

Guided by goodness, loyalty, faith, and fun

TRUE NORTH LIVING

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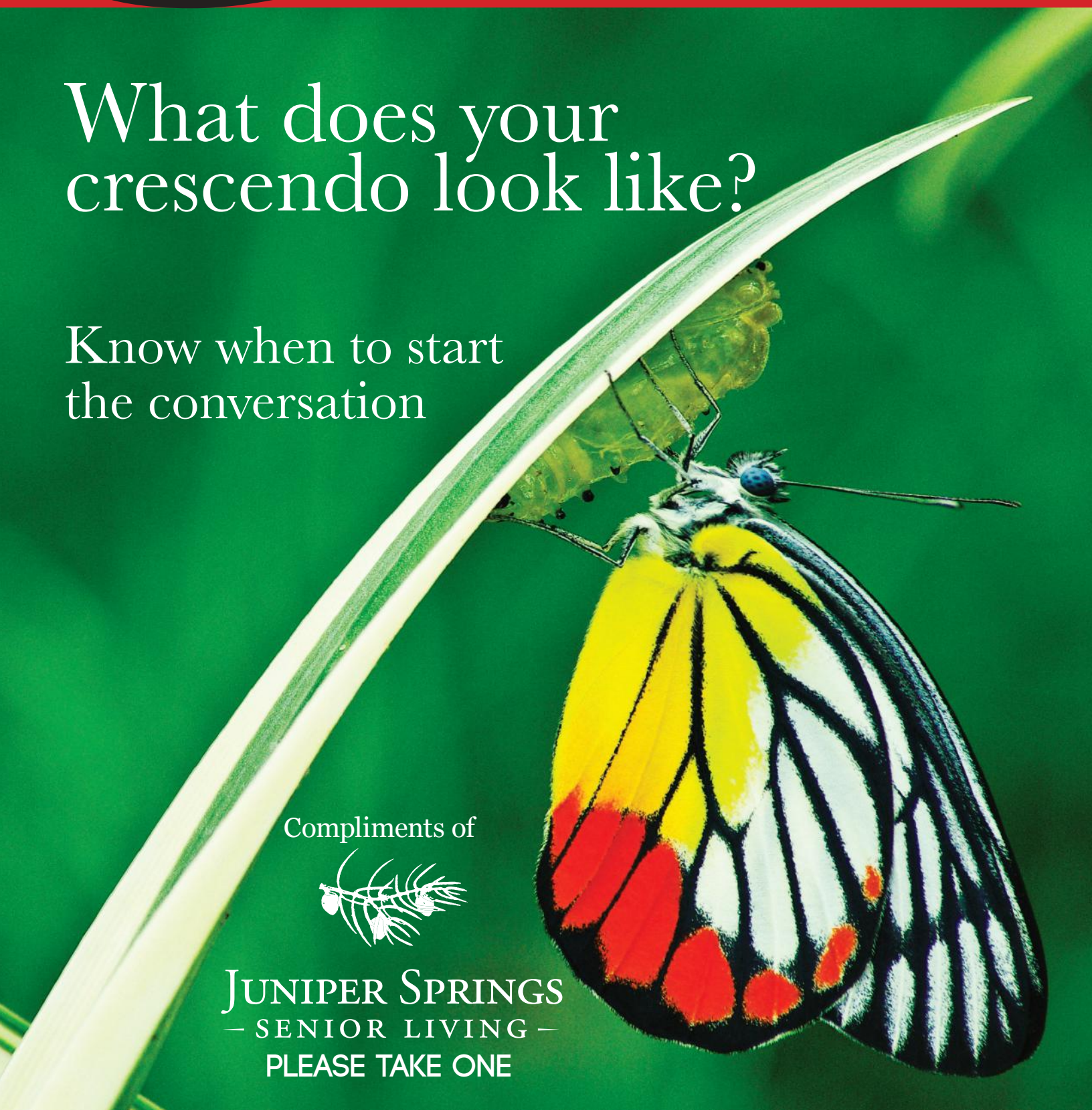
What does your crescendo look like?

Know when to start the conversation

Compliments of



JUNIPER SPRINGS
— SENIOR LIVING —
PLEASE TAKE ONE





Will Forsyth, Vice President
and General Counsel
Compass Senior Living

A Spirit of Giving

“Those who are happiest are those who do the most for others.”

