

Guided by goodness, loyalty, faith, and fun

TRUE *n*ORTH LIVING

18/3

Live each day like
it is your first

Recreating
LivingMemories™



Compliments of

HeatherWood
Assisted Living and Memory Care

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.

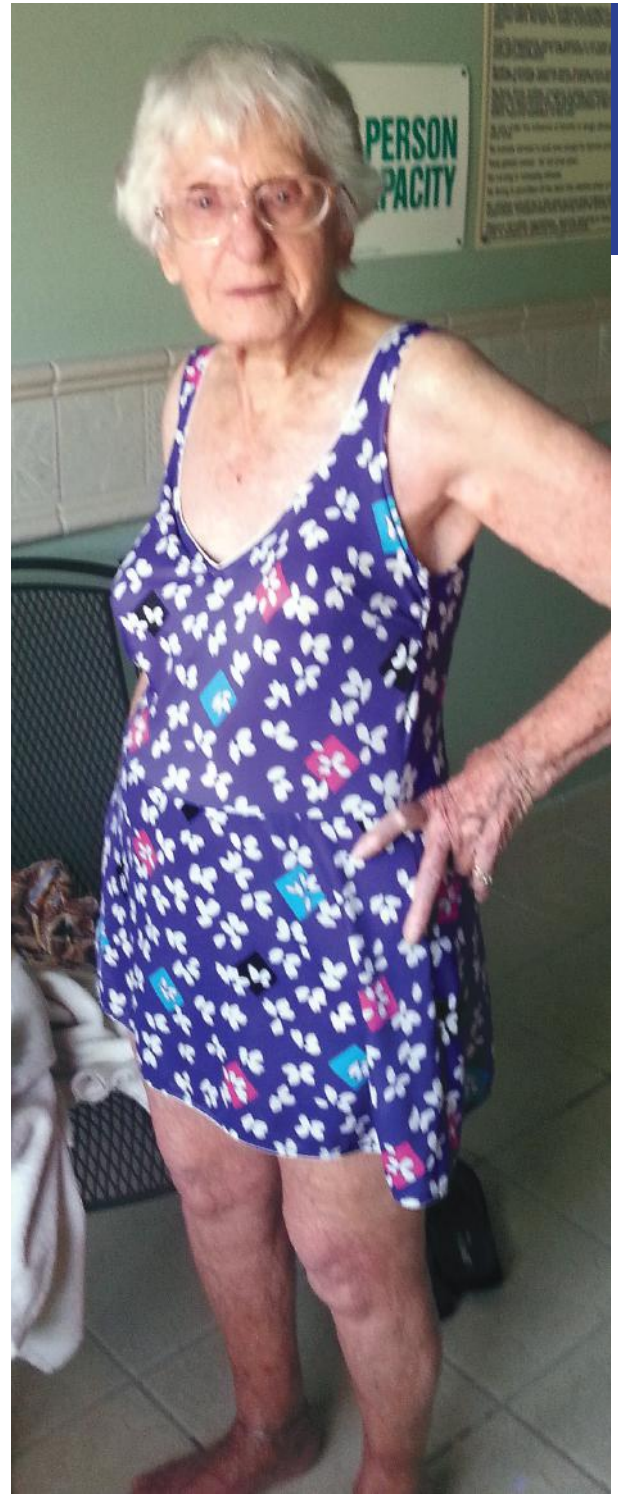
Our business is alive and supported by a very large group of wonderful people – our Caregivers. We all know that without our caregivers, we don't have our industry. Currently we are in what some have referred to as a crisis situation. This is in response to the

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 ghudecek@heatherwoodal.com or call 715.552.5511 or
stop by 4510 Gateway Drive, Eau Claire, Wisconsin.

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

I live each day like it is my *F*irst!



Edith & Denise

“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

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.

Please join HeatherWood at the upcoming events. To find out dates and times, email ghudecek@heatherwoodal.com or call 715.552.5511.

