



FELLOWSHIP SQUARE
HISTORIC MESA

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The **JOYFUL** **INDEPENDENT**

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GOD THE FATHER, HE IS A GOOD, GOOD FATHER

BY CHAPLAIN KURT STROMBERG

May and June are amazing times of the year, as the weather transitions from spring showers to the long hot dog days of summer. During May and June we take time to honor our mothers and fathers on special days known as Mother's Day and Father's Day. A quick shout out to all the mothers and fathers that call Fellowship Square home. Thank you for all that you do.

As followers of Jesus, we can find comfort in the fact like Jesus—He came to serve and not be served—we serve an amazing Father in Heaven.

"And I will be a Father to you, And you shall be sons and daughters to Me," says the Lord Almighty." (2 Corinthians 6:18)

He cares so much for each and every one of us, so much so that He has numbered the hairs on our heads. (Luke 12:7)

He cares for every intricate detail of our lives and because of that love for us, He sent His one and only begotten Son to atone for our sins and provide us a way to eternal life. (John 3:16)

What a merciful, graceful, forgiving, and loving



God we serve!

One of the great tragedies in America is that children are growing up without their fathers' and or mothers' influence and parenting. The family as a whole is being destroyed and the family certainly does not look like it has in the past.

Statistics from "The Fatherless Generation," indicate that 85% of all children who show behavior disorders come from fatherless homes. This is staggering—85% of the youths that are currently incarcerated grew up in fatherless homes.

Children need the influence of both a mother and father in their lives. John Eldredge, a Christian author who wrote "Wild at Heart," states: "every person carries a wound. And the wound is nearly always given by his father." This wound can be intentionally caused by abuse or unintentionally caused by things like death. The point is that we worship and serve a Heavenly Father that can help us heal our wound and at the same time provide us with eternal wisdom.

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." (Romans 5:8)



Our Father in heaven (God) loved us so much that He sent His one and only begotten son to provide a way to heaven through salvation. (John 3:16)

What an amazing God—what an amazing Father—that we serve. If you don't know Jesus personally or intimately, He is waiting for you.

"Come to me, all who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11 28-30)

We are grateful and thankful for our mothers and fathers. We can find peace and hope in knowing that our Father in Heaven is there for us, desiring an intimate personal relationship with Him.

"He is a Good, Good Father, that's who He is."
-lyrics from a Chris Tomlin song



BRAIN HEALTH AND ALZHEIMER'S – WHAT'S YOUR CHOICE?



By Pam Ostrowski, Dementia Caregiving Expert, National Caregiving Speaker, Author, CSA, CDP. Founder of [Alzheimers Family Consulting](#).

What's the one thing you use day and night all of your life, that creates your thoughts and enables you to communicate them, and runs all of your body parts? Yes, it's your brain. It's the only one you've got so it's important that you take good care of it.

That's why June is Alzheimer's and Brain (health) Awareness Month. We want to elevate your awareness of how to avoid dementia symptoms as you age. June is the month to get started with changing your behaviors to help your brain function better, for longer!

As they say, an ounce of prevention is worth a pound of cure. So, what are some ways to keep your brain as healthy as it can be as you age?

Start now with:

- Exercise
- Good nutrition
- Sleep
- Stimulation
- Reduce stress
- Supplement your diet

These probably look familiar as they are also recommended for heart and lung health. Why not take care of your brain, your heart and your lungs all at the same time?

Hint: Both your heart and lungs get oxygen to your brain. If those organs aren't functioning well, your brain cells aren't getting the oxygen they need and they die. That's when you may start to exhibit dementia symptoms such as cognitive impairment.

Exercise – 20-30 minutes per day. You can do this all at once by walking around the community or break it up into 10-15 sessions. Just be sure you get that blood pumping so your brain can enjoy some oxygen!

Good nutrition – Eat clean. Follow the 80/20 rule. Eat veggies and lean protein and avoid sugar and simple carbs 80% of the time. It's okay to have dessert occasionally (the other 20%), but not at every meal and not as a snack.

