

The JOYFUL INDEPENDENT

NOVEMBER 2024

Technically, the fall season arrives on September 22nd. In our area of Arizona however, we experienced over 80 days above 110 degrees this summer! Our cool-down has really just begun with the first day falling below 110 being October 8th and the first day falling below 100 degrees being October 15th. As this newsletter is being written, we are enjoying a glorious day with a chance of rain and a high temperature expected of just 75 beautiful degrees. It is like a weight has been lifted off our shoulders. Let us be grateful and enjoy this season, not just for the weather, but for all the things our Lord and Savior has given us to be thankful for.



THE GOOD NEWS

Thanksgiving, Appreciation and Gratitude — Chaplain Kurt Stromberg

What a glorious time of the year we find ourselves in! The transformation of the trees, as they shed their leaves and get ready for the long winter are signs of the shortening of days and long nights. November is also the month that we as Americans celebrate the Thanksgiving Holiday. If you have been around me at any time, you are probably aware that Thanksgiving is hands down my favorite “holiday” to engage in. The psalmist put it this way, “I will praise the name of God with a song: I will magnify Him with thanksgiving.” (Psalm 69:30)

Being grateful, thankful, and appreciative of the things that we have is a personal choice and reveals the condition of our heart, mind, thoughts and soul. We can even choose to praise and thank the Lord in our problems, worries and concerns. Paul reminds us in 1 Thessalonians 5:18 when he states, “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you”.

So are we to give thanks in the bad time? YES... Father in this difficult situation and time I choose to be grateful that I can trust in you and you, alone. I thank you for your promises and the victory that is found in a personal relationship with you. Amen.

*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.fellowshipsquarehistoricismesa.org*



THE GOOD NEWS (continued)

Creator, Father in Heaven, we are so appreciative for every breath that we can take. For the food in our stomachs, the warm beds that we sleep in, as well as the security and safety of the grounds here are Fellowship Square of Historic Mesa (FSHM). I thank you for the opportunity to serve the Kingdom, the residents and my co-workers as the Chaplain at FSHM. We thank you for the gorgeous courtyards and gardens that surround us here at FSHM. Amen. The psalmist declares in 19:1, “The heavens declare the glory of God, and the firmament shows His handiwork.”

We cry out to “The I Am”, Yahweh, in gratitude for every blessing that we do have. This includes the ability to read and comprehend this article. We thank you for our 5 senses, the true wonders of the world. Even if some of these things rapidly deteriorate in our later years. We thank You Father in Heaven for our family, friends, and neighbors. We thank you for the health that we have as well as the purpose and calling upon our lives. Amen. I repeat what the psalmist wrote in Psalm 28:7, “The Lord is my strength and shield; in Him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to Him.”



I’m humbled by the fact I will start my eighth year this coming December at Fellowship Square Historic Mesa. I am appreciative and beyond thankful for each one of you, resident and employee. I have said this for many years, and I mean it very much and it concerns the relationships that I share here. I may not be rich financially, but I am one of the richest humans to ever live in that I have cherished personal relationships with so many of you.

Thank you for your support in prayer and kind words. It is an absolute honor and privilege to walk with you folks as we do life together. These words from Paul come to mind, “Every good gift and perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change,” (James 1:17)

THE GOOD NEWS (continued)

Father and Creator in heaven we appreciate all that we do have. We understand that it all comes from you and that there is peace, joy and understanding that can come from a personal relationship with you. Thank you for this day, our community, and our beautiful country. We love because you first loved us. We thank you for the opportunity to exhibit the fruits of the Spirit as we walk through life together. In your name. Amen.

Have a wonderful Thanksgiving month!

There IS Life After an Alzheimer's Diagnosis

By Pam Ostrowski

Dementia Expert and Family Consultant

AlzheimersFamilyConsulting.com

No one wants to hear a disease diagnosis, particularly if they have Alzheimer's Disease.

Although there are over 100 different types of dementia, Alzheimer's Disease accounts for more than half of the diagnoses.



What make this disease diagnosis so much worse than other diseases? It seems most people feel their life is over when the neurologist says "You have dementia, likely Alzheimer's Disease."

However, that is not true, especially for those who are diagnosed early. The Alzheimer's Association's research states that, once diagnosed, a person has between four and eight years of life left to live and some live even longer.

