

Guided by goodness, loyalty, faith, and fun

TRUE NORTH LIVING

The Invisible Art of Caring:

Care Teams
embrace patience,
empathy, respect,
and kindness



Compliments of



PEAR
VALLEY

SENIOR LIVING

PLEASE TAKE ONE



Dennis Garboden, President
Compass Senior Living

Why would I want to move in to a Senior Housing Community?

Good question!

Are we beyond the perception of senior housing being “an old folks home?” That is often what we may hear from an elder adult when exploring

the possibility of living in a communal setting in an Independent or Assisted Living Community.

What many discover is a new lifestyle opportunity, as my grandmother Dora did.

My grandmother Dora had significant visual decline due to macular degeneration, and also had mobility issues. She began occupying smaller and smaller areas of her home. She quit going upstairs and rarely used her bedroom. She spent a lot of time on the couch in her living room watching TV and eating microwaved meals. She could no longer drive safely, and had no way to maintain connections with friends, social groups, and church friends. Usually a vibrant, intelligent, optimistic life-long learner, and fiercely independent woman, she became depressed, and reclusive. She was feeling lonely and helpless.

My grandmother’s independence was apparent when she made the decision herself to do something about

her situation and make a move to a Senior Housing Community. Remarkably, this choice changed her life. Instead of sitting alone in her home watching TV, she now had a table of new friends to eat meals with (and a chef to prepare the meals!). She organized and led an outreach mission to the homeless in partnership with the Community. Her church family held monthly ‘circle’ meetings in the community room where she was the president of the Women’s Society. She learned to use a computer to connect with email.

Looking back, I saw that Grandma Dora was pulling inward and becoming isolated, and it was in large part due to her environment of being alone in her home. With the opportunities presented to her in her new senior housing home, she became more active and more outgoing, and found purpose again.



It is important to recognize that it is a very big decision to move from home to an Assisted Living or Independent Living Community. And – it is also important to note that a renewal of spirit can be a result of the move to a social setting with supports. It can be a thoughtful, intelligent decision - not something to be dreaded. It may just be

the next adventure! Dora’s grandchildren and great grandchildren loved to visit their happier, fun and smart grandma - calling her ‘Grandma Dora, the explorer!’

Take care,
Dennis Garboden

Would you like a FREE subscription to *True North Living Magazine*?

Please email Jaimie Griffin at: jgriffin@pearvalleysl.com or call 541.630.3038.

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

Your Questions Answered about Social Security Benefits

Social Security is the most important program the federal government operates. Last year, 1 in 6 Americans received benefits, and over half of all Americans contributed a chunk of their income through payroll taxes to help secure their own future retirement.

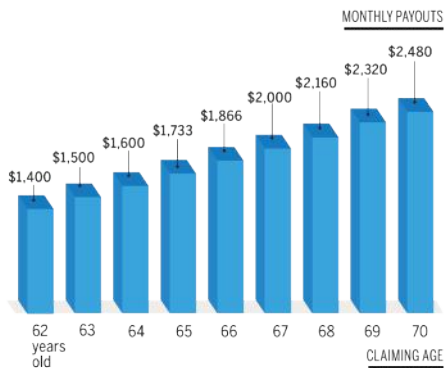
When should I start claiming Social Security retirement benefits?

The math is clear: Wait until age 70 if you can. That will maximize monthly and lifetime benefits, assuming you live to the average life expectancy for people your age. See the graphic below for how the first-year monthly payment would differ based on the age you start receiving benefits. (for those born between

1943 and 1954)

Patience Pays

Waiting to claim Social Security can boost your payouts significantly. Here's how it would affect a worker eligible to get \$2,000 a month at a full retirement age of 67.



Can I work and get Social Security?

Yes, you can work and get Social Security. If you wait until age 70 to start drawing Social Security, you can work as much as you like, and your benefits won't be reduced. But beware:

if you are younger than full retirement age, the agency will withhold some of your benefit if your wages exceed a certain limit. In 2019, the threshold on your earnings will be \$17,640. Make more than that, and the government will temporarily withhold \$1 from every \$2 you receive over the cap. (you

will receive this money eventually in the form of higher benefits once you reach full retirement age.)

What if I stop working in my 50's? Will it affect the benefits I receive if I apply at age 62 or 66, or even if I wait until 70?

Your program benefits are calculated based on your 35 highest years of earnings. It doesn't matter what age you were when your earnings peaked.

I am making contributions to my 401(k). Will that change my Social Security earnings limit?