– Booker T. Washington

There can be a frustrating misconception about elders as no longer being capable of accomplishing meaningful things. One of the joys of operating senior living communities is to see firsthand how much of a misconception this is, and a prime example is the extent of charitable activity that occurs by residents at our Compass

communities. It’s nonstop! Not a day goes by without news of an effort by our residents to help others in ways small and large.

Whether it’s providing backpacks with school supplies for underprivileged kids, collecting food for a local food bank, or hosting an event to raise funds for a worthy cause, our residents are continually helping those in need. It’s as inspiring as it is life-affirming.

At Compass, we certainly encourage, organize, and support our residents in these endeavors, recognizing that giving back is an important way for our senior living communities to be part of the fabric of the cities and towns where we are located. And it just feels good to help! If you know of an organization that could use some help with a project or initiative, please let us know, as our staff and residents are always looking for ways to lend a hand and make a positive, meaningful difference.

My dear colleague Jean Garboden (Compass’s Director of Education and Innovation) has a phrase that I just love – that elderhood “is the crescendo of life.” One needs to look no further than the sheer volume of “good works” being done each day by residents in our communities – and the happiness that is generated in both the giving and receiving – to know that this is the case.

Will Forsyth



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Now is the time to Start the Conversation

In 2012 my son brought his paternal grandmother home to live with his family. At the time, she was in a less than desirable relationship, which required some changes be made. That was a tough choice, but turned out to be a great choice.

During the course of the next three and a half years, things on the home front were good. Grandma improved significantly as my daughter-in-law watched grandma's mental and physical health issues closely, taking her to physicians when necessary, and keeping up with her daily regime of prescribed medications as well as supplements. Grandma was happy and my son's family was happy as well.

Starting at the end of 2015, something changed. Grandma was still getting great care, but needed more stimulation from people of her age. While she loved being around the family, something was missing.

She hired a companion to take her to some senior activities and was continuing to attend monthly Red Hatter's meetings. Grandma had so much fun attending the activities at the senior center, but was reluctant to move.

Tensions were starting in the household, as grandma was not very tolerant of her two grandsons running around the house. She stayed in her room resting a lot. Still, she, my son and daughter-in-law were reluctant to start looking at alternative living for grandma.

During my visit in December 2015, I broached the idea of assisted living with grandma, my son, and daughter-in-law. The seed was planted, but after I left grandma was not happy that I talked with them about it.

During the first months of 2016, my daughter-in-law decided to take grandma around to show her assisted living and independent living communities.

To her surprise, grandma was open to the idea. They looked at several communities and grandma decided she wanted to live in a smaller one because the bigger ones would make her feel like she was living in a hotel. She made the decision to move in April of 2016. Tough choice~great choice.

While it took just a little while for grandma to adjust, she now loves her new home. She is participating in activities, loving the meals, and making new friends. She is more lively and enjoying her time with her family, as they visit several times a week.

They can now be in a relationship as a family again and not caregivers to their elder grandma. Once again, tough choice~great choice, and the BEST choice she could have made for herself at this time in her life, at the age of 87.

I work in eldercare, and see families and elder adults struggling with the same tough choices as my family. We all have basic human needs to live purposeful lives, and to be part of a social structure that allows us companionship and the opportunity to continue to extend care to others.

For my children's grandmother, the tough choices were made with the primary goal to do what would result in a happy decision for all. Good choice!

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.



What does Your Crescendo Look Like?

Life is a series of events that, when put together, write your story. The next chapter is up to you. Always strive to write it better than the one before...your Crescendo.



I have moved through my life, guided by the silent anticipation and stereotype of what each stage of my life should look like. I became focused on seeking certain expectations, or landmarks so to speak, that I thought I needed to achieve during each decade as I aged with the vision of my future during my teens hitting its pinnacle when I hit middle-age. And then, all of a sudden I found myself sitting at that pinnacle. That age where I realized that I am now on the cusp of a stage in my life that seemed so far away, elderhood. While the story I have written so far is good, it is not really what I envisioned and it sure isn't over.

I have started to think about what aging looks like and how I will wear it as I move closer to that reality. Will my hair turn gray? Will I use a walker? Will I have to give up my drivers license? Will I shuffle when I walk? Will I view it as a time of life where I sit in a rocking chair waiting for the inevitable? Will it be considered a time when living becomes viewed as 'going through the motions' just to get through a day.