DID YOU KNOW *Gratitude...*

- * SHIELDS YOU FROM NEGATIVITY
- * MAKES YOU AT LEAST 25% HAPPIER
- * REWIRES YOUR BRAIN
- * ELIMINATES STRESS
- * HEALS
- * IMPROVES SLEEP
- * BOOSTS SELF-ESTEEM & PERFORMANCE
- * ENHANCES THE LAW OF ATTRACTION
- * IMPROVES RELATIONSHIPS



Life After Alzheimer's Diagnosis (continued)

That means those diagnosed can still travel (with a companion), enjoy new sights and sounds, and get out and exercise. Life does not have to stop. As a matter of fact, not engaging in daily activities actually worsens the condition.

We're all here to enjoy the present so, although the diagnosis is not good news long-term, it's important to enjoy today. Happiness and laughter are good for the heart and the mind.

Wondering what to expect after a diagnosis? It's important to realize that every person's dementia journey is different so avoid comparing the diagnosed person to other people's journeys.

Here are some areas to help set expectations. In all situations, Sooner is Smarter.

1. Make sure legal and healthcare documents are in order (in Arizona, you should have a Mental Health Power of Attorney document in place, not just a Medical Power of Attorney).
2. Those travel plans for next year or the year after? Reschedule them to the upcoming months so the person diagnosed can travel more easily and have more flexibility in activities.

3. Let go of the small stuff. It's not really important if a person remembers a name or a particular past event. Be happy you have every day. Laugh. Eat well. Take walks in parks and watch the ducks.

4. Maintain independence as much as possible. Caregivers sometimes smother a person with Alzheimer's, trying to help them with everything. Give the diagnosed person room to see what they can and can't do well. Only assist if it's needed and they're really struggling or they ask for help. This gives their brain a chance to work to figure out the problem.

5. Give the diagnosed person time to think. In our fast-paced world, we get impatient so quickly. Take a breath. Give them time to listen, process, and respond. That might be 10-20 seconds. It's okay.

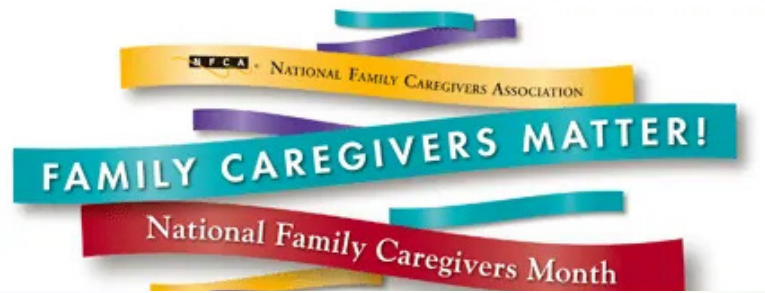


Life After Alzheimer's Diagnosis (continued)

6. Talk about the future realistically. In mid- to late-stage dementia, it's not possible to live alone. Daily tasks will become a challenge so it's important to plan financially and emotionally for care.

7. The diagnosed person will have a better journey if they're in a stimulating environment, such as an assisted living community. Make sure they don't isolate in their room watching TV.

Get out and live life. Every day is a gift.



Family Caregivers Month: Tips for Those Caring for Seniors

The role of the caregiver has no defined list of duties, no official clock-out time and truly no limits. The family, friends and loved ones who take on the role of family caregiver may extend themselves in ways they never thought possible in the name of helping someone they hold dear. Everyone from staff to residents of Fellowship Square Historic Mesa know that family caregivers are special people with the biggest of hearts and the best of intentions.

But caregiving, as much as those who do it love to do it, can be daunting, challenging and downright difficult work. This month, Fellowship Square Historic Mesa salutes the everyday heroes that are family caregivers — and offers some tips to help them manage this selfless role.



Family Caregivers Month (continued)

The National Council on Aging (NCOA) website states: “November is a time to show support and to honor our nation’s vital caregivers during National Family Caregivers Month.” The organization states that families are “often the primary source of support for older adults and people with disabilities.”

In America today, there are approximately 53 million family caregivers who provide unpaid care to a loved one. The NCOA states the economic value of this is \$470 billion.

The official recognition and celebration of family caregivers began in 1994 and today there are organizations in addition to NCOA, such as the Caregiver Action Network, The National Alliance for Caregiving and Share The Care.

