

The JOYFUL INDEPENDENT

Kindness through Service

AUGUST 2024

Chaplain Kurt Stromberg

I recently learned and discovered that the week of August 25th through the 31st is known and celebrated as: "Be Kind to Humankind". The world could benefit from us human beings being more kind, compassionate and considerate to one another. This is the message that the Lord conveyed when He said this, "You shall love the Lord your God with all your heart, with all your soul and with all your mind."

This is the first and greatest command and the second is "Love your neighbor as yourself".

Recently Fellowship Square Historic Mesa leadership, staff, and residents have been engaged in developing the foundation for a program that is called, "Back to the Garden". The concept is to enrich our community through serving one another through volunteering. The most precious resource in ALL our communities is YOU, the resident. Each one of you, regardless of your age and season in life has a calling/assignment on your life that gives you a purpose. This calling is from your Creator.



Back to The Garden is a philosophy that incorporates "meeting a person where they are at", nothing more, nothing less. When we serve others many times our problems, Worries, concerns, and troubles don't seem so awful when we help someone in a worse situation than we find ourselves in.

In Isaiah the Lord asks who he should send to minister, serve and meet the people. Isaiah answered that call and said, "Send me, I will go" (Isaiah 6:8) Back to the Garden is available to each person on campus, whether serving and or being blessed by those answering the call as Isaiah did.

What a wonderful way to engage in "Being Kind to Humankind" everyday of your life. Healing through serving others, serving the Kingdom of Heaven and most importantly the Father in Heaven. Age is NOT an excuse, as Moses, Abraham and Sarah all were called in their 80's and 90's.

The best way to find yourself is to lose yourself in service to others.
Mahatma Gandhi

Fellowship Square is a non-profit Christian Care Community offering Independent & Assisted Living, Memory Care & Supportive Services
35 W Brown Rd - Mesa, AZ 85201
480-834-0600
www.fellowshipsqureshistoricmesa.org



Savings Tips in Honor of Financial Awareness Day

Financial Awareness Day is August 14th and a good time to shine the spotlight on the importance of understanding your finances and your budget as well as planning for the future.

Saving money is a large aspect of being financially aware, and financially healthy. In honor of Financial Awareness Day, Fellowship Square Historic Mesa offers some simple tips for saving money.

Shop Smart — The simple act of going grocery shopping for food and other necessities can put a dent in your budget. However, there are still ways to cut costs and minimize your bill. Clipping coupons has gone digital, so it's easier than ever to save money at the grocery store. Plus if you carry a customer loyalty card at a particular grocery store, the coupons you receive can be targeted to the things you buy most. But the good news is, if you are a traditional coupon clipper, those ads are still available, many of which probably come right to your mailbox.



When you do shop, stick to your list, buy in bulk when possible and try to buy items that are on sale.

Take Advantage of Senior Discount Days — Whether visiting a museum, going to a movie, dining out or going to the grocery store, many establishments offer senior discounts. Some businesses may offer a specific time or day when seniors can get the biggest deals, while others may offer a senior discount daily. If you don't see one advertised, there's no harm in asking a company if they offer a senior citizen discount.

Seeking the Advice of a Financial Advisor — at any age of life, is vital to maintain healthy finances and to ensure viability of your living will and other essential documents. Having the direction of an expert can help you make the most of your finances so you can enjoy the fruits of your many years of hard work.



A financial advisor may also be able to help you invest wisely, to maximize your money so you can continue earning, long into retirement.

Cancel Unwanted Subscriptions — One of the ways that many people mindlessly spend, and ultimately waste, money each month is on auto-renews of subscriptions that they don't even use. Consider whether you have multiple magazine subscriptions that you don't have time to read or if you have paid subscriptions to smart device applications. You can save money by simply canceling these unwanted subscriptions that you don't use anyway.

Develop a "No Spend" Hobby — Participating in hobbies is an excellent way to enjoy your golden years. However, the price of some hobbies can really add up! We're not suggesting you give up your favorite hobbies, as long as you budget for them. However, in the name of adding enjoyment to your life, without impacting your pocketbook, consider developing a hobby that has little to no cost associated with it or that you could potentially earn from it.

For example, reading is an entertaining, educational and calming hobby for many people. And a visit to your local library to check out books costs nothing at all.



Other low-cost hobbies can have other benefits. For example, crocheting and knitting may cost you in materials, but then you get to enjoy the final product—such as a blanket or sweater that you can use or gift to a loved one. Baking is a fun, low-cost way to spend a day. Plus, your neighbors and friends are certain to enjoy sharing the sweet treats you've made. A talent like this can even become a side job, earning you money if you sell your creations or goods at a local farmers market, for example.

In recognition of Financial Awareness Day, consider other ways you can trim your expenditures in the name of minding your budget and growing your savings.



Livin' Easy:

How to Simplify Your Life in Honor of “Simplify Your Life Week”

The week of Monday, Aug. 5 through Sunday, Aug. 11 this year is designated as “Simplify Your Life Week.” This serves as a time for you to embrace a more minimalistic lifestyle, one that allows you to slow down and focus on the things that really matter.