As I enter my sixth decade of life I am one of 108.7 million folks age 50-plus. This includes 76.4 million boomers (born 1946-64), compared with 49 million Gen Xers and 82 million millennials. Moreover, people 50-plus will continue to grow over the next decade to the tune of 19 million vs. a growth of only 6 million for the 18-49 population.

My life is a book, with chapters created from every milestone, moment, or mundane/routine/ordinary day I have lived so far. Some chapters are thicker, happier, or more exciting than others, but these scripts are what build the story of my life.

**Crescendo. . .
used as
a verb it
means to
increase in
loudness or
intensity.**

Crescendo. . .used as a verb it means to increase in loudness or intensity. I associate this word with music, mystery novels, movies, dramatic tv shows, and the list goes on. But I have never thought to use that word to define my life. . .until now.

We are supposed to get better, smarter, wiser with age, not simply exist to mark time. There are a lot of people out there just like me wanting to change the face of aging, to change our perception of what our elderhood will look like.

So grab that pen, write that next chapter, and create your crescendo. I know I am.

Age loudly. Live intensely.

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About the author: Tina Woodcock is the Graphic Designer at Compass Senior Living in Eugene, Oregon. Tina creates all of the print advertising for 21 Compass Senior Living communities in 7 different states. She takes great pride in sharing the goodness, loyalty, faith, and fun of all of our communities.



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 taken care of?

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 hand 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!



JUNIPER SPRINGS
— SENIOR LIVING —

Introducing *Colleen Be*



Colleen has been hired as the Assistant Administrator for Juniper Springs. We hope you'll stop by soon and help us welcome her to the team!

Colleen started working in senior living in 2011 after she spent time as a caregiver for her in-laws in 2001. She obtained her Administrator License and joins our community with experience in independent, assisted living and memory care. She sincerely loves working with the senior population and we couldn't be more excited to

have her join our team! "I put heart into what I do every day. I have patience and understanding for residents, staff and families. I have a positive outlook on everything and truly believe there is good in everyone."

When she's not working, you'll find Colleen spending time with her family and exploring Oregon. She really loves to garden, and finds great enjoyment in teaching her children to cook and bake.

Almontes & Lisa Fortin



You might have noticed a new face at Juniper Springs and her name is Lisa Fortin. Lisa has been hired as the Wellness Services Director for our community. With her extensive background in both nursing and senior living, we couldn't be happier to have her join our team!

Lisa started working in senior living in 2013. She has a BS in Nursing and has over five years of

experience working as Director of Nursing in assisted living. She has passion and heart behind her work in senior living. "All people deserve respect and I attempt to maintain their independence for as long as possible."

When Lisa is not at work, you'll find her in her yard or at the lake. She loves flowers and animals and even dabbles a little with stained glass.

White Bean Chicken Chili

Hearty stews and belly-warming soups are coming out of the kitchens; frost is sparkling, and jackets are coming out of hiding. Families are craving slow-cooked, savory meals that yield health benefits and leftovers.

Delicious, savory fall-recipe ingredients that will surely satisfy are white beans and sweet onions. Onions are not only believed to be a cancer preventative, their low-salt, low-fat health benefits are the proactive equivalent to superhero powers. Onions have 25 compounds that lower blood pressure and cholesterol, prevent

thrombosis, inhibit strokes and battle heart disease, says the American Heart Association.

Plus, the antioxidants and flavonoids found in onions don't lose their potency once cooked. This makes them ideal for slow-cooked recipes. They add a punch of flavor and a whopping serving size, making them an affordable luxury during the crisp fall months.

Use the following recipe for a tasty detour from your typical red chili.



- 1 bag dried white beans
- 2 Sweet Onions
- 1/2 cup Garlic (chopped)
- 1 pound ground chicken or turkey
- 1 cup celery (chopped)
- 1 cup corn
- 1 tsp Oregano
- 1/4 cup Olive oil
- 2 each large green mild chili (deseeded)
- 2 quarts chicken stock or water (to cover)
- 2 tsp Cumin

Saute onions, garlic, celery, corn, chilies, chicken/turkey for 10 minutes on medium heat. Add half of the chicken stock. Then add salt, pepper, oregano and cumin and simmer for 45 minutes. Then adjust with the remaining chicken stock. Combine all ingredients in crock pot or large heavy-bottomed pot, bring to a boil and then simmer overnight, or 8 hours.