Contributing to a 401(k) plan does not reduce the amount of Social Security earnings. Social Security looks at your gross earnings before any tax-deferred deductions and allotments.

If I start taking my benefit at 62, can I switch to spousal benefits when my husband claims his Social Security?

You can claim your own benefit at 62 and then pick up a spouse's benefit on your husband's record later if his is higher, and if your full-retirement age amount is less than half of his.

Can I collect a survivor benefit from my deceased spouse at age 62 and switch to my own retirement benefits later?

Yes. When you are eligible for both your own retirement benefit and a survivor benefit, you have the option of collecting one benefit early and waiting until you are older to switch to the other. You can collect a survivor benefit on your deceased spouse's record as early as age 60 and wait as late as age 70 to switch to your own record.

Get more of your questions answered at <https://www.aarp.org/>



The Invisible Art of Caring:

Care Teams embrace patience, empathy,
respect, and kindness



Recently, I had the privilege of working with and teaching our care teams about how to embark on a courageous journey to change the world by embracing and evoking their power as educated caregivers.

The fact is – the care teams are also teaching me. I usually see people in a class-room setting, but here, I see them doing the daily tasks of washing others, holding others, feeding others, and dressing others. It is intimate work and requires patience, empathy, respect and kindness.

As I watched one team member tenderly helping a 90-year old man get ready for bed, I was touched by how beautifully and intentionally she engaged with him. It was clearly more than a ‘task’, it was a loving and truly beautiful act.

When I told her what I had observed, she started crying. She said, “I love this work and I feel I get as much back from the residents as I give to them. But I feel like my work is invisible.” She continued, “My husband does body work on cars, and you can see the work he does every day, and people appreciate it. No one has noticed my work - It is invisible. Thank you for making it visible today.”

I knew she was right! Caring work is powerful and magical – but for the most part, caring is invisible.

Care is more than custodial – Caring is an art. Caring is a science. I believe that caring plays a much bigger role in our lives than you might think. The experience

of caring can ‘shape us’ and help create order and stability in our own lives.

Let’s make the invisibility of care visible!

The deep assumption about caring is that it is something anyone can do, but we do not take care of human beings the same way we take care of a house or a lawn! We must know many things.

The way we touch others increases or diminishes their self-worth.

· **The sensations of the body are the pathways to intellect and emotions.** Caring routines involve engagement around bodily functions (elimination, cleaning, eating, sleeping) and therefore they hold the most intimate importance.

· **In the past, caring tasks may have been viewed as custodial.** In the emerging future, care is viewed as an honorable practice that requires specialized knowledge about human development.

· **When we see the other as competent and capable, we practice caring as a conversation** – a reciprocal exchange. We find ourselves doing things “with” others instead of doing them “to” others. We engage in relationship-planning rather than care-planning.

· **We view care as a practice that nurtures another’s development, actualization, and self-sufficiency.** This is the opposite of caring in a way that creates helplessness, frustration, dependency, or entanglement.

· **Caring is associated with strength and power** – not passivity or weakness. The other feels his or her wholeness in our caring response.

I am so grateful for every touch, every smile, every kindness that is given to one another, to our families, and to the residents. My deepest gratitude and respect for each one of you. I am honored to be on this journey with you.

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.

Pam Reed

Assistant Administrator

Pam joined the Pear Valley team with 18 years of experience in the healthcare industry. Her career began with an education in nursing while working as a C.N.A. in skilled nursing and cardiac care. She enjoyed getting to know everyone for whom she cared. However, Pam was never able to develop more than a short-term rapport in those environments. At that time, she became familiar with the assisted living setting and found her passion which has led her to her new path in administration. Pam has worked in healthcare administration since 2010.

Pam is a third generation southern Oregonian and enjoys spending any time she can outdoors. She and her family enjoy camping, hunting, spending time with her dogs, gardening, and just taking in the great outdoors with her husband, Bruce. Pam is looking forward to working with all the Pear Valley team.



Meet the team. . .

Pear Valley S

Nicole Cruz

Memory Care Administrator



Nicole Cruz is a long time Eagle Point resident. She grew up watching her mom work in nursing homes and assisted living communities. From a young age, she has had a passion for serving her elders. Nicole has been within the healthcare community since 2006. Nicole began her journey working with adults with traumatic brain injuries, moved into adult foster care, then assisted living before spreading her wings in memory care. Nicole has worked hard along the way from care staff to health care coordinator before becoming an administrator. Nicole believes in seeing the good in all people.

