

Guided by goodness, loyalty, faith, and fun

TRUE NORTH LIVING

18/3

Live each day like
it is your first

Recreating
LivingMemories™



Compliments of



DESERT PEAKS
ASSISTED LIVING & 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.

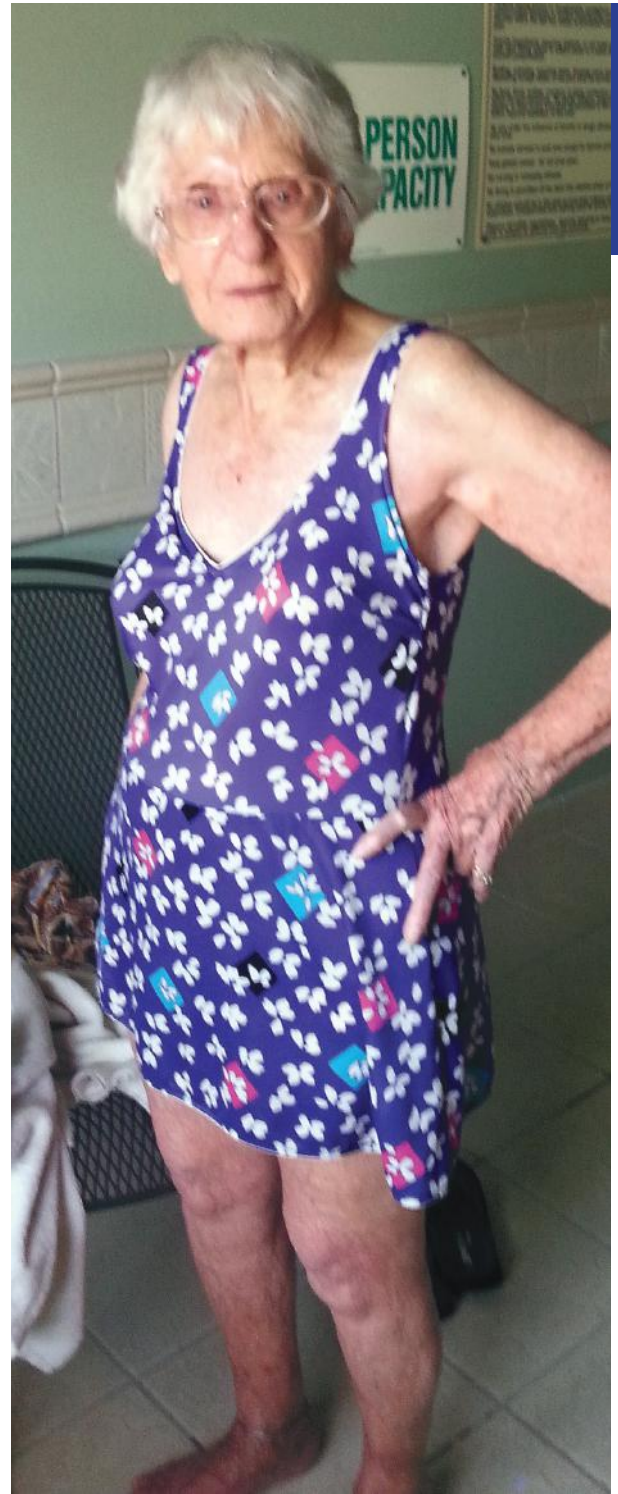
Our business is alive and supported by a very large group of wonderful people – our Caregivers. We all know that without our caregivers, we don't have our industry. Currently we are in what some have referred to as a crisis situation. This is in response to the

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 abarela@desertpeaksal.com or call 575.523.0300 or stop by 5525 Cotton Bloom CT., Las Cruces, New Mexico.

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

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



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.



Join us every Thursday for Bingo and every Friday for Happy Hour.

July- Bingo Night

August- Luau

September- Celebrate New Mexico!

For a calendar of FREE events:

Please email abarela@desertpeaksal.com or call 575.523.0300 or find us on Facebook at <https://www.facebook.com/DesertPeaksAL/> to get notifications of dates and times of our events.

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.

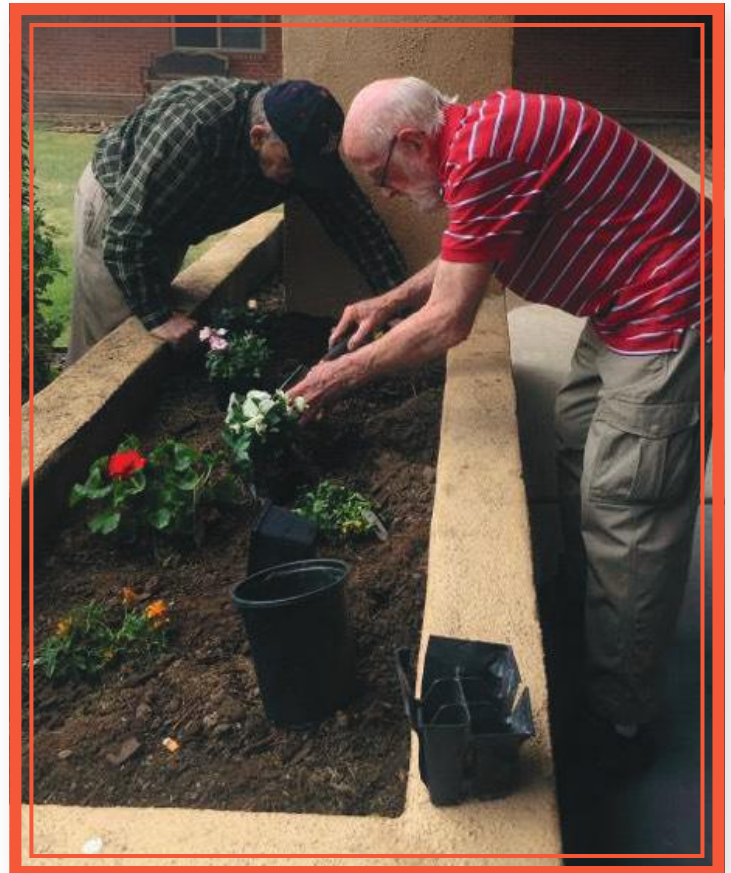
I see a young care team member learning alongside an elder craftsman, Ruben, at a workbench. Another care team member is offering to baby sit as the mothers and the grandmothers take care of the nursery. A caring Administrator purchases flowers for Don, an avid gardener, and listens to him explain to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






Motherhood-
all love begins
and ends there.

