



FELLOWSHIP SQUARE
PHOENIX

2002 W Sunnyside Ave | Phoenix, AZ 85029
www.FellowshipSquarePhoenix.org
602-443-5427

*new
beginnings*

JANUARY
2025

January is here! A time of New Beginnings and the opportunity to change. 2 Corinthians 5:17 says, "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." This year, let's choose to live out our newness and reflect Him! Turn over a new leaf in wellness with Ben & Letty. Show your creative side with our Thursday crafts or our NEW "Creating for the Creator" class on Mondays. Make some new friends playing Pinochle on Tuesdays. It's a new year! Let's make the most of it!



Your Activity Team!



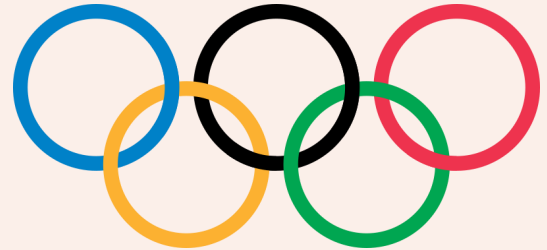
Sarah, who has worked in education for 16 years is so excited for her new beginning here as your Activity Coordinator! Just to clear up the rumor... No, she does not have 3 grown children!

Katy, who is fresh out of high school is excited to be working here as her first job in the real world! She's sassy, classy and will attack-y!



CHRISTIAN CARE
FELLOWSHIP SQUARE

Customer Service
Employee Olympics



Employee Olympics is a staff recognition program in which you nominate an employee for providing outstanding customer service.

Olympic Medal Winners are announced quarterly and receive medals, monetary incentives as well as a special appreciation breakfast. Pickup a nomination form at the concierge desk.

Be sure to give specific examples or reasons for nomination.



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WELLNESS, LIFESTYLE & FITNESS

Functional Pathways

We partner with Functional Pathways to provide a unique and inclusive wellness and lifestyle program specifically designed for seniors!

Here are a few options available:

- An array of Fitness Classes
- Fitness Testing
- Supervised Gym sessions
- Walking Groups
- Recreational Games & Movement based activities
- Nutritional guidance and much, much more!

This program is available to all residents at no cost!

**VISIT THE
CENTERVIEW
FRONT DESK FOR AN
ENROLLMENT PACKET**



Ben Evans



Letty Martinez

Creating for the Creator



Mondays in January at 1:00PM in the Centerview 2nd Floor Lounge (Sign Up)

Music & Melodies



Tuesdays in January at 10:00AM in the Dining Room

Winning Wednesdays



Wednesdays in January at 1:00PM in the Activity Room

Thinkin' Thursdays



Thursdays in January at 10:00AM in the Garden Cafe

Crafts



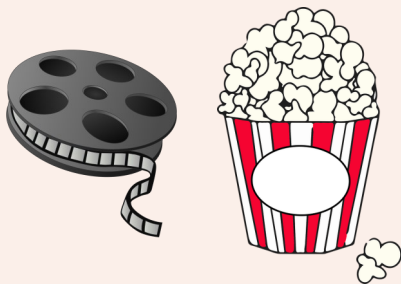
Thursdays in January at 2:00PM in the Garden Café (Sign Up)

Fondue Fellowship



Friday, January 3rd & 17th at 3:00PM in the Garden Cafe (Sign Up)

Cinema Saturday



January 4th & 18th at 1:30PM in the Activity Room

Winedown Wednesday



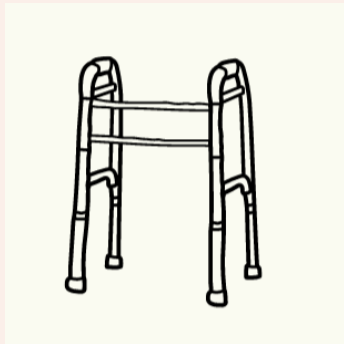
Wednesday, January 29th at 2:30PM in the Activity Room (Sign Up)

Vet-to-Vet Cafe



Thursday, January 16th at 10:00AM in the Activity Room

Scooter & Walker Repair



Thursday, January 23rd
at 10:00AM (Sign Up)

Pinochle



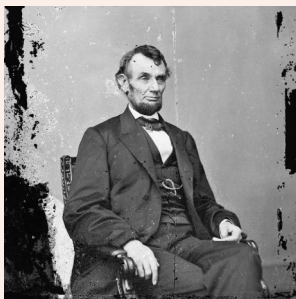
Tuesdays in January
at 2:30pm in the
Centerview
2nd Floor Lounge

StairMasters Hike Interest Meeting



Wednesday, January
29th at 2:30PM in the
Activity Room

Abraham Lincoln Presentation



Tuesday, January 21st
at 11:00AM in the
Activity Room

Estate Planning Presentation



Wednesday, January 8th
at 2:00PM in the
Activity Room

Evening Entertainment



Thursday, January 2nd &
16th at 6:00PM in the
Activity Room

NEW BEGINNINGS *gift exchange*

Friday, January 31st
at 2:00PM in the
Activity Room



We all have that one present in our home that we appreciate but don't really need. Why not give it a "New Beginning"?