When Nicole is not working she is with her son on their farm doing everything from raising cattle and pigs to riding horses, Nicole enjoys being out in nature any chance she gets.

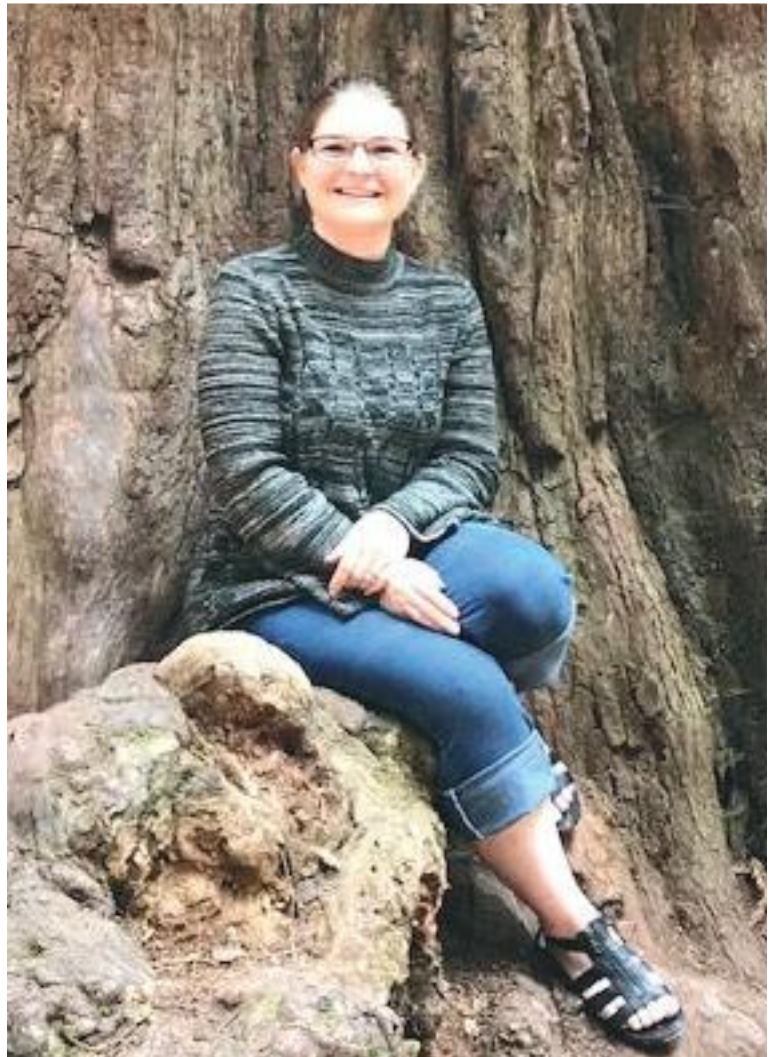
Senior Living

Kristina Tartaglio, RN, BSN

Director of Wellness Services

Kristina has a passion for caring for people in general. Kristina earned her Associates degree in Nursing in California and continued her education with a Bachelor's degree from Grand Canyon University of Arizona. Kristina has been making a difference in health care since high school where she started out in the Health Careers Academy to leading military wellness clinics in various locations throughout California. Her nursing career took off in home health with a big move here to Southern Oregon in 2013. For the past year Kristina has been the Director of Nursing of an assisted living community in Grants Pass. In this new journey at Pear Valley she is excited to build and mentor a team of care staff in providing person centered care. Her goal is to create a workplace where the True North can truly be expressed with compassion to our seniors.

In Kristina's spare time she enjoys time with her spouse and three children Kaylah, Bianca and Peyton. As a family they like to swim, hike, bike, raft down the Rogue River and enjoy attending academic or sport events.



Reliable Routine: What Is It and Why Does It Matter?

Marya Kain, MS, CMC • Power of the Heart: Dementia Care Education and Behavior Coaching

When I was a 6 year old little girl in first grade, when it was “math time” I could open my desk, get out my math book, pencil and tablet and work on the math problems. While I might have needed help with the problems themselves, I could be quite independent in the set up and most of the work. When it was “recess time”, likewise, nobody had to walk little Marya over to the big box of balls, help me pick my favorite red rubber ball, and walk me to my place in line. On the contrary, I was usually the first to the box of balls to make sure I got the best one, and the first in line so I could gather up my foursquare friends and tear it up on the blacktop. Again, I could be quite independent, largely because I knew what was expected of me as long as I was performing familiar activities, presented in a reliable daily rhythm. During those times, I would have been described as a happy, agreeable child.