- Robert Browning





If the sight of the blue skies
fills you with joy,
if a blade of grass springing
up in the fields has
power to move you,
if the simple things of nature
have a message that
you understand,
rejoice, for your soul is alive.
~Eleonora Duse



CHEF RAYMOND

Raymond Craig has a passion for creating beautiful food and extraordinary service. Raymond came to us with a Bachelor's degree in restaurant and tourism management and experience in upscale restaurants. Raymond has a commitment to excellence and a heart for older people. His strong work ethic and kindness are admired by all. Stop by and enjoy a meal, or come to one of our events to experience his culinary talents for yourself.

Pesto Chicken Salad with Balsamic Vinaigrette

by Raymond Craig, Chef at Desert Peaks Assisted Living & Memory Care

Prep time: 30 minutes

Cook Time: 15 minutes

Total time: 45 minutes

Ingredients for Balsamic Vinaigrette

- 1/2 Cup Olive Oil
- 1 Clove Garlic (minced)
- 1/4 Cup Balsamic Vinegar
- 1 Tablespoon of Lemon Juice
- 1 Teaspoon Honey
- Salt and Pepper to taste
- 1 Teaspoon Dijon Mustard

Instructions

1. Mince Garlic
2. Add all ingredients into a small bowl
3. Mix thoroughly; refrigerate for later use

Ingredients for Salad

- 2-6oz Chicken Breasts
- 4 Cloves of Garlic
- 2 Cups of Fresh Basil
- 1 Heart of Romaine Lettuce
- 2/3 Cup of Olive Oil
- 1/2 Cup Sundried Tomatoes
- 1/4 Cup of Pine Nuts
- 1/4 Red or White Onion
(cut in half moon shape)
- 1 Cup Parmesan Cheese
- 1/2 Cucumber (sliced)
- 1 Lemon
- 1/4 Cup Diced Provolone Cheese
- 1 Cup of Croutons
- 2 Cups of Spinach

Instructions for Pesto Chicken

1. Add basil, olive oil, pine nuts, 1/2 cup parmesan cheese and garlic into a food processor.
2. Blend well for a pasty consistency. For a thinner consistency, add more olive oil until you achieve your preferred consistency.
3. Set aside.



4. Grill or pan fry chicken until it browns and reaches a temperature of 165 degrees or above. Cut into 2 inch strips. Refrigerate until chicken is 40 degrees or below for later use.
5. In a medium bowl, chop romaine lettuce. Add spinach and toss thoroughly; layer evenly on a plate.
7. Distribute sundried tomatoes, onions, provolone cheese, parmesan cheese and croutons evenly over the spinach/romaine mix.
8. Pour pesto into a small bowl and toss chicken in bowl until chicken is coated.
9. Place chicken in the middle of the salad mixture.
10. Garnish with lemon, tomato slices and cucumbers as desired.

Sweet & Sour Chicken

by Raymond Craig, Chef at Desert Peaks Assisted Living & Memory Care

Prep time: 20 minutes

Cook Time: 15 minutes

Total time: 35 minutes

Ingredients for Sweet and Sour Sauce

- 1/2 cup of sugar
- 1/2 cup of soy sauce
- 3/4 cup of white vinegar
- 3 tablespoons of ketchup
- 1 and 1/4 cup of water
- 2 tablespoons of corn starch

Instructions for Sweet and Sour Sauce

1. Add all ingredients (except corn starch) to a medium sauce pan. Bring to a boil. Wisk together completely.
2. Add two tablespoons of corn starch to a measuring cup with 2 oz. of water. Stir until corn starch is dissolved.
3. Add corn starch and water to sweet and sour mixture in medium sauce pan. Mix together thoroughly. Lower temperature to a simmer.



Ingredients for Chicken

- 4 Chicken Breast Fillets (4 oz.)
- 1/2 White onion (cut into petals)
- 2 cups of All Purpose Flour
- 1 Green Bell Pepper (cut into petals)
- 2 Tablespoons Garlic Salt
- 1 Red Bell Pepper (cut into petals)
- 1 Tablespoon of Onion Powder
- 1/2 cup Pineapple Chunks (optional)
- Soybean frying oil

Instructions

1. Cut chicken into 1x1 chunks (set aside).
2. Add flour, garlic salt and onion powder into a medium mixing bowl.
3. Dredge chicken chunks in flour. Shake off excess flour.
4. Heat oil in fryer to 370 degrees.
5. Submerge chicken in hot oil until it reaches and internal temperature of 165 degrees or more.
6. Remove from oil and drain excess oil on a cooling rack.
7. Sautee bell peppers, onions and pineapple until onion becomes translucent.
8. Add chicken into a medium-sized bowl and pour sweet and sour sauce over chicken. Toss chicken until fully coated.
9. Stir in bell peppers and onions.
10. Serve with rice or other desired side dish.



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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Let your colors shine.

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