Daysoftheyear.com states that Simplify Your Life Week is designed to “remind people about what is truly important in the whole scheme of things.” Furthermore, this week is about drawing your attention back to the basics, reducing your stress and decreasing your level of “busy-ness,” as well as limiting the number of possessions you have.

Embodying a simplistic lifestyle can and should be easy. In honor of Simplify Your Life Week, here are some straightforward ways to streamline your life.



Get rid of the clutter — As senior citizens, you may have accumulated a vast number of possessions throughout your life and fruitful life. Hopefully, most of these possessions have provided you with joy and great memories. However, some, such as souvenirs collected from travels or gifts from former acquaintances or colleagues may be adding to your stress in the form of clutter.

Clutter can add up quickly and distract not only from a minimalistic approach to your home and life, it can become a safety hazard if it gets too difficult to manage. While many possessions also hold sentimental value, clearing clutter that no longer serves a purpose or brings back a fond recollection can help you live a more simplistic life.

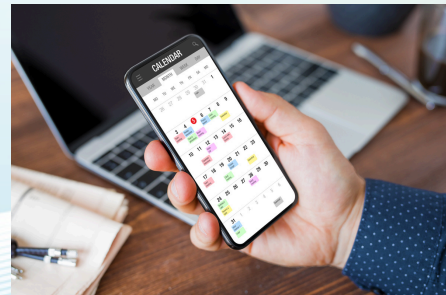


Clear your schedule — Sometimes the art of doing nothing can have a powerful effect on your mind and your body.



Today's society is highly focused on production and the go-go-go approach to life, particularly in the career world. While you may be beyond that in retirement, it's still easy to get caught up in the hustle-bustle of life in general. Taking time out from endless commitments can help you simplify your life and enjoy the things you do more. Take a look at the activities and obligations in your calendar and really consider which are things you love to do or things you feel you should or have to do. You may love taking your daily walk or playing tennis with a neighbor. That's an important task to keep—not only because it brings you joy, but because it's great for your mind (socializing) and your body (physical fitness). If you find there are other obligations that no longer suit your lifestyle, consider cutting back on those.

Turn to technology — Certain forms of technology can seem daunting or overcomplicated. However, many facets of technology are designed to make your life simpler. From something as little as setting reminders to take medication, to adding events to your calendar that you can share with family, technology can be your partner in simplification. Consider taking a course to help you discover the many ways you can use technology to simplify your life.



Focus on family and friends — Socializing with loved ones can keep your mind and spirit young! Once your calendar is cleared of obligations that are bringing complexity or stress to your life, you will have more time for the people who help you feel at ease. Simplification also comes in the form of how comfortable you feel in any situation, social or otherwise. Pay attention to how you feel when you spend time with those around you. Those that evoke positive, comfortable feelings are those that you should prioritize spending your time with.

Get spiritual — If your life is feeling overwhelming or overcomplicated, the answer is as simple as the Lord. Reconnecting with God and your spirituality can help you feel more centered and balanced, making everything seem more simplified. Fellowship Square Historic Mesa has multiple ways to help you restore your faith and restrengthen your bond with God, in the name of making your life simple and happy.

Consider a move to Fellowship Square Historic Mesa... and take advantage of our services and programs — Our community is truly built around the concept of making you feel at home. We want to help you simplify your life so you can enjoy your golden years. From taking the task of cooking meals off your plate to helping you connect with your neighbors who share your same interests, it is our job to help you enjoy a simple, wonderful life.



Celebrating World Wide Web Day: An Evolution of the Internet

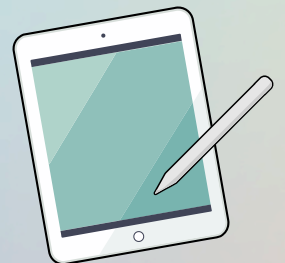
Every year on August 1, World Wide Web (WWW) Day is celebrated. This is a day dedicated to honoring the invention of “WWW” and how it has brought the entire world together in ways we could not have conceived. Fellowship Square takes a look at the history of the World Wide Web, and how seniors have embraced its global impact.

According to NationalToday.com, the proposal for the WWW was initiated by Tim Berners-Lee in 1989. Belgian informatics engineer and computer scientist Robert Cailliau further enhanced the concept, and in 1992 they developed the HyperText Transfer Protocol (HTTP). However, interestingly, it was not initially designed for public use, but rather to be used by physicists to share data.

Once it was released to the general public, it quickly grew to be “the fastest-growing medium of communication by accumulating millions of active users by the mid-1990s.”



Today, technology touches nearly every aspect of our lives. We can stream movies, talk with family and loved ones around the world through video calls, connect with people through gaming and chat formats, search for information and so much more. Most people today have either a home computer, a smart device such as an iPad or laptop, a smartphone or even a smart watch. Some people may have all of these items so they can stay connected to the World Wide Web in various capacities.



