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TRUE NORTH LIVING

18/2

Why Yoga?
Benefits for All Ages

Confessions of
a Caregiver:
Finding your Balance



Compliments of



JUNIPER SPRINGS
— SENIOR LIVING —
PLEASE TAKE ONE



Will Forsythe, Vice President
and General Counsel
Compass Senior Living

Caring Makes Us Human

Recently, I had the privilege of attending an employee training session led by Compass leaders Jean Garboden and Carrie Gallahan called “Caring is What Makes Us Human.” While the training offered many insights applicable to caring for people -- particularly for those with Alzheimers -- I loved the way it emphasized the simple, profound importance of human connections. I also loved

the way the employees attending the training were receptive and interactive, adding their own stories and demonstrating the “culture of caring” that is what we strive for every day, in every interaction. One of the initial slides in the training presented Maslow’s hierarchy of human needs -- and right there, smack in the middle of the 5-level pyramid, was “Love/Belonging.” To ensure that each Compass community is a place where warmth, love, and a feeling of belonging is apparent and pervasive . . . this is not just a lofty goal, but something truly essential.

What a unique opportunity we have in senior communities to bring out the best in one another, to connect and provide a genuine sense of love and belonging. While a focus is on making sure all of our residents feel this sense of love and belonging, it also extends to families, employees, and everyone with whom we interact during the course of a day . . . every interaction is an opportunity

to demonstrate care to others. As we move ahead in this new year into Spring and beyond, we look forward to all of these opportunities to connect with you!

Warm regards,
Will



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Starting the Conversation

Confessions of a Caregiver: Finding your Balance

Sometimes I find it difficult to manage my day to day tasks. Between family, work, home, and other activities, it leaves me stressed, and feeling like there is not enough time in my day to accomplish all the “to do’s” “on my growing “to do” list. Juggling my schedule and trying to find balance can leave me feeling both physically and emotionally drained. I often find myself seriously considering that if human cloning were a possibility, I’d have another one or two of me made. Since human cloning isn’t an option at this point, and the world isn’t ready for multiple Jennifer’s, I try to live by a few of the following suggestions.



1. **Take time for yourself.** The most important thing you can do is to revisit the hobbies you’ve put off enjoying - reconnecting with friends, finding a quiet place to read, going to a movie, or planning a date with your spouse. Do whatever you love that helps you recharge.

2. **Prioritize.** Look at that “to do” list. Determine what needs your immediate attention and which requires the least. Organize accordingly, allowing things that need moderate attention to fall in between.

3. **Ask for help.** There is no shame in asking for someone to help tackle that to do list.

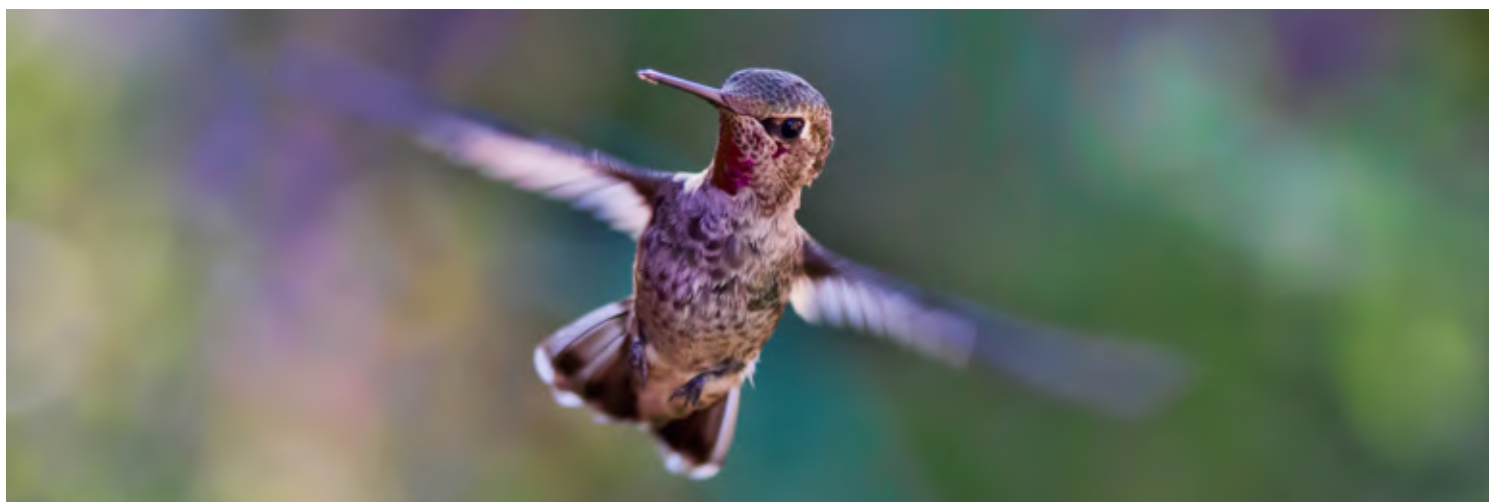
4. **Take care of your health.** Make sure you are getting enough sleep. Lack of sleep leads to irritability and poor concentration. Choose healthy food options. Consuming a well-balanced diet leaves you feeling full longer and gives you the energy needed to make it through your day. Stay hydrated and exercise frequently. Exercise is a great way to improve your mental health and mood, it boosts your energy levels and helps aid in a better night’s sleep.