Puree 1 cup beans for a thicker chili and serve. Garnish with shredded cheese, fresh cilantro, tarragon or basil, chopped Tabasco peppers, raw chopped sweet onions or hot sauce.

Apple Crisp Cookie Cups

1 1/4 c. brown sugar (divided)
3/4 c. granulated sugar (divided)
2 sticks unsalted butter, softened (plus more for cooking apples)
2 eggs
1 tsp. vanilla
1 1/4 c. all-purpose flour
1 3/4 c. rolled oats
1 tsp. baking powder
1/2 tsp. ground cinnamon
1/2 tsp. kosher salt
6 Granny Smith apples, peeled, cored and finely chopped
2 tsp. cornstarch
1/2 tsp. ground nutmeg
1/2 tsp. ground cinnamon
Caramel sauce, for serving

DIRECTIONS

Preheat oven to 350 degrees F.

In a large mixing bowl, combine butter, 1/2 cup granulated sugar and 1 cup brown sugar. Beat with hand mixer until light and fluffy. Add eggs and vanilla and mix until evenly combined. Add flour, oats, baking powder, cinnamon and salt and stir until just combined.

Spray 2 regular sized muffin tins with cooking spray. Using a medium ice cream scoop, scoop dough into muffin tins, press down with a spoon to create cups. Bake for 15-20 minutes until the cookie cups are golden brown and set. (Don't worry if the cookie cup centers rise!)

While the cookies are still warm, make the cups. Spray the bottom of a small shot glass with cooking spray and press the shot glass down into the center of each cookie to create cups. Let cool in pan for 15 minutes, then transfer to wire cooling racks.

Meanwhile, melt about 2 tablespoons butter in large nonstick skillet over medium-high heat until beginning to brown. Add apples and sauté until beginning to soften. Add the remaining sugars, nutmeg, cinnamon and cornstarch and cook until soft and caramelized.

Spoon the apple filling into the cups. Drizzle with caramel and serve warm or at room temperature.



Jonathan Boutton

Brain Games

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ACROSS

- 1 Swiss mountains
- 5 Deliver by post
- 9 Piece together
- 14 Gambling game
- 15 Decorative needle case
- 16 Sound of a sneeze
- 17 On top
- 18 Doings
- 19 Belonging to you
- 20 Review
- 22 Ornamental stand
- 24 Hubbub
- 25 Bearing
- 26 African country
- 28 Compass point
- 29 April (abbr.)
- 32 Disturbance
- 33 Pulls along
- 35 Sign of the zodiac
- 36 List of highly desired guests
- 37 Atmosphere
- 38 Small talks
- 40 Permit
- 41 Courage
- 43 Comfortable
- 44 Those who make the food laws (abbr.)
- 45 Hard boiled food
- 46 Draw with crayons
- 47 What a mosquito bite does
- 49 Pole
- 50 Crop
- 53 Heat
- 57 Once more
- 58 Black
- 60 Deviate
- 61 Gathered the leaves
- 62 Baseball's Nolan
- 63 Self-esteem
- 64 Clothe
- 65 Gorgeous
- 66 Shrimp

DOWN

- 1 Far away
- 2 Unpunctual
- 3 Professor (abbr.)
- 4 HBO mob show
- 5 Time of the year
- 6 Engrave
- 7 Tree seed
- 8 Unload from a ship
- 9 Recipient
- 10 Squirrel's dinner
- 11 Hoodlum
- 12 Cob vegetable
- 13 Flexible tube
- 21 Decreases
- 23 ___ pong
- 26 Bundled hay
- 27 1997 Madonna movie
- 28 Twist the water out
- 29 "Remember the ___"
- 30 ___, Paul and Mary
- 31 Good outlook
- 32 Not whole
- 33 Female children
- 34 What children attend
- 39 Held over tradition
- 42 Upper body muscles
- 46 Nook and ___
- 47 Crawling vines
- 48 Takes care of
- 50 Difficult
- 51 Seaweed substance
- 52 Collect leaves
- 53 Cajole
- 54 Prego's competition
- 55 Take the wrinkles out
- 56 Saclike structures filled with fluid or diseased matter
- 59 Farewell