The Caregivers Action Network began promoting the national recognition of family caregivers in 1994 and 1997 President Clinton signed the first National Family Caregivers Month Presidential Proclamation. Each November since, every president “has followed suit by issuing an annual proclamation recognizing and honoring family caregivers,” according to the Caregiver Action Network.

But while recognition and celebrations are wonderful, caregivers need more. They need support. That is why National Family Caregivers Month and organizations such as those previously mentioned are dedicated to raising awareness of family caregivers’ issues, celebrating their efforts, educating family caregivers about self-identification, increasing support for family caregivers and helping to reduce their feelings of isolation.



Family Caregivers Month (continued)

The Caregivers Action Network website, for example, has an entire section featuring resources for caregivers, including educational tips to help them balance their role of caregiver with their own much needed, and much deserved self-care. Some of these tips include:

- Seeking support from other caregivers to help remind them that they are not alone.
- Taking care of their own health so they can be strong enough to continue to take care of their loved one.
- Accepting offers of help and suggesting specific things people can do to help.
- Learning how to effectively communicate with doctors.
- Being open to new technologies that can help them care for their loved one.
- Watching for signs of depression and seeking professional help if they need it.
- Recognizing that caregiving is hard and taking breaks often.
- Organizing medical information so that it's up to date and easy to find.
- Making sure legal documents are in order.

Finally, the article states: “Give yourself credit for doing the best you can in one of the toughest jobs there is!”



It's crucial that family caregivers are not only supported but that they feel they are not alone. Family caregivers may benefit from connecting with others in similar situations and hearing other family caregivers' stories. In honor of National Family Caregivers Month, Fellowship Square Historic Mesa extends a heap of gratitude for all those who take on this role and make it look easy!

Family Caregiving at Fellowship Square Historic Mesa

Many residents at Fellowship Square Historic Mesa are familiar with family caregiving — whether they have been on the giving or receiving end... or perhaps both over the course of their lives. Family caregiving provides a special bond among family members, but it is not without its challenges. Two daughters who are living in our community and caring for their elderly mothers agreed to share their stories but chose to remain anonymous so we've changed their names to protect their privacy.

Melissa's Story:

Over the summer, Melissa moved into Fellowship Square Historic Mesa to help support her mother, who has been living here for two years. Since that time, Melissa has been handling all of her mother's affairs — from medical appointments to voting arrangements to picking up prescriptions.


“Knowing I'm doing the right thing by making ‘taking care of Mom’ my role in life now,” is the most rewarding part of this job she says. However, she adds the reality of the situation presents challenges, such as “not knowing who I'll be talking to each time I communicate with her.”

Melissa likens her mom to Dr. Jekyll and Mr. Hyde, saying it's as though her mother has a split personality or is two different people. Often, “one doesn't know about the other or remember what happened to the other.”

She encourages people in this same position to build a caring community of people to support them and to carve out me-time for themselves.

“That is the most wonderful part of living here; there are people all around me who understand and support me,” she says. “Many people I have met have been the caregiver for a parent in the past. They are also a wonderful resource for suggestions on dealing with things that come up.”

Though the realities of this position can be difficult, Melissa reminds people that hindsight perspective is important. “Looking back on this time 10 years from now, what would you regret? What will matter in 10 years?”

REMEMBER
YOUR
WHY 



Family Caregiving at Fellowship Square Historic Mesa (continued)

Esther and Beatrice: Growth through God's Grace

Esther and her mother Beatrice are true survivors. However, it's not their history of domestic abuse from a family member that has brought them closer. Rather, it's the relationship they have forged despite these difficulties as well as the challenges and rewards of their family caregiver relationship.

Esther, who now serves as the family caregiver for her mother Beatrice, shares that during their experience of abuse, during which neither she nor her mother were allowed to leave the confines of the premises, she developed a sympathy for and a deeper understanding of her mother.

"Currently, my mom has her own small apartment [at Fellowship Square Historic Mesa] and is excited to be living in a place where she can express her own personality," says Esther, whose daily caregiving duties include visits to her mom's apartment, making sure she eats adequately and drinks enough water ("yes, I'm a nag at times," she admits), coordinating all of her doctor appointments, making sure her financial transactions are done properly and

ensuring that she's generally in a good frame of mind. Beatrice enjoys excursions on public transportation, likes to work puzzles and even does her own hand laundry.