Sleep – Aim for seven to nine hours, preferably of continuous sleep. Turn off electronic devices an hour before bed so that your brain can calm down. Avoid daytime naps as those affect your night sleep.

Stimulation – Get out and about. Volunteer. Learn a new game. Play a game with other people twice a week. Be around others, even if you don't participate in an activity. Avoid staying in your home alone watching TV.

Reduce stress – Family matters can stress anyone out. But it's not good for the brain. Accept what is within your control and let go of the rest. Worrying is a waste of energy because no one can predict the future.

Supplement your diet – Get a full blood panel from your doctor, including vitamins and minerals. Many of us are walking around deficient in these. Knowing which ones you need and taking them will help your brain health.

All of these activities help prevent

Alzheimer's. They even help those who have been diagnosed with Mild Cognitive Impairment (MCI) and early-stage Alzheimer's. These are the best treatments for your brain while research continues on medication options. Even when there is medication that helps stop Alzheimer's in its tracks, you will still need to do these activities.

Brain health is a choice. How important is your brain to the enjoyment of your life? Now is the time to make these changes.



AlzheimersFamilyConsulting.com



HEAT AND HYDRATION TIPS FOR SUMMER

It's practically summertime in Arizona and things are getting hot, hot, hot! While the season is synonymous with relaxation, vacation vibes and fun in the sun, it's important for seniors to protect themselves in the heat. Here are some important tips for staying safe and hydrated all summer long.

According to Banner Health, the body doesn't handle heat as well as people age, which can become dangerous. "Adults over 65 have a higher rate of heat-related illness hospitalizations compared to younger adults."

Common heat-related illnesses include heat cramps, heat exhaustion and heat stroke. People also sweat less as they age, which is the body's natural way of cooling itself down. Without as much sweat response, seniors may have a harder time regulating their body temperature in hot weather.

That's why it's crucial for seniors to practice sun safety, particularly on hot summer days. Banner Health's No. 1 tip is to stay hydrated.



Even if seniors don't feel thirsty, it's important to drink plenty of water, particularly before, during and after physical activity. Rather than waiting until seniors feel thirsty, try drinking water throughout the day, starting with a big glass first thing in the morning before coffee or other beverages.

Liquids that contain caffeine, alcohol or sugar can be dehydrating so opt for water instead of or in addition to those beverages. Remember that fresh fruit and vegetables such as watermelon, grapes and cucumbers are loaded with water and can help keep seniors hydrated.

The National Council on Aging notes that older adults are prone to becoming dehydrated. Increasing water intake can help prevent that.

An article on the organization's website says that water "isn't just a refreshing thirst-quencher. It's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health."

It's also key to notice signs of dehydration, such as:

- Dark-colored urine, urinating less frequently
- Fatigue, or feeling weak

- Irritability
- Dizziness
- Headaches
- Muscle cramps in arms or legs
- Dry mouth
- Confusion, decreased cognitive function

It's important to make good hydration habits a part of every day, especially during the summer. Aim for eight glasses a day or at least one-third of a senior's body weight in that number of ounces. For example, a 150-pound senior should try to drink at least 50 ounces of water daily.

Here are a few tips to stay hydrated this summer:

- Whether taking a walk outside or doing errands around town, always bring along a reusable water bottle filled with fresh water to sip on and refill as needed.
- Enjoy juicy fruits and vegetables as a refreshing and hydrating summer snack.
- Liven up plain water by adding sliced citrus, berries or cucumbers to make staying hydrated more flavorful.
- In addition to having a glass of water first thing in the morning, aim to have a glass at other certain times of the day such as with each meal and before and after exercising.

In addition to drinking plenty of water this summer, seniors should be aware of the amount of time they spend outdoors and in direct sunlight. It can be helpful to wear protective clothing, including a hat and sunglasses, use and reapply sunscreen and avoid being outside during the hottest parts of the day. Stay cool in the shade or indoors and enjoy refreshing cool showers or baths.

Summer is a carefree season filled with fun and memories. But it's important for seniors to practice habits to keep themselves safe from the heat and dehydration.