5. **Find a support system.** Having someone you can talk to and voice your concerns and frustrations can help relieve those overwhelming feelings. Finding a support group with others who are dealing with similar issues can be very beneficial.

I recognize that making myself a priority and taking care of me assures that I can still be the Superwoman I aim to be for those who depend on me.

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Jennifer Milne is the Community Relations Director at Pennington Gardens Assisted Living located in Chandler, Arizona. Contact her at Jennifer@penningtongardens.com.





Why Yoga?

As a yoga practitioner and teacher, I am often asked by people why they should consider doing yoga. There are many obvious answers that come to mind, but I find that it's not as simple as saying "because it's great for you!"

I first sought out yoga for the same reason most people do: to feel better. I had turned 40 and my body was injured from running, my muscles had become less flexible, and I seemed to have more aches and pains than ever. The more I practiced, the better I felt and it became obvious to me that yoga is an incredible tool to combat many of our concerns associated with aging. Much research is available proving the physical benefits yoga has to offer, such as:

- Improves and helps maintain muscle tone in all age demographics
- Strengthens bones (that helps deal with arthritis and osteoporosis)
- Improves sleep quality and ability to fall and stay asleep
- Relieves stress and improves memory
- Normalizes blood pressure and blood sugar levels
- Creates an improved sense of body awareness which improves balance and reduces risk of falling



The physical benefits only tell part of the story, though. What I soon discovered after a few classes is that yoga offers so much more than a physical healing or benefit. It invites a balance of body, mind, and spirit giving the practitioner an improved self-awareness that can be carried with them throughout the day. For me, not only did my body feel better but yoga gave me the opportunity to self-reflect, finding more kindness, awareness, and self-compassion in my daily life. Not only did yoga make my body feel better, it also made my spirit feel better.

My teacher once said "if you can breathe, you can do yoga," and she is right.

Yoga is not about standing on your head or twisting into pretzel-like shapes. It is adaptable to any age group or physical challenge. It can easily be incorporated into your daily routine and is particularly well-suited for older adults because of its low impact qualities. Yoga can even be done from a chair, and all the benefits are the same.

So when people ask me "why yoga?," I just smile and ask "how much time do you have?"

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Carrie Gallahan has completed two 200-hour Yoga Alliance Teacher Trainings and has a Chair Yoga Certification. Carrie is also passionate about dementia education, keeping elders inspired and active, and preserving the stories and legacies of elders. She has worked in the assisted living industry for 15 years and is currently a Regional Director with Compass Senior Living.

The hard truth about moving



You're considering a move to senior living...but the idea of moving and having to downsize seems impossible. Divesting from the possessions and the home that you've had for up to 50 years can be an emotionally charged and daunting task. The answer to "do you want to keep this?" is almost always "yes!" And, deep down, we know we just can't keep it all and move to a smaller space. Or, we want to put it in storage just to know that it is still there. When you're considering a move or you know that it is time for a move and you just don't know where to begin, consider these tips for helping to manage it.

1. Start early. Paring down at least one month before listing your home for sale helps to make your house appear larger and gives more time to decide on what can be donated, sold, given to children, or disposed.

2. Take stock of what things you actually use. Most of us think we couldn't live without our entire house. Take a look, though, of what spaces—or portions of spaces—you use every day. For example, so many of us have our "favorites" that mean we really don't use every seat in the living room and family room. Most of us tend to sit in our same, favorite chair or recliner to read, watch TV, or knit (speaking from experience). Take a look at the:

- a. Living room and family room: Which do you use most? What furniture do you use and what looks like it's collecting dust?
- b. Kitchen: Do you use all your mugs or just your favorite one? How many cupboards and drawers do you open every day and how many are holding the items you rarely look at or need?
- c. Office: How much desk space or filing drawers do you access at least once or twice a week? Are there files that are several years old that you can get rid of or put into storage? Can those files be scanned and saved digitally?
- d. Garage: Are there boxes you haven't looked at in more than a year? Tools that you won't need in a smaller place or community where maintenance is provided?

