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TRUE NORTH LIVING

18/2

Why Yoga?
Benefits for All Ages

Confessions of
a Caregiver:
Finding your Balance



Compliments of
DESERT PEAKS
ASSISTED LIVING & MEMORY CARE

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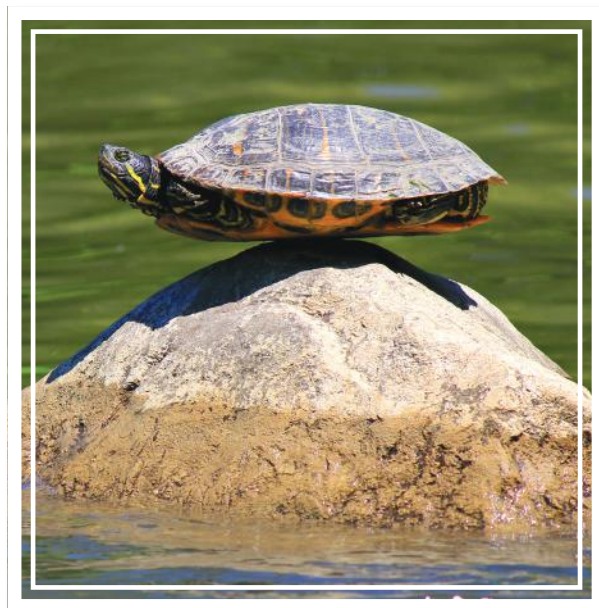
Please email abarela@desertpeaksal.com or call 575.523.0300 or stop by 5525 Cotton Bloom CT., Las Cruces, New Mexico.

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>.

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.

.....

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

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

Bingo Night in April
Rockin 50’s Dance in May
Boots & BBQ Lunch in June

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

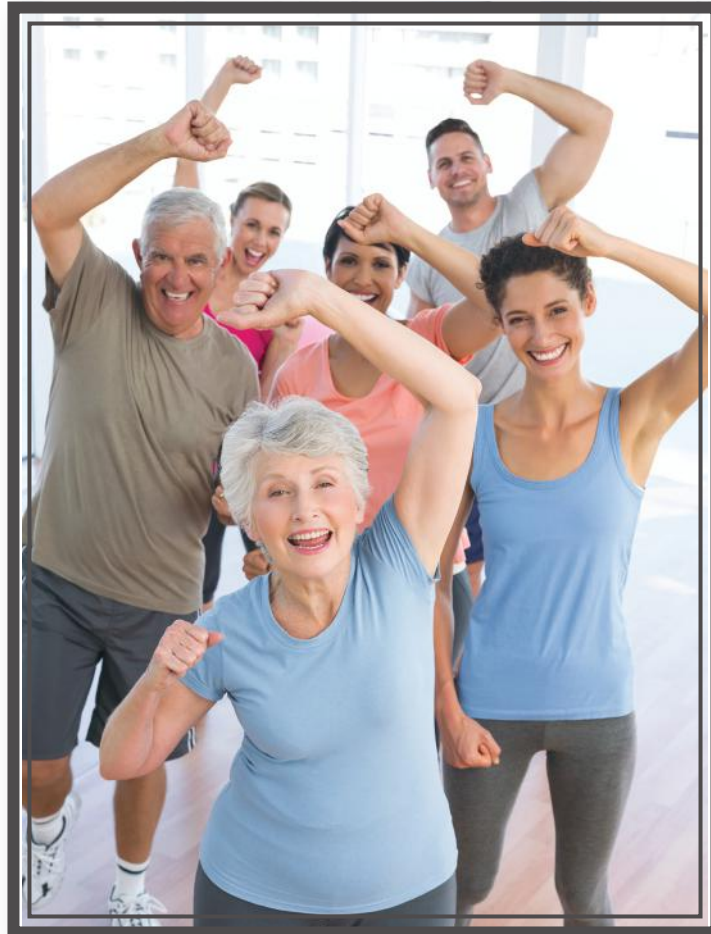


Why Yoga?

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?"

•••••

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.

“Have patience &



February 7, 1953

never give up”

~Mr. & Mrs. Miller,
advice from their vow renewal at



65th anniversary



February 7, 2018

Celebrating Elderhood



Walter Williams, 95, was born in Mississippi. He spent 30 enjoyable years working at a paint manufacturer. He had one child and his hobbies included playing basketball and golf.



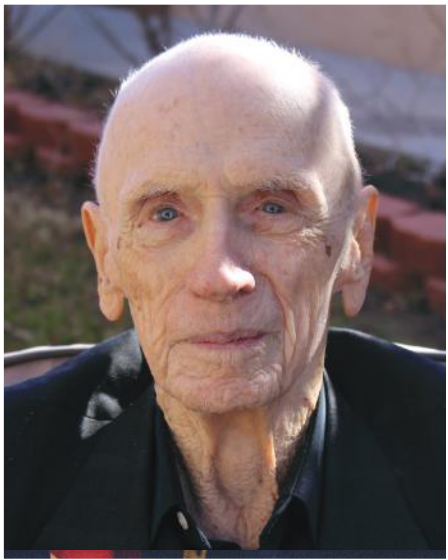
Nettie Kriegel, 96, was born in Richmond, Kentucky. She was a military wife and has 2 children and 4 grandchildren. She worked as a bookkeeper for a furniture company and enjoys playing cards, cooking and sewing.



Susie Senke, 96, was born and raised in New Mexico. She was part of the Women's Army Core (W.A.C.) Susie has 2 boys and enjoyed working as an Accountant. She enjoys gardening, playing bingo and spending time with family.