July: HeatherWood celebrates the 4th of July with family and friends

August: Help us fundraise and welcome Altoona's K-9 Puppy!

September 9-15: National Assisted Living Week (NALW) Celebrate NALW with us. There will be a fun activity every day of the week!

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.

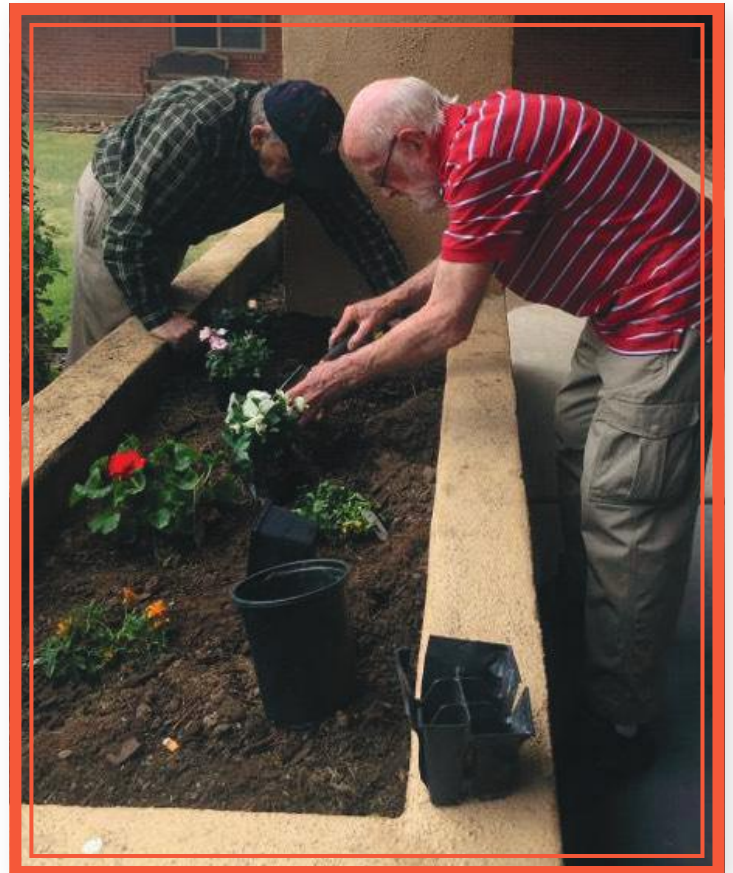
I see a young care team member learning alongside an elder craftsman, Ruben, at a workbench. Another care team member is offering to baby sit as the mothers and the grandmothers take care of the nursery. A caring Administrator purchases flowers for Don, an avid gardener, and listens to him explain to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



The Dining Room

HeatherWood is blessed to have such a great dining service team. We strive for excellence during every dining experience.

Our cooks take pride in making our daily meals, desserts and sweet treats from scratch. We are very thankful to have a beautiful garden in the summer to harvest fresh produce for our meals and salad bar. During the summer months, the garden provides bountiful flowers. We enjoy bringing bouquets of flowers to the residents' rooms all summer long!

The team feels it's a privilege to serve our residents; we especially enjoy honoring them on holidays and special event days. We go that extra mile to ensure that those days are super special for our residents and their families.

We would love for you to join us and enjoy a home cooked meal, a hot cup of coffee, or a glass of cold lemonade. Please call us at 715.552.5511 for a tour. You, too, can have a taste of the HeatherWood dining experience!

We look forward to serving you,
The Service Team

HeatherWood
Assisted Living and Memory Care



Calming the Storms of Life

When I took my dog for a walk during an April snowstorm, I saw a robin perched on a bare, snow covered tree and it made me think of how most storms in life arrive unexpectedly. For this bird, nest building and food gathering was hindered by the arrival of snow. The realization that a parent needs senior care, hits families with the same abruptness as a spring snowstorm.

Many families are in denial of their parents needing help. They wait too long to start talking to other family members about changes that are occurring with their parents' health. They avoid the question, what should we do?