3. Sentimental items may make great gifts. We all have things that we just can't get rid of because they have so much sentimental value. Take note of whether those items might have the same value to other members of your family. Would they cherish and treasure them just as much? Would they pass them down to their children? If so, you might consider giving the items to them as gifts. Chances are, this thoughtfulness will touch their hearts just as much as yours.

4. Involve the kids. Not sure if they'll want that grandfather clock? Ask them!

5. Go digital. Boxes of photos can now be turned into digital files on CDs or thumb drives. Frame the ones you want to hang on the wall and use digital methods as a space-saving technique that still allows you to access them anytime you want.

6. Consider hiring a specialist. Downsizing experts are a new specialty. However, they have proven to help a lot of people trying to sort through years of belongings. Most understand the emotion tied to your possessions and can help you work through it. They also have knowledge of where and how to sell or donate things like artwork or larger furniture pieces. They can help arrange movers, carefully pack the things you want to keep, and take photos of how you have it arranged and re-create it in your new space. Be sure to interview anyone you are considering hiring! Trust is key and knowing that they understand what is important to you will go a long way to ensuring you have a good experience. Get your kids involved in selecting someone or ask your friends for a referral.

Above all, allow yourself the time you need, if possible. Knowing that you are proactively making decisions and considering your options carefully is the best gift you can give, not only yourself, but your family as well. Your future is just that—yours!



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Introducing Jen Miller

You might have noticed there is a new face in town and her name is Jen Miller! Jen has been hired as the Community Relations Director for Juniper Springs. She can be found greeting guests in her rental office trailer on the southwest corner of the property on 23rd Street.

Jen started working in senior living in 2016 with a background in customer service, project management and sales. She finds nothing more rewarding than making connections with future residents and their families. “Moving and making a life transition can be

an overwhelming process. I want nothing more than to ensure that everyone is feeling heard, and to help create the best solution for each unique situation.”

As an outdoor enthusiast, Jen moved from Wisconsin to Oregon in 2011 to enjoy a milder climate and be in closer proximity to the mountains and ocean. In her free time, you’ll find her running, hiking, and exploring new places with her husband and dog Gypsy.

Call 541.526.1819 to schedule an appointment with Jen to pick out your apartment!

Fur-ever friends

If we've heard one thing at Juniper Springs from prospective residents, it is that they cannot live without their four-legged friends! We understand the love and companionship that come with small pets—not to mention the health benefits. As one elder put it ...they are our kids! We can't live without them either, which is why Juniper Springs Senior Living is pet-friendly.

Things you should know to ensure you start your pet off on the right paw:

- All pets should be brought by the community prior to move-in to "shake" hands with our Administrator. For your pet's safety as well as others, we want to make sure we know each pet that is moving in.
- Ask your veterinarian for a copy of your pet's latest immunization records. We'll want to ensure we have their move-in paperwork too.
- Know that pets will not be allowed in the dining room or other food-

related areas.

- Budget for the pet fee. Ours is \$50/month per pet and helps ensure we can keep the community nice for humans and four-legged friends alike.
- Bring your leash. All pets must be kept on leash (yes, even cats) when not in your apartment.
- Bring your bags. As in any neighborhood, everyone appreciates when you scoop the poop. 🐾
- Ensure you can care for your pet's needs. As much as we want to, the Juniper Springs team will be working hard to care for our human friends. If you need assistance caring for your furry friend, talk with family, friends or hire a service to assist.

We want to make your pet's experience as enjoyable as yours, so this is one small way we intend to do that. Welcome to Juniper Springs!



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Watermelon Green Tea Refresher



You'll need:

1 1/2 cups green tea, brewed and chilled
4 cups watermelon, cubed and seeded, chilled
1/2 tbsp fresh lemon juice (use lime if you'd prefer)
some lemon slices for garnish (or lime, if you'd prefer)

To make:

A few hours in advance (or even the day before), steep a green tea bag in some freshly boiled water. Set it aside to cool to room temperature and then stick it in the fridge to chill (adding a few ice cubes always helps!).

Once your green tea is chilled, add 1-1/2 cups of it to your blender. Add the chilled watermelon cubes and lemon juice.

Blend on high speed for 45 seconds to 1 minute, or until the mixture is completely blended.

Pour into a glasses and serve with a slice of lemon!

If you're serving this delicious mocktail to friends it looks great in mason jars with a cute paper straw, but you could also serve it in some margarita glasses at a party.