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Acorn
Apple
Autumn

Chestnuts
Chilly
Cider

Corn
Cranberry
Deciduous

Harvest
Hayride
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Maize
November
Nuts

October
Raincoat
Reap

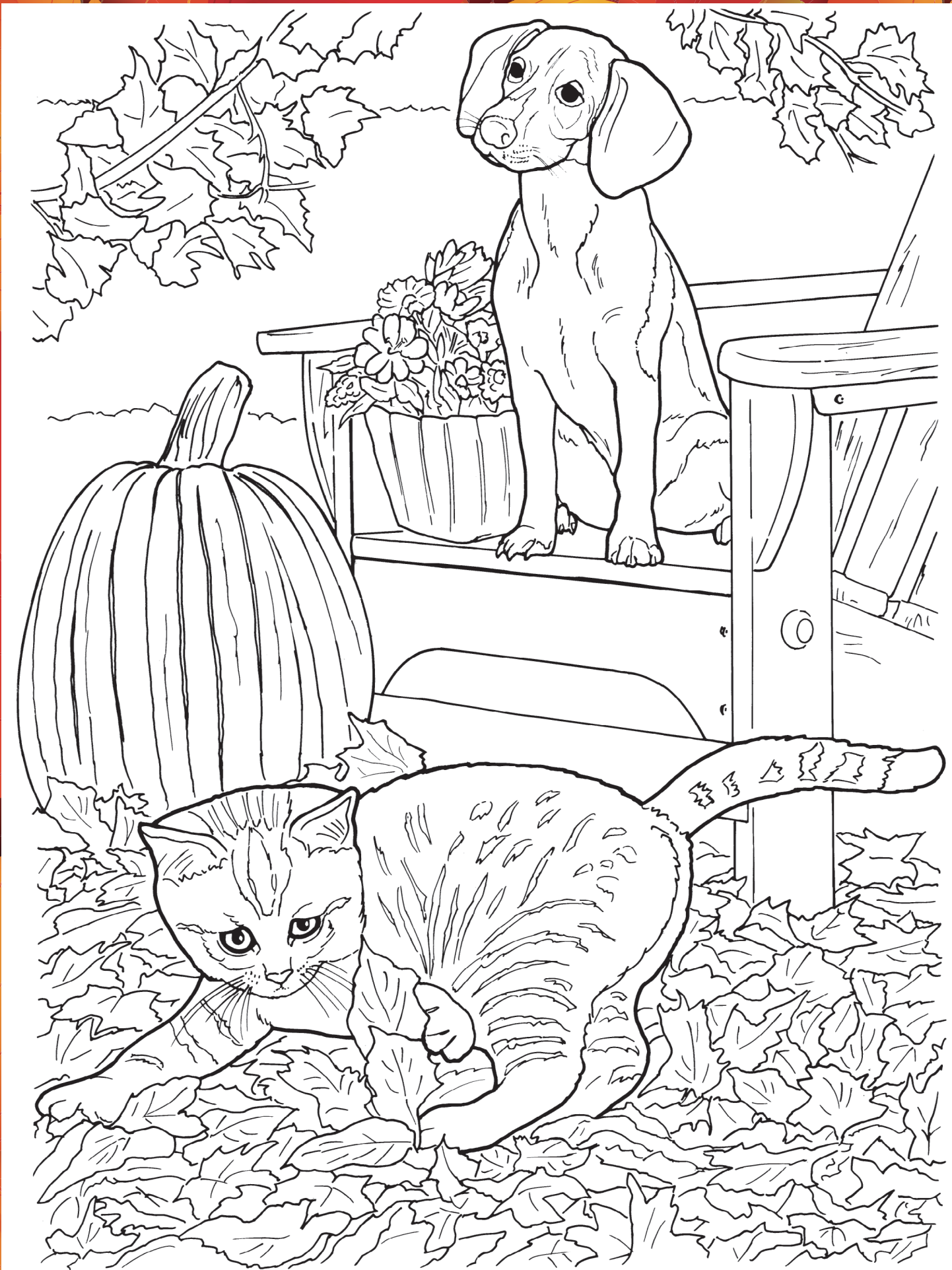
September
Sleet
Squash

Brain Game Answers:

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



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look like?**



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