Acknowledging that a parent's responses are slowing or showing signs of needing extra care is the first step!

While every situation is different, one commonality is that everyone is preoccupied with the necessary hustle and bustle of life. Caring for mom and/or dad adds to an already full day and can bring more stress, guilt and anger into your life. This can lead to pure exhaustion. Therefore, it's best to be proactive and make important measured decisions before difficult or painful circumstances force a rapid resolution.

Here are some tips to avoid such a catastrophic storm:

1. Start planning ahead, by fun, productive, visits to your loved one's home. Put on a pot of coffee, include other family members for a festive atmosphere, and go through stuff in the basement. It's a monumental task, but it must be done rather than wait until the situation is dire. Enjoy the time to reminisce with your loved ones as you sort through items. If only one person does the sorting, an old spoon might be thrown away not knowing it had meaning to someone else. Anything not saved, but in good condition, may be sent to the Salvation Army. The time you spend together will some day be a treasured memory.

2. Tour assisted living and memory care places sooner than later. A lot of places have waiting lists and if you start looking too late, the place you want may not be available when you need it. When you find a couple

places you like, put a deposit down at each place. When there's no immediate need, it allows your loved one to give an opinion in a no pressure situation; this minimizes the stress level for all concerned. If your loved one's health declines, you now have two good options.

3. Recruit support to help your family out. For example, see if anyone at your church would like to visit your mom one or two days a week.

4. While your loved is still at home, ask a trusted neighbor if his/her daughter that practices her flute every day would like to practice her flute for your parent.

5. Look into helpful tools you can share with family and friends to help out with your loved one when they visit. A good place to start is the Aging and Disability Resource Center (ADRC) located at County Courthouse, 721 Oxford Ave., RM 1130, 888.338.4636.

Most importantly, talk about the future for your loved one with family, and put a plan in place today!

When my dog and I turned the corner, I was happy to see a crabapple tree with pink buds filled with robins! The crabapple tree provided the food and refuge they needed above the blanket of snow.

By planning ahead, you too, can find refuge in the plan you have in place for your loved one.

Gina Hudecek, Community Relations Director, please call if you are interested in taking a tour at HeatherWood 715.552.5511.



Garden Club

HeatherWood starts a Garden Club!

The assisted living and memory care residents are starting to fill up their garden boxes!

Karen Horgen, Life Enrichment Coordinator, and the residents went shopping for their first seedlings.

The Garden Club will start off by planting vegetables. The club members will be involved from the beginning to the end. They will water the plants, track progress, learn new gardening tips and enjoy the fruits of their labor.

They will not only enjoy their fruits of their labor but also learn new things about gardening along the way!

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Pen Pals Meet!

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Longfellow Elementary School 3rd grade classrooms teamed up with HeatherWood Assisted Living & Memory Care and became pen pals!

The partnership was a win-win for all.

The teachers included the letter writing as part of their curriculum. It also showed the students a way to give back to the community.

The residents at HeatherWood welcomed the letters! It gave them time to reflect on their favorite memories and learn about the children.

The pen pals exchanged letters over the school year. The students drew pictures and the residents posted the pictures they received on their refrigerators.

On Wednesday, May 2, the students met their pen pals face to face! The students performed three songs and the residents gave each pen pal a book donated by the Reading Partnership Program of the Eau Claire Area School District.

HeatherWood is grateful for such loving children and teachers that give so much of their time!



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

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			

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
	5			8				3
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 2 ga
5. T B Bush A E	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTER

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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"Just like fine wine, you grow better with the years."

HeatherWood believes that trusting relationships are the most basic of human needs and the strongest foundation for caring for one another. We are creating a place where elders, families, and employees are growing and teaching each other.

We nurture and encourage family connections.

Join us for a meal or a cup of coffee.
Experience our family for yourself.

Call 715.552.5511
Email kdeutscher@heatherwoodal.com

Every day you enjoy time with a friend at HeatherWood.