Bring a WRAPPED present valued between \$10-\$20 to regift at our New Beginnings Gift Exchange!

Sign up at the Concierge Desk*



Curana Health: Bringing Compassionate Care to Your Community

At Curana Health, we are dedicated to enhancing your well-being by providing high-quality healthcare services tailored to meet the unique needs of senior living community residents.

WHY CHOOSE CURANA HEALTH?

Comprehensive Care: We bring personalized healthcare directly to your community, ensuring continuity of care and convenience.

Experienced Providers: Our skilled medical professionals specialize in geriatric care, offering expertise and compassion every step of the way.

Proactive Approach: Through regular visits, we focus on preventive care, chronic condition management, and early intervention to keep you feeling your best.

SERVICES WE BRING TO YOU:

- On-site primary care •Sick visits
- Lab work and x-ray coordination
- Blood pressure checks
- Preventive care

WE'RE HERE FOR YOU

Curana Health is proud to partner with your senior living community to provide the care you deserve. Our mission is to help you maintain your independence, health, and quality of life.

Let's work together for a healthier tomorrow!

To schedule an appointment, please call:

602-613-5917

ONE BIG JOY IN ARIZONA---When we moved from the Midwest to the Southwest, we flipped our worst month in Illinois and Indiana for one our best months in Arizona----January! January in the Midwest was always a bit of a tease. We lived on a country road, for several years I went to a country school, and we attended a country church. January was known for snow with intermittent ice and lots of freezing. The snow plows did not work the country roads with the same frequency that they did the highways so we would get in the 'old truck' and plow our way through. Yes, we had an old truck and a new truck. The older one had seen many years of life, but it sat higher off the road and had a wide traction—it navigated deep snow better than any of our other vehicles.



Oh yes, there was also clearing snow off the long lanes, in front of the gas tank (yes, we had our own gas tank), all the doors to hen houses, pig sheds, and the barn had to be cleaned. A large snow would mean at least one-half day of clearing the snow before we could operate the farm. Now the only thing I ever worry about in January is if a cold-snap comes--I have to cover the plants around the pool. What a nice change!!!

But there is more—short-sleeves in January, walking outside every day and usually very little if any furnace heat needed. With such an ideal situation, we should create the best New Year's Resolutions in the world. Good luck with yours. Mine *Remind myself to thank God for the blessings of "A Lovely Arizona January." May God bless you--Chaplain Tom Haney

Staff Directory

Activity & Event Coordinator	Sarah Garcia Sarah.Garcia@christiancare.org	602-443-5421
Activities Assistant	Katy Freitas Katlynn.Freitas@christiancare.org	602-424-9426
Beauty Barber Shop	Sue Widdison	602-443-5422
Business Director/HR	Jennifer Sheppard Jennifer.Sheppard@christiancare.org	602-424-9427
Chaplain	Dr. Tom Haney Thomas.Haney@christiancare.org	602-443-5486
Concierge Desk	Volunteers	480-385-0266
Dining Room Meals	Take Out Orders	602-443-5424
Dining Room Supervisor	Esperanza Alcantar Esperanza.Alcantar@christiancare.org	602-443-5468
Director of Operations	Susan O'Connell Susan.Oconnell@christiancare.org	480-385-0065
Director of Resident Experience	Amy Borders Amy.Borders@christiancare.org	602-443-5419
Executive Chef	Miguel Valdez Miguel.Valdez@christiancare.org	602-443-5425
Front Desk	Tierra/Yesenia Tierra.Armenta@christiancare.org	602-443-5427
Housekeeping Services	Quatasha Warren Quatasha.Warren@christiancare.org	602-443-5420
Resident Navigator	Rebecca Uhl Rebecca.Uhl@christiancare.org	480-385-0267
Security	Customer Service	602-443-5400
Social Services Coordinator	Jamie Childress Jamie.Childress@christiancare.org	602-443-5417
Supportive Services	Peggy McIntyre Peggy.Mcintyre@christiancare.org	480-254-7941
Transportation	Tony Lopez Tony.Lopez@christiancare.org	602-424-9443
Wellness/Fitness Center	Ben Evans/Leticia Martinez bevans@fprehab.com	602-443-5484
Work Orders	Maintenance Work Orders phxworkorder@christiancare.org	602-424-9432