"My absolute joy is to be able to make sure Mom is living as comfortably and safely as possible. Our relationship many decades ago was not the best," Esther says. "The current situation has given me a chance to make amends to Mom for my past, less than kind, behaviors and share some wonderful new experiences with her. Thankfully, Mom is a forgiving person!"

Esther adds that getting things right with God before trying to get things right with a parent is an important step in the family caregiving process.

"Without God's strength and wisdom, there is no way I could ever tackle taking care of my Mom. It's humbling to be tasked with the care and wellbeing of the woman who poured herself into my young life," she says.

"She was not the perfect mother by any means, but she tried to the best of her ability and understanding. God has given me a new perspective on Mom's value; and she's precious to Him!"



Family Caregiving at Fellowship Square Historic Mesa (continued)

Esther still finds time to volunteer outside her role of family caregiver and makes time for her own mental wellness, including attending Celebrate Recovery meetings as well as working on her own attitude of gratitude and healing from the past. She adds developing a support group of friends and neighbors who will pray for and encourage her is key.

As for Beatrice, she says she is proud to have her daughter as her caregiver. Though she still challenges herself to do as many things as she can for herself, Beatrice says she has come to depend on Esther for the things she can no longer do such as calling doctors for appointments, picking up prescriptions, taking her shopping, getting groceries and more.

“If your family member is someone you can totally trust, then let them be your caregiver,” Beatrice advises.



Through God’s strength, Esther and Beatrice have endured unimaginable circumstances and yet their relationship continues to grow in His grace, through the caregiver experience.

GOD’S GRACE

2 Corinthians 12:9

But He said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”



Update as of
October 18th:

Direct TV and Unwired Wi-fi is active in Quads 1-4. Quad 5 is nearly complete and installation for all quads is expected to be completed by November 15. If you haven’t already, please come to front office to sign a wifi user agreement in order to obtain your secure password. If you are interested in upgrades to Direct TV please contact RMC at 702-795-8787. If you are keeping Cox, you will need to create a personal account with them, if you have not already done so.

Healthy Living Tips for Seniors

Maintaining a healthy lifestyle is essential for seniors to enjoy their golden years fully and thrive both physically and mentally. Here are some valuable tips to support your nutritional well-being and enhance your overall health:

Choose Nutrient-Dense Foods: Focus on foods rich in protein, calcium, vitamin D, fiber, and omega-3 fatty acids to support muscle maintenance, bone health, and heart health. Good sources of protein are meat, eggs and cheese. Vegetables are a source of calcium and fiber – choose at least two servings per day.

Stay Hydrated: Drink plenty of water and include hydrating foods like fruits and vegetables in your diet to prevent dehydration and support overall bodily functions.

Plan Balanced Meals: Aim to incorporate all food groups, practice portion control, and limit your intake of salt, sugar, and unhealthy fats. For example, rich gravy may be loaded with salt and fat. Try having dessert less often (not after every meal) to reduce sugar.

Regular Physical Activity: Activities like walking, gardening, or light strength training can enhance appetite, support muscle strength, and improve mood.

Healthy Snacks: Consider snacks like fresh fruit with yogurt, nuts and seeds, vegetable sticks with hummus, or whole-grain crackers with cheese.

Socialize During Meals: Eating with friends or participating in community meal programs can enhance enjoyment and positively impact your appetite and mood.

Making small changes in your eating habits can lead to significant improvements in your health! For personalized guidance, consider consulting with a dietitian or healthcare provider.



Meet Curana Health, our on-site healthcare team geared to residents like you who are living their best lives. Curana providers will visit you in your residence!

Curana Health provides primary care, sick visits, medication refills, and more!

Call us to schedule an appointment or learn more, at

623-305-0436

Billing questions?

1-855-352-8472

**On-Site Clinic
Opening
Soon!**



nutritional nuggets

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Flour Power - Gluten Free Holiday Baking

As we celebrate Gluten Free Awareness Month this November, it's the perfect time to explore the world of gluten-free flours, especially with the holiday baking season upon us. Whether you're adapting to gluten-free living for health reasons, dietary needs, or just eager to try something new, this will help you get started. Gluten-free flours bring a delightful variety of flavors, textures, and nutritional benefit. These recipes could be just what you need to bake delicious treats for family and friends, so everyone can enjoy your culinary creations.

