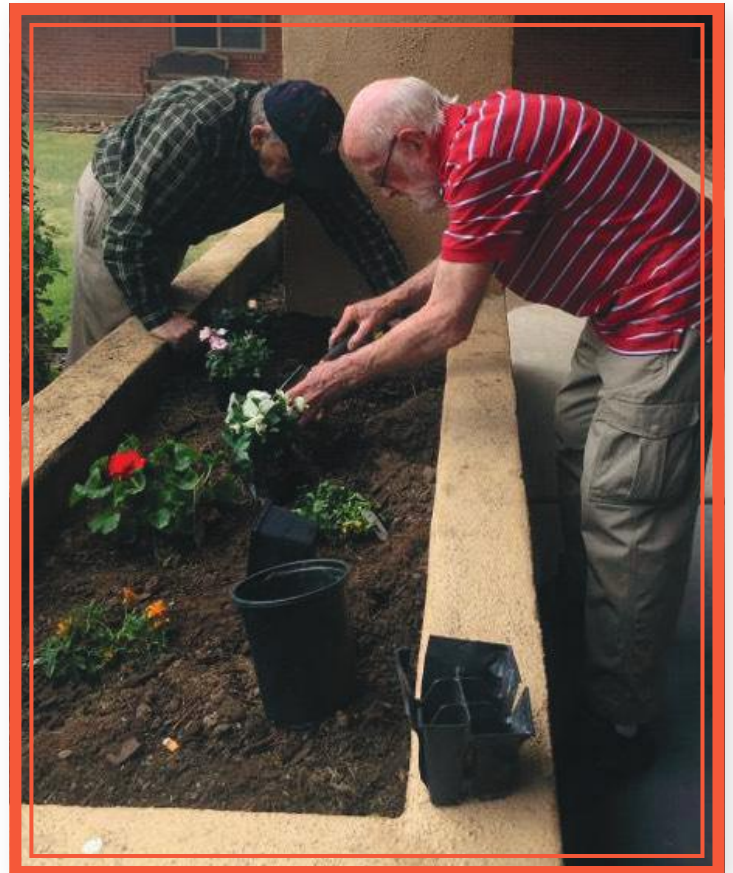
I see a young care team member learning alongside an elder craftsman, Ruben, at a workbench. Another care team member is offering to baby sit as the mothers and the grandmothers take care of the nursery. A caring Administrator purchases flowers for Don, an avid gardener, and listens to him explain to 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.





Garden Place

COLUMBIA







Garden Place

RED BUD





Garden Place

WATERLOO



Reflections

at Garden Place



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

1	2	3	4		5	6	7	8	9			10	11	12
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16					17						18			
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23	24	25		26		27				28				
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49	50						51				52			
53					54	55	56		57		58			
59					60			61			62	63	64	65
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

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

[illegible]

Injury
+
Insult

Weather Bit

yourballcourt

B Cat
2
00

T B
Bush
A E

- 1.
2. Blame
3. Blame

ri poorch

mce mce mce

MONSTER

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



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LIFE IS A SEQUENCE OF EVENTS THAT
MARK YOUR JOURNEY...



LEAVE YOUR MARK!




Garden Place
SENIOR LIVING

480 DD Rd.
Columbia

208 Kossuth
Millstadt

351 Lockwood Dr.
Red Bud

735 Columbia Ave.
Waterloo


Reflections
at Garden Place

Memory Care
710 S. Main, Columbia

 a Compass
Senior Living community

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