TIPS TO KEEP DOGS HAPPY AND HEALTHY THIS SUMMER IN HONOR OF NATIONAL DOG DAY



June 17 is National Dog Day! These furry friends can brighten up anyone's day and they are dependent on their owners for love and protection. It's important to keep them safe, happy and healthy every day — but especially in the hot summer months.

The [American Society for the Prevention of Cruelty to Animals](#) (ASPCA) reminds pet owners of the hazards of the summer season and offers some safety care advice including making sure pets are well-hydrated. It's also a good idea to have a summertime checkup in case the pet needs any vaccinations or testing, such as for heartworm. Read on for more tips to care for dogs this summer.

The organization also warns about the dangers of walking dogs in the heat. The temperature of hot asphalt can burn dogs' sensitive paw pads. Since dogs' bodies are so close to the ground, the asphalt can also heat them up quickly. So it's essential to keep walks to a minimum on hot days. Many hiking and walking trails also have signs posted warning against walking dogs when it's too hot. Respecting these signs can help save a dog's life.

Never leave a pet alone in a parked

vehicle. Not only is it extremely dangerous for dogs, it is actually illegal in some states.

The [American Kennel Club](#) (AKC) reminds pet owners that dogs can get sunburn just like humans. For this reason, dogs, particularly short-haired ones and ones with pink skin and white hair, should be protected from extended periods of time spent in the sun. The AKC even suggests applying sunblock to dogs' ears and noses 30 minutes before going outside.

The organization also suggests water safety tips for dogs in the summertime. While the site states that the "majority of dogs can swim and they love it," it notes dogs entering the water for the first time should be assessed for stability. Take caution and care when introducing a dog to water and always be close by to supervise. The site reminds: "You should always be in a position to help him get out of the water."



When not playing in the water, pet owners can pamper their dogs with regular grooming and brushing in the summer months. Spending time cuddling in the cool reprieve of the air-conditioned indoors during hot hours of the day can be soothing for dogs and their owners. Reserve walks for early in the morning when the sun isn't as intense and the pavement is still cool.

The AKC states that heatstroke can occur in dogs and lead to brain damage or death. Never leave a dog outside in direct sunlight and watch for signs of heatstroke including:

- Panting
- Drooling
- Rapid pulse
- Fever

Act quickly if a dog is showing these symptoms. Immerse the dog in cool water and seek emergency vet assistance as soon as possible.

Senior pet owners know how special their relationships with their dogs can be. These furballs of love bring so much joy to residents. So be sure to practice these simple tips to keep dogs safe and happy all summer long.



FELLOWSHIP SQUARE HISTORIC MESA RECEIVES GRANT FOR SENSORY GARDEN AND MURAL IN MEMORY CARE COURTYARD



Fellowship Square Historic Mesa is blessed to have received a grant from Banner Health that will allow us to enliven the courtyard of the memory

care community with a sensory garden with planter boxes, a potting table, a running water feature, rhythm musical ground-mounted activity panel, shading, misters, benches with sensory pillows, new plants and garden supplies. The area will also feature a 3D mural designed by Fellowship Square Historic Mesa's own Tracey Biggerstaff. When finished, the space will provide residents, care staff, and family members with a beautiful space of comfort and peace.

"The mural is a labor of love and what I love most about it is that our Independent Living art class residents get to live our mission of living with purpose by working on the mural," says Tracey.

The fountain will be placed in front of the running water on the mural so it appears that it is being filled from behind. Additionally, 3D metal accents will include the sun, hummingbirds and butterflies.

"A path invites the viewer to walk into the mural and follow it across the water to the sun (cross)," explains Tracey. "The images and scripture reference will hopefully give the viewer joy and peace as they remember the promise of heaven and enjoy the fresh air and beauty of the garden."

Planting and mural painting are under way. Watch for an update in a future newsletter.



From the Editor

We hope you enjoy this issue of the Joyful Independent! Our newsletter is for residents and others who are interested in learning more about our community as well as important



issues facing seniors and their loved ones. Our goal will always be to provide encouragement and solutions to relieve the stress of aging for seniors and those who care for them. If you have any comments or suggestions, I welcome you to email me at Tracey.Biggerstaff@christiancare.org.