Flour Blends

Option one is rice-based and will yield results most similar to all-purpose (wheat) flour. Option two is oat-based, which is a high-fiber choice. Option three is made with almond flour to create a dense, moist, and ultra-satisfying final product.

Whisk all ingredients in a large bowl, then transfer to an airtight container for storing.

Rice Flour Blend

- 1 1/2 cups brown rice flour
- 1/4 cup white rice flour
- 1/4 cup tapioca flour
- 1/2 cup potato starch
- 1 tsp xanthan gum

Oat Flour Blend

- 1 1/2 cup [certified gluten-free] oat flour
- 1/2 cup tapioca flour
- 1 tsp xanthan gum

Almond Flour Blend

- 2 1/2 cups blanched almond flour
- 2 1/4 cups buckwheat flour
- 1 3/4 cup potato starch
- 3/4 cup arrowroot powder



Honoring Tribal Culture in Celebration of Native American Heritage Month

November is Native American Heritage Month, which began at the turn of the century to recognize the significant contributions the first Americans made to the U.S., including helping to establish and grow the country. This effort resulted in the designation of an entire month, rather than just a day of recognition, according to the [Native American Heritage Month](#) website, which is hosted by the Library of Congress.



Initially, the first American Indian Day was honored on the second Saturday in May 1916 by the governor of New York. However, several other states celebrated this day at the end of September, while others, even to date, have designated Columbus Day as Native American Day as well.

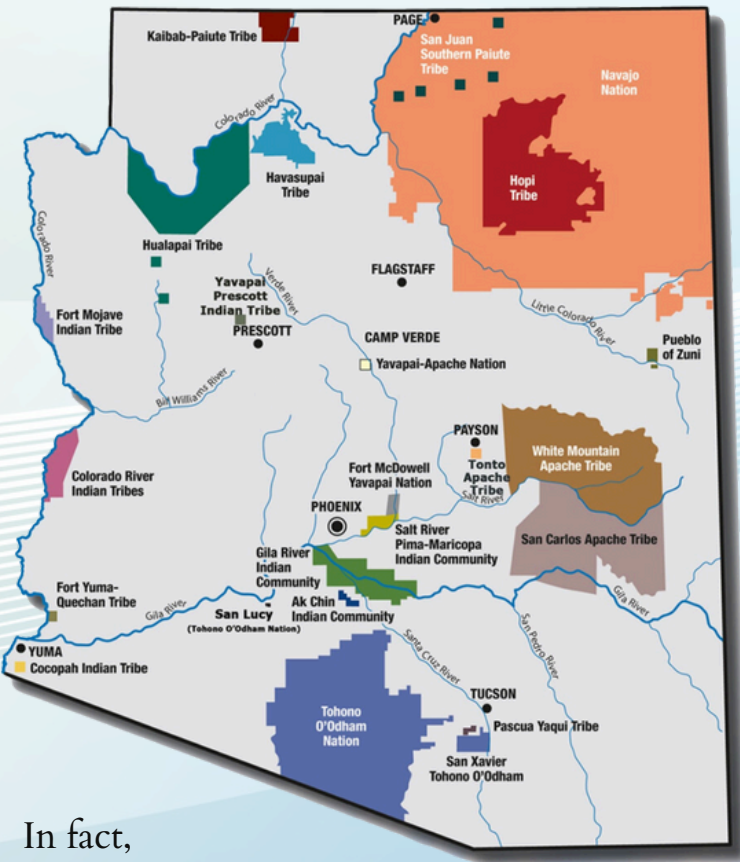
According to the site: “In 1990, President George H. W. Bush approved a joint resolution designating November 1990 ‘National American Indian Heritage Month.’ Similar proclamations, under variants on the name (including ‘Native American Heritage Month’ and ‘National American Indian and Alaska Native Heritage Month’) have been issued each year since 1994.”

According to the Department of Defense Education Activity website, National Native American Heritage Month “commemorates the history, heritage, and culture of Native Americans and Alaskan Natives. It is during this month we acknowledge the vast achievements of America’s original indigenous people.” Today it is celebrated with community gatherings, festivals and government and educational activities.



Native American Heritage (continued)

Arizona alone, there are 22 federally recognized tribes, according to the Arizona Department of Education. Many of the state's buildings, businesses, streets, landmarks, schools and more are named for these tribes and many reservations are within Arizona's borders.