Vacation was another matter altogether. In the back seat of my parents’ 1965 powder blue Ford Falcon, my 4 year old sister and I drew an imaginary line down the middle of the back seat. We would dare to cross our fingers across the line, at which the other sister would fiercely karate chop the vulnerable fingers. The chopping frenzy quickly escalated to yelling, hair pulling, punching and crying.

What happened??? Without our reliable routines, our brains went into high alert. Research tells us that the same part of our brain, the dorsal anterior cingulate cortex, that alerts the limbic system to fight or flight when we are in danger, perceives danger and acts accordingly, when we feel that we have been excluded or don’t know how/if we belong. So what does that have to do with a reliable routine? A reliable routine helps us know how we belong. It gives us a way to structure our time and energy toward meaningful contribution. It helps us feel purposeful.

During childhood, our routines come from external sources such as school, family and friends. During

our adult years, our jobs and retirement activities form the main structures around which we build the rest of our routines. People with dementia need our help to develop and to use their reliable routines. In many cases the brain of the person experiencing dementia can no longer help that person understand how they belong and what is expected of them. The once familiar cues become difficult to discern, and the abilities to plan and sequence are diminished.

When we see fight or flight behaviors, we want to first rule out medically treatable causes such as pain, infection, illness and depression. Then we want to look at obvious triggers by determining if the same thing regularly happens just prior to the behavior occurring. When there is no obvious trigger, we want to stop and think more about the person. What makes them feel safe, loved and important, like they belong? Music? Physical touch? A nice walk? A good book? Helping in the kitchen? A favorite program? If the person with dementia is no longer participating in these activities, we want to be careful not to assume that the activities wouldn’t bring pleasure; it may be that the person can no longer self-initiate or ask for the activity. Furthermore, if we ask “Do you want to...?” the default answer becomes “no”, when the words no longer make sense. It is time to wonder how these things can be presented in a reliable way throughout the day. While it takes some effort, creating a meaningful reliable routine is well worth it. A new sense of connectedness and belonging emerges for both the person experiencing dementia and their family member. The dorsal anterior cingulate cortex is less likely to be triggered and we see far fewer fight or flight behaviors.

Using these strategies and more, a Certified Behavior Consultant can help you identify specific ways to improve the quality of life and relationship for you and your loved one. For more information contact Marya Kain, MS, CMC, Power of the Heart: Dementia Care Education and Behavior Coaching at 541-601-5341 or info@poweroftheheart.com.

Loaded Baked Potato Soup

This healthy loaded baked potato soup recipe is inspired by the comforting flavor of fully loaded baked potatoes with bacon, Cheddar, sour cream and chives. To make a vegetarian version of this potato soup, omit the bacon and use “no-chicken” broth. Serve it with a green salad and crusty bread to clean up the bowl.



1 tablespoon canola oil
16fl oz High Heat Omega 3 Canola Oil
2 slices bacon, cut in half
½ cup chopped onion
1½ lbs med. russet potatoes (2-3),
scrubbed and diced
4 cups reduced-sodium chicken broth
½ cup reduced-fat sour cream
½ cup shredded extra-sharp Cheddar cheese,
divided
8oz Sharp Cheddar Chunk Cheese
¼ teaspoon freshly ground pepper
¼ cup snipped chives or finely chopped
scallion greens

1. Heat oil in a large saucepan over medium heat. Add bacon and cook, turning occasionally, until crisp, 4 to 5 minutes. Transfer to a paper towel to drain, leaving the oil and bacon drippings in the pan. Add onion to the pan and cook, stirring, until starting to soften, 2 to 3 minutes. Add potatoes and broth. Bring to a boil. Reduce heat to maintain a simmer and cook until the potatoes are tender, 12 to 15 minutes.

2. Using a slotted spoon, transfer about half the potatoes to a bowl and mash until almost smooth, but still a little chunky. Return the mashed potatoes to the pan along with sour cream, ¼ cup cheese and pepper. Cook, stirring, until the cheese is melted and the soup is heated through, 1 to 2 minutes. Serve garnished with crumbled bacon, the remaining ¼ cup cheese and chives (or scallion greens).

