

Guided by goodness, loyalty, faith, and fun

TRUE NORTH LIVING

18/2

Why Yoga?
Benefits for All Ages

Confessions of
a Caregiver:
Finding your Balance



Compliments of

HeatherWood

Assisted Living and 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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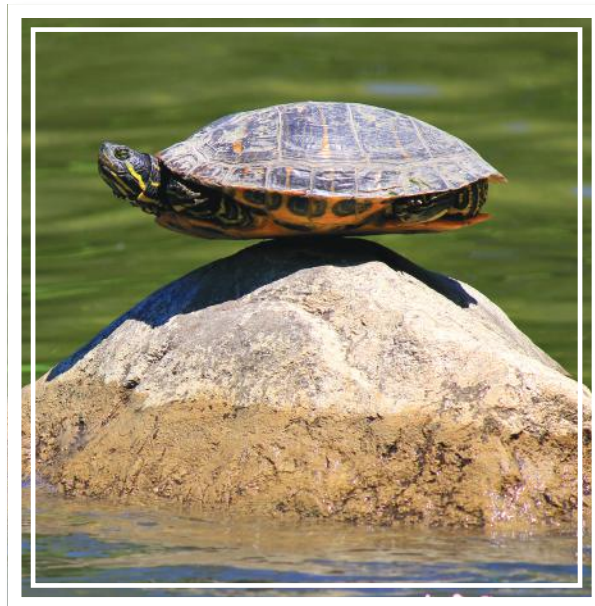
Please email ghudecek@heatherwoodal.com or call 715.552.5511 or
stop by 4510 Gateway Drive, Eau Claire, Wisconsin.

To learn more about True North Elderhood, check out our website at www.heatherwoodal.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.

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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.

Join us on
Monday: Cribbage Card Club, Thursday: Happy Hour, Friday: 500 Card Club

April: Acapella Singers, Apple Pie, and Art Work

May: Cinco De Mayo

June: Fun Foods Fundraiser for our Firefighters

Call 715.552.5511 for more details on all happenings!

CALENDAR OF
EVENTS

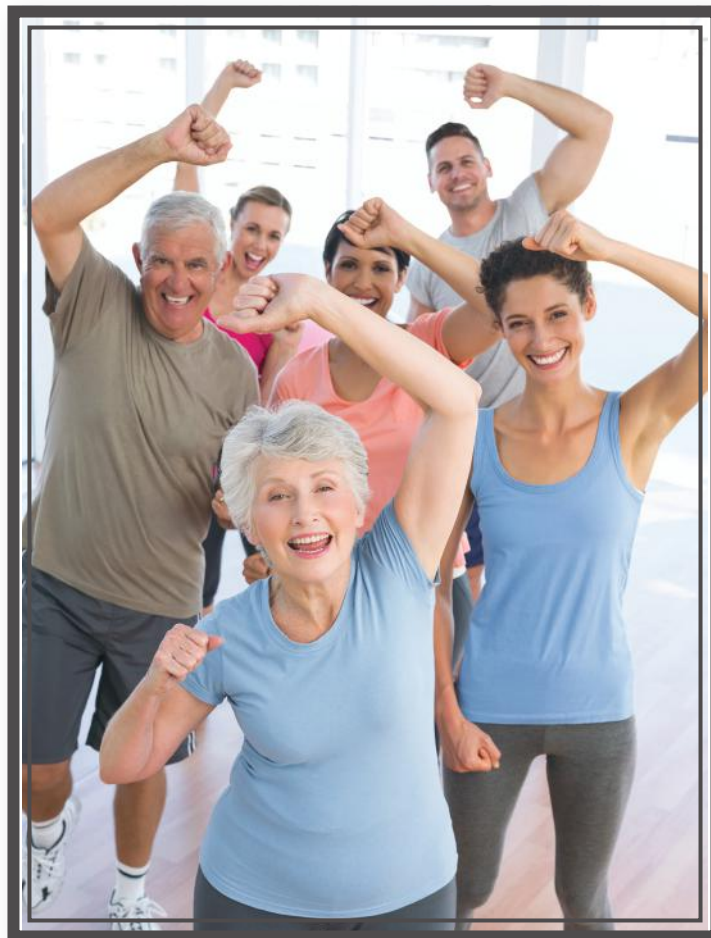


Why Yoga?

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.

Residents reminisced about their parents

"My mom, she was always keeping things clean. She was particular with the house, that's where I got it from!"

"My dad kept our family close by driving us to visit them" - Catherine

"My father was very wise. My father had the faith in me to send me to college and I am thankful because it changed my life; From Brooklyn to Minnesota!
"My mother was the spiritual one. Her prayers help me too!" ~ Eleanor

"I always referred to my ma as a "tough old doll." She was involved in everything: Homemakers Association, Ladies Aid, and she was a 4-H leader for 37 years!"

"My dad was a farmer for many years. He was a laid back individual. He was the school clerk for 21 years and he chauffeured my mom every where." ~ Keith

in honor of Mother's and Father's Day!

"My mother was the most generous person. She taught us to share with other people. She took care of the six of us kids and was always concerned about other kids at our country school. She bought fabric and made scarves for everyone."

"My father was hardworking. He said, "anything worth having is worth working for." ~ Jean

"My mother was such a good mother. She taught me how to wash, cook and bake. When she wasn't well, then I took care of her. I washed and fixed her hair. I made cakes for her every weekend.

"My father was so hard-working. He worked at the rubber company for 45 years in the machine shop." ~ Joanne

"My mother was a school teacher. She always had good things for the kids to eat."

"My father was one of the first car mechanics. He was kind of mischievous and always had a sly smile. They were wonderful in-laws and exceptional people. I couldn't have asked for better!" ~ Carol

Handwritten notes on a piece of paper, including the name "Linda" and other illegible text.





Valentine's Day



Simple joys!

HeatherWood enjoys celebrating all holidays, but we don't need a holiday to have fun. We delight in the simple joys of each day!



Mark your calendars!

APR

18th

2-3:15pm

An A+ Event just for you! Vocal Jazz Group will perform Acapella music as you sample a variety of Apple pies and admire Artwork by local artists!

JUN

12th

2-3:15pm

Fun Food-help us fund-raise for our Firefighters! Stop by HeatherWood and enjoy a variety of fun foods for \$5.

MAY

3rd

{early celebration}

12:15-1:15pm

Cinco De Mayo

Tantalize your taste buds with Mexican cuisine while a mariachi band serenades you.

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				



<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	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					
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 |
- Resource Credits:
 Page 10 & 11: Premeditatedleftovers.com; JessicaLevinson.com; BakerbyNature.com
 Pages 12-15: Crossword: EvelynJohnson/qets.com; Rubus: puzzle-to-print.com; coloring page: FaberCastell.com



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2018 BEST OF
- SENIOR LIVING -

as rated by families

HeatherWood

Assisted Living and Memory Care

715.552.5511

heatherwoodal.com

4510 Gateway Drive

Eau Claire



"Do not regret growing older. It's a privilege denied to many."

~Author Unknown

HeatherWood believes that trusting relationships are the most basic of human needs and the strongest foundation for caring for one another. We are creating a place where elders, families, and employees are growing and teaching each other.

We nurture and encourage family connections.

Join us for a meal or a cup of coffee.

Experience our family for yourself.

Call 715.552.5511

Email kdeutscher@heatherwoodal.com

Every day is **HAPPY** Hour at HeatherWood!