In fact, “indigenous people inhabited what became Arizona more than 12,000 years ago,” according to Visit Arizona.

The Navajo Nation resides in the high country and is the largest reservation in the country. Beyond that, Arizona is also filled with ancient indigenous dwellings and other preservations of the past.

Many symbols that are tied to Arizona, such as kachina dolls, Navajo rugs and Papago basketry, are at the heart of some of these tribes' cultures and traditions. Today, many of these cultures are thriving, and share a glimpse into their traditions and their advancements through powwows, art markets, performances and more.

Visitors to the state can learn much about the important efforts of indigenous peoples through museums and cultural centers including:

- The Navajo Nation Museum
- Hopi Cultural Center
- Heard Museum
- The Museum of Northern Arizona
- Arizona State Museum
- Amerind Museum

There is much to learn about the history of Arizona and the U.S. by way of the indigenous peoples who have contributed greatly local and national efforts in education, art, literature, government, sports, science and technology — in the past as well as the present.

Native American Heritage

(continued)

The recognition of these important tribes to the state and the country's past and their contributions to the future are crucial in continuing to preserve history and build a better future together. Fellowship Square Historic Mesa wishes to honor the special designation of Native American Heritage Month and the indigenous tribes who have left their stamp on Arizona's history.



EMPLOYEE APPRECIATION

As you are probably aware, our staff are not allowed to receive tips or gifts from residents. However, we know that many of you desire to show your appreciation to them so we have an annual fund that you may contribute to. Each year, before the Christmas holiday, the funds are distributed to non-leadership staff.

A graphic for the Employee Appreciation Fund. It features the Fellowship Square Historic Mesa logo in the top left. Three circular photos show staff interacting with residents: one in a gym, one with a dog, and one at a dining table. The text 'EMPLOYEE APPRECIATION FUND' is in the top right, and 'Gratitude changes everything' is in the bottom right. A call to action is at the bottom.

**FELLOWSHIP SQUARE
HISTORIC MESA**

**EMPLOYEE
APPRECIATION FUND**

Gratitude
changes everything

Show the staff of Fellowship Square Historic Mesa how much you value their dedication and commitment by giving to the Historic Mesa Employee Appreciation Fund today.

Contributions can be dropped off at the Front Office. For questions, call 480-822-7373



Volunteer Program Update

As of October, we had 94 Volunteers
(60 reporting 860 hours on 36 different activities!)

Current Job Opportunities:

Companion Visitors	Book Club
Dust Busters	Quad Club
Office Aides	Karaoke Leader
Walk & Watch	Shuffleboard
Faith Building	

Inquire in our volunteer office to learn about these opportunities and more!



Volunteer Office located in Q Corner (next to USPS mailboxes)

Open Mon-Fri 9am-3pm and Saturday 9am-Noon

Resident Information & Directions

Volunteer Supplies

Time Sheets & Awards

Monthly Volunteer Meetings

Grand Community Room





- Thursday, November 7th, 1 pm
 - Open House/Ribbon Cutting
- Thursday, December 5th, 1 pm



FUN FELLOWSHIP FOTOS!

From September Resident Appreciation Party



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1st 9:00am Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Friday Fun Day & Games</p>		<p>2nd</p> 
<p>4th 9:00AM Wii Bowling</p> <p>11:00 Fitness w/ Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>5th 9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>6th Leading Age Games Event</p> 	<p>7th 9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>8th 9:00am Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Friday Fun Day & Games</p>	<p>9th</p> 
<p>11th</p>  <p>Happy Veterans Day</p>	<p>12th 9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>13th 9:00AM Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>14th 9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>15th</p> 	<p>16th</p> 
<p>18th 9:00AM Wii Bowling</p> <p>11:00 Fitness w/ Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>19th 9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>20th 9:00AM Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p> <p>1:30pm Intro to Yoga Apt.#207A</p>	<p>21st 9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>22nd 9:00am Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Pioneer Living Museum Outing (\$12 & Lunch)</p>	<p>23rd</p> <p>GET SWEATY before you GET STUFFED</p> 
<p>25th 9:00AM Wii Bowling</p> <p>11:00 Fitness w/ Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>26th 9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>27th 9:00AM Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>28th</p> 	<p>29th</p> 	<p>29th</p>  <p>FELLOWSHIP SQUARE HISTORIC MESA</p>