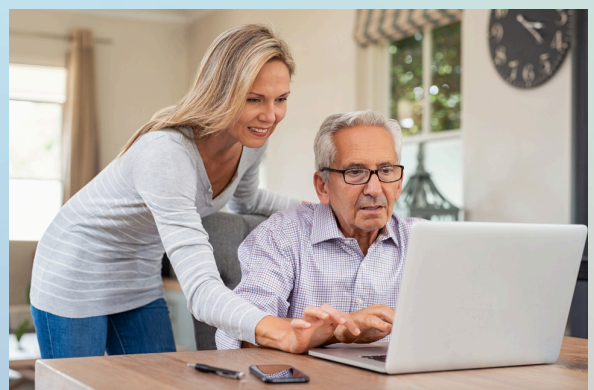
It's perhaps a stigma that senior citizens don't openly embrace change and new developments that come with our ever-changing world. However, that is largely a myth and many seniors at Fellowship Square Historic Mesa, for example, embrace the many ways that the World Wide Web has changed their lives.

And that goes beyond just our community. The Pew Research Center states, "96% of those 50 to 64 use the internet, compared with 75% of those 65 and older who report being internet users."

Furthermore, the organization's research states that 64% of those ages 65 and older have home broadband connections. This same age range is embracing online video platform services such as YouTube in a robust manner. From 2019 to 2021, "Among those 65 and older, YouTube use increased from 38% to 49%." Overall, the article on the Pew Research Center's website points to additional data that supports the fact that senior citizens are using technology such as the World Wide Web more over the past decade alone.

Think Google reports that seniors are avid web users: "A majority of online seniors spend at least six hours a day online and own an average of five devices." Dubbed "digital seniors," this group is defined as "sophisticated, engaged consumers: 8 in 10 continued their education beyond high school, and 82% use their smartphones every day."

While your children and grandchildren may not be able to fathom a time when the WWW didn't exist, many seniors have incredibly fond memories of the days when technology wasn't a part of their everyday lives. However, as we continue to evolve into the future, it seems that seniors have truly embraced the positive ways in which new developments continue to better our lives. But that doesn't mean we can't look back with fondness on the days when simplicity reigned supreme and the web didn't even yet exist!



nutritional nuggets

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6 Ways To Keep Your Second Brain Happy!

As a Mental Health Nutritionist, I had no idea I'd spend so much time talking about pooping and gut health but I do! That's because most of your happy neurotransmitters, like serotonin and dopamine, are made in your digestive tract. So, an unhappy, stressed-out belly makes for an unhappy mind. Fun fact: you have about as many neurotransmitters in your gut as a cat has in their brain! So, today, let's look at 6 ways to keep your gut and brain purring with happiness!

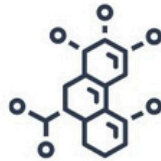
SIX PILLARS FOR GUT HEALTH

Remove



Remove harmful bacteria by including foods like garlic, thyme, coconut, mint & oregano.

Replace



Replace low levels of stomach acid, enzymes, and bile with supplements, ACV, and raw foods.

Repair



Foods like bone broth and aloe help to repair the intestinal lining. Also, zinc, O3, & vitamins A, C, and E.

Restore



Restore healthy bacteria with sauerkraut, kombucha, yogurt, and probiotics.

Release



Consistent bowel movements are crucial for good gut health. Aim for at least 1 per day.

Relax



Stress feeds bad bacteria, contributes to leaky gut, and increases inflammation, so make sure you relax!

FRIDAY,
AUGUST
2ND!

CAMP FELLOWSHIP!



FELLOWSHIP SQUARE
HISTORIC MESA

**SUMMER DAY CAMP FOR SENIORS WITH
LOADS OF FUN FOR EVERYONE!**

See Activities Schedule
& Locations on Reverse

Attend activities
& get your camp badge
stamped to be eligible
for prizes!



FELLOWSHIP SQUARE
HISTORIC MESA

Independent & Assisted Living
Memory Care & Supportive Services

A non-profit, Christian Care Community

35 W Brown Rd, Mesa AZ 85201

480-834-0600

fellowshipsquarehistoricmesa.org

CAMP FELLOWSHIP SUMMER DAY CAMP FRIDAY, AUGUST 2ND

Schedule subject to change.
Watch for campus postings, Internal TV
channel 1991/ In Touch Link and
website for updates.

TIME	ACTIVITY	LOCATION
9 am	Chair Exercise WakeUp	CCR
10 am	Bible Study	CCR
10 am	Breathing/Meditation	207A
11 am	Painting with Trish	CCR
11 am	Wii Bowling	Center Gym
12 pm	Hot Dog Buffet	CDR
1 pm	Diamond Painting	CCR
1 pm	Cooking Class	111B
	<i>Transport Shuttles to GCR</i>	
2 pm	Bingo	GCR
3 pm	Improv	GCR
3 pm	BYO Sundae	GDR
4 pm	First Aid Frenzy	GDR
4 pm	Balloon Bop	GCR
4:30	Sing a long	GCR
pm	<i>Transport Shuttles to CCR</i>	
6 pm	Movie-Parent Trap	CCR