Geneva Gates, 96, was born in Port Smith, Virginia. She has 5 children and lots of grandchildren. She worked in retail sales and was a Sunday school teacher. She enjoys sewing, reading, and loves dogs.



Charles Miller
US Navy - WWII

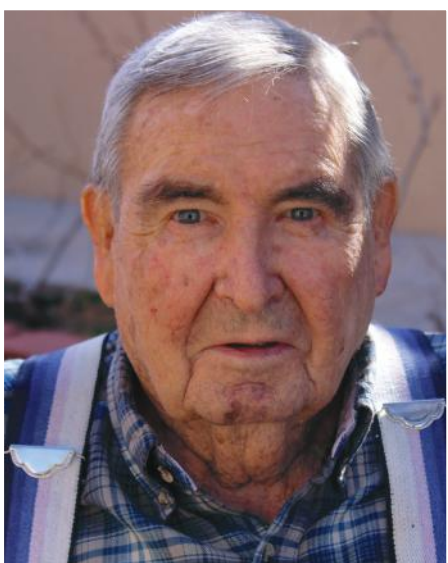


Robert Hansen
US Air Force - 1943

Honoring our Veterans at



DESERT PEAKS
ASSISTED LIVING & MEMORY CARE



Clyde Ashcroft
US Air Force - 1954-56



Susie Senke
US Army Air Force
Pearl Harbor

Strawberry-Glazed Pound Cake



Ingredients for Pound Cake

2 cups of melted butter	6 eggs
2/3 cups of milk	1 tablespoon of cinnamon
3 cups of white sugar	2 tablespoons of vanilla extract
4 cups of all-purpose flour	Mint leaves
	Whipped Cream

Instructions

1. Preheat oven to 350 degrees. Grease 3 8x4 loaf pans.
2. In a large mixing bowl, cream together the butter and sugar. Beat in the eggs individually. Beat in the flour, then the milk until you have a pudding-like consistency.
3. Distribute batter evenly among the loaf pans and bake for 70 minutes.
4. Remove loaf pans and test doneness with a tooth pick. If the toothpick comes out clean, the cakes are done.
5. Let cakes cool to room temperature.
6. Go around the edges of the pan with a knife to loosen the pound cake from the pan. Carefully turn pan upside down to release the cake and slice into 1 inch thick slices.
7. Ladle strawberry glaze (see above) over the center of the pound cake.
8. Garnish with whipped cream and a mint leave(s).

Prep time: 40 minutes, Bake Time: 70 minutes,
Cook Time: 20 minutes, Total time: 1.5 hours

Ingredients for Strawberry Glaze

1 pint of strawberries
3 tablespoons cornstarch
1 cup of water
3 tablespoons of vanilla extract
3/4 cup of sugar
1/4 cup of lemon juice

Instructions

1. Pour 1 cup of water in a medium-sized pot and bring to a boil.
2. Add 1 pint of quartered strawberries. Let water come to a boil again. Boil for 6 minutes and reduce to a simmer for an additional 15 minutes.
3. Stir in 3/4 cup of sugar and stir thoroughly.
4. Stir in 1/4 cup of lemon juice and 3 tablespoons of vanilla extract.
5. Stir in 3 tablespoons of cornstarch. You may add more cornstarch if you desire a thicker glaze.
6. Set aside.



Beer-Battered Chicken with Honey Mustard



Prep time: 20 minutes, Cook Time: 15 minutes, Total time: 35 minutes

Ingredients for Honey Mustard

1/2 cup of mayonnaise
1 tablespoon Dijon mustard
1 tablespoon of yellow mustard
3 tablespoons honey

In a small bowl mix together mayonnaise, yellow mustard, Dijon mustard and honey.

Ingredients for Beer-Battered Chicken

Four 4oz boneless chicken breasts
1 tablespoon garlic salt
1.25 cup beer
1 teaspoon sugar
1 egg
1 1/2 cups of flour
1 tablespoon baking powder
Soybean clear frying oil

Instructions

1. Mix flour, sugar, garlic salt and baking powder in a small mixing bowl.
2. Wisk in beer.
3. Wisk in egg and mix until wet and dry ingredients are fully incorporated.
4. Heat oil in fryer to 370 degrees
5. Dip chicken breast in the batter and coat thoroughly. Let as much of the excess batter run off the chicken as possible. Submerge chicken in hot oil for approximately 7-8 minutes or until the chicken reaches an internal temperature of 165 degrees and above.
6. Remove from oil and drain excess oil on a cooling rack.
7. Serve with above mentioned honey mustard.

Raymond Craig brings a spirit of excellence and a good heart as the Dining Services Director at Desert Peaks. He has a bachelor's degree in hotel, restaurant and tourism from NMSU, and has worked in the food and beverage industry since 2002. He is also Serve Safe certified and is a Certified Dietary Manager through the University of Florida. Raymond has found his niche in senior housing where his delicious and nutritional meals and his catered events for residents, families, and the public continue to 'wow' us.

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				



<p>1. </p>	<p>2. </p>
<p>3. PENNIES</p>	<p>4. back</p>
<p>5. b bird b bird bird b b b b b</p>	<p>6. Finger PIE</p>
<p>7. MILONELION</p>	<p>8. Matter</p>
<p>9. funny funny word word word word</p>	<p>10. Not = Cent</p>

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	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				
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	
O	C	T	F	E	W	E	R	I	R	A	N	A	
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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