This recipe makes 2-3 servings and since it's sweetened only with fresh fruit, it's the perfect no-guilt refreshing treat!!



Tossed Greek Salad with Greek Vinaigrette



Greek Salad Ingredients

romaine lettuce, chopped
red onion, thinly sliced
Kalamata olives, pitted and sliced
pepperoncinis, sliced
tomatoes, seeded chopped
cucumber, sliced
feta cheese, crumbled

DIRECTIONS

1. In a large salad bowl, combine the Romaine, onion, olives, peppers, tomatoes, cucumber and cheese.
2. Prepare dressing, drizzle over top, toss, and serve.

Greek Vinaigrette Ingredients

1/4 cup extra virgin olive oil
1/4 cup red wine vinegar
1 tsp. Dijon mustard
1 tsp. garlic powder
1 tsp. dried oregano
1 tsp. dried basil
3/4 tsp. onion powder
salt and freshly ground black pepper, to taste
(about 1/4 tsp. each)

DIRECTIONS

1. Pour vinegar and mustard into a food processor. Turn on low and slowly add the olive oil to emulsify. Add the garlic powder, oregano, basil, onion powder and salt and pepper. Pulse a few more times to incorporate. (Can be done by hand in a large bowl, adding the olive oil slowly while whisking vigorously to emulsify.)
2. Drizzle over salad and serve. Keeps well at room temperature.

Serves 6.



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				

ACROSS

- 1 Person on horse
- 6 Freudian selves
- 10 Abdominal muscles (abbr.)
- 13 Evades
- 15 Jabber
- 16 Bomb
- 17 Blossom
- 18 Opera solo
- 19 Also known as (abbr.)
- 20 Car rental agency
- 22 Snow transportation
- 24 Article for sale
- 26 Adolescent
- 28 Not there
- 29 Thump
- 30 Signal
- 31 Green plant with narrow flat leaves and jointed stems
- 32 Charged particle
- 33 Rolled chocolate candy brand
- 34 Contagious disease
- 35 Brown, fuzzy marsh plant
- 37 Difficulty
- 41 Cooking fat
- 42 Cultivate
- 43 Environmental protection agency (abbr)
- 44 Strict
- 47 Obstacle
- 48 Ripe
- 49 Goofs
- 50 Close
- 51 Contemplate
- 52 Country in South Eastern Africa
- 54 Always
- 56 Genetic code
- 57 Praise enthusiastically
- 59 Wears away
- 63 Fall mo.
- 64 Water pitcher
- 65 Albanian capital
- 66 Megahertz
- 67 Women's magazine
- 68 No longer wild

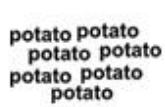
DOWN

- 1 Game official
- 2 Ailing
- 3 Two
- 4 British King's name
- 5 Put a rope through a hole
- 6 Epoch
- 7 Area of land used for cultivating plants and flowers
- 8 White vegetable
- 9 Buck
- 10 Flower
- 11 Bread makers
- 12 Card suits
- 14 __ Lanka
- 21 Calm
- 23 Bush
- 24 Hold it there
- 25 Father's sister
- 27 Self
- 29 Twitch
- 30 Earth
- 31 Emit light
- 33 Precipitation
- 34 Pond dweller
- 36 Upper body
- 37 Chatter
- 38 Not arms
- 39 Dueling sword
- 40 Angry
- 42 African antelope
- 44 Infrequent
- 45 Furrow
- 46 Artificial
- 47 Long-handled scoop used for digging
- 48 Dawn
- 50 Shoulder covering
- 51 Rate
- 53 Perennial woody plant consisting of roots, trunk, and branches
- 55 Animal doctor
- 58 Before, poetically
- 60 Levee
- 61 East northeast
- 62 Unhappy

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



1.  nerve nerve nerve nerve nerve nerve nerve nerve nerve nerve

2.  potato potato potato potato potato potato

3. **PENNIES**

4. **back**

5. b bird b
bird bird b
b b b b

6.  Finger
PIE

7. **MILONELION**

8. **Matter**

9. funny funny
word word
word word

10. **Not = Cent**

Brain Game Answers:

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

Solution:

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

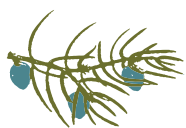
- 1. A bundle of nerves
 - 2. Small potatoes
 - 3. Pinching pennies
 - 4. Back on one's feet
 - 5. The birds and the bees
 - 6. A finger in the pie
 - 7. One in a million
 - 8. Grey matter
 - 9. Too funny for words
 - 10. Not worth a red cent
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Let your colors shine.

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