The Most Delicious Meatloaf

Growing up, my mom was sure of one thing, that my sister and I did NOT like it when it was meatloaf night at our house. For years, my mom tried so many versions of meatloaf only to once again fail to hit the mark with half the people at her table. Then. . .she stumbled on this recipe, shared in a community cookbook, and it forever changed the minds of two teenage girls. Which is quite a feat in and of itself. . .even if it is just meatloaf. *Tina Woodcock*



Meatloaf:

2lbs ground beef
2 eggs
1c crushed cornflakes
2 tsp. salt
1/4 tsp. pepper
2T minced parsley
1T dried onion

Sauce:

1 c ketchup
2/3 c brown sugar
3 tsp prepared mustard
4T cider vinegar
1 tsp nutmeg

Combine meatloaf ingredients and mix well.

Combine sauce ingredients and mix well.

Mix a quarter of the sauce into the meatloaf.

Bake at 350° for 40 minutes then pour a quarter of the sauce on top of the meatloaf and bake for an additional 20 minutes.

Place the remaining half of the sauce in a pan to heat and use as a gravy over individual servings.

Total cooking time is 1 hour. Serves 8 to 10.





Brain Games

ACROSS

- 1 Resort hotel
- 4 Tempos
- 9 Calorie
- 12 Gust
- 14 Take into one's family
- 15 Wheel
- 16 Singing voice
- 17 Pertaining to the north or south ends of the earth
- 18 Makes hot cereal
- 19 Heavy and widespread snowstorm of lengthy duration
- 21 On the other side
- 23 Bullfight cheer
- 24 Old-fashioned Fathers
- 25 Hairstyle
- 28 Pat lightly
- 31 Ritzy
- 34 Express approval
- 36 Lavatory
- 38 Police officer
- 40 Water film
- 41 Heroism
- 43 Out of bounds
- 44 Decade
- 45 Stretch to make do
- 46 Slovenly
- 48 Sprint
- 51 Central nervous system
- 53 Stare at
- 54 Net
- 56 Greedy person
- 58 Short open jacket
- 61 Runnerless sled that is curved upwards
- 66 Waterless
- 67 Fatty vegetable
- 69 World organization
- 70 Strong wind
- 71 Sounds with reference to pitch, strength, or duration
- 72 Experts
- 73 Wily
- 74 Inscribed stone
- 75 Observe secretly

DOWN

- 1 Wash with a mop
- 2 Tablet
- 3 Opposed
- 4 From the pope
- 5 Worshiped
- 6 Frigid
- 7 Government agency
- 8 Tie down
- 9 See ya!
- 10 Branch of learning
- 11 Fewer
- 13 Dozen (abbr.)
- 15 Upper body
- 20 Where animals are kept
- 22 Head cover
- 25 Curved
- 26 Animals in a region
- 27 Boundary
- 29 Type of wrench
- 30 Ghost's greeting
- 32 Frown angrily
- 33 Provide housing for
- 34 Pacific Time
- 35 Evening
- 37 Sphere
- 39 Wooden sheet
- 42 American Kennel Club (abbr.)
- 43 Cloudlike mass made up of tiny water droplets suspended in the air near the ground
- 47 Company symbol
- 49 Swedish citizen
- 50 Possessive pronoun
- 52 Large, long-handled scoop for digging or scooping heavy material
- 55 Coverings for the feet worn for protection
- 57 Overly fat
- 58 Containers
- 59 Spoken
- 60 Spring flower
- 61 Prong
- 62 Gross national product (abbr.)
- 63 Long fish
- 64 A spinning toy (2 wds.)
- 65 Prying
- 68 Large number

1	2	3		4	5	6	7	8		9	10	11		
12			13		14					15				
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	48		49	50		51		52		53				
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58	59	60					61				62	63	64	65
66					67	68					69			
70					71						72			
73					74							75		

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically, and diagonally in all eight directions.

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

Blizzard
 Blue
 Boots
 December
 February
 Fireplace
 Frozen
 Gray
 Hibernate
 Icicle
 January
 Shovel
 Silvery
 Skates
 Skis
 Sled
 Snow
 Snowstorm
 Sweater
 White
 Winter

Brain Game Answers:

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

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

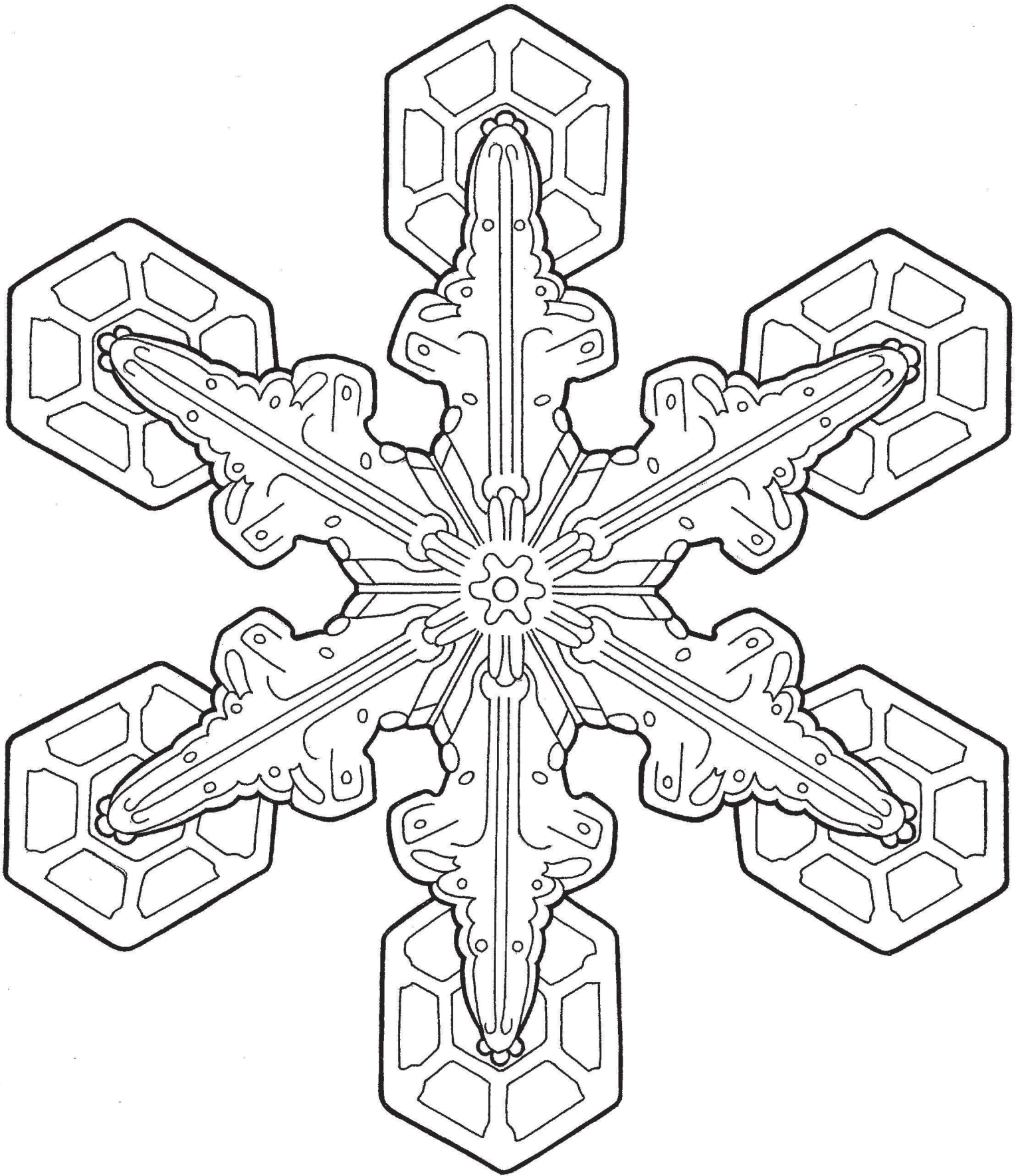
Resource Credits:

Page 10 & 11: EatingWell Magazine, recipe by: Carolyn Casner;

Meatloaf recipe shared in a community cookbook {circa 1980} called Stovetop Melodies, Valmeyer, IL

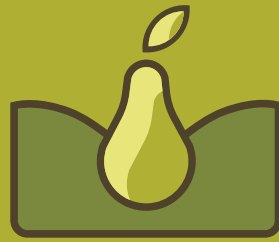
Pages 12-15: Crossword & Word Search: Evelyn Johnson/qets.com;

coloring page: FaberCastell.com





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take a tour!**



**PEAR
VALLEY**

SENIOR LIVING

**Welcome to the new
Pear Valley
Senior Living!**

Pear Valley Senior Living is pleased to be one of Twin Creeks' newest neighbors. Assisted living and memory care all on one campus and designed with elders' needs in mind.



**Now
Open**



 a Compass
Senior Living community

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TODAY!**

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