

The JOYFUL INDEPENDENT

JANUARY 2025



Happy New Year! Hopefully you found some joy and peace over the holidays. With a new year already upon us, now is the time to think about hitting our reset buttons. What would you like your life to look like in 2025? Do you want to develop a new hobby? How would you like to share your knowledge and mentor someone? Perhaps you would enjoy volunteering and finding new purpose. Read on to learn about these opportunities and more!



THE GOOD NEWS

Celebrating Each New Day as a Blessing
— Chaplain Kurt Stromberg

I hope this finds each resident here at Fellowship Square Historic Mesa doing well and recovering from a busy holiday season.

The calendar tells us that the year is 2025 although it may not feel like it, as last year seemed to fly by. Regardless, here we are, a new year, month, week and day.

While we celebrate certain days like Christmas, New Years and Easter, the question is: How do you celebrate and exist in this world right now or each day? Acknowledging our Creator daily is a great place to get each day started.

Jeremiah is considered the author of Lamentations, and he pens this, “Through the Lord’s mercies we are not consumed, because His compassions fail not. They are new EVERY morning; great is your faithfulness.” (Lamentations 3:22-23)

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.fellowshipsquarehistoricmesa.org



**FELLOWSHIP
SQUARE**
HISTORIC MESA

THE GOOD NEWS - Chaplain Kurt Stromberg (continued)

Every day that we are alive and “above the dirt” as a beloved resident often said, we should embrace that day as a blessing from our Creator above. Living in the moment is a challenge as we tend to worry about the future and beat ourselves up over what happened in the past. Isaiah 43:18-19 sums it up like this, “Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” The Gospel writer Matthew affirms that by saying, “Each day has enough trouble of its own.”

One way to approach each new day that we are blessed with is to take the time to connect with our Creator through gratitude and appreciation. This is a direct reflection of the condition of our hearts on whatever day it may be. I ask you as you read this: right now, what is the condition of your heart? Is it hurt, hardened, wounded, grateful, thankful, or deceitful? Connecting with Father in heaven can take place through prayer, worship, praise and a thankful posture.

If you see me walking on campus, in most cases I am engaged in a walk of thanksgiving; thanking the Lord for every blessing that we have.

The Psalmist said it best in Psalm 95:1-3, “O Come, let us sing joy to the Lord; Let us shout joyfully to the rock of our salvation. Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! For the Lord is a great God, and a great king above all gods.”

Another way to walk through each new day is to not only be thankful for what you have but to also be content with our lives. When Jesus fed the four/five thousand the first thing He did after gathering the few items that they did have, was to give thanks for the Father for what they did have. Sometimes I know that I can be focused on what I perceive to need and neglect to be grateful for what I have, which is so much. Paul’s perspective on being content was, “I have learned, in whatever circumstances I am in, to be content.” (Philippians 4:11-12)

I look forward to what the Lord has in store for the upcoming year. I cannot express how grateful/thankful I am for the opportunity to serve here at Fellowship Square of Historic Mesa. Thank you for the support, the prayers and the beautiful personal relationships. Enjoy this new day and year.



January is Nat'l Mentoring Month

Ask nearly anyone who their mentor is or some memorable advice a mentor has imparted to them and you're sure to get an interesting answer. Most people have, at some stage in their life, had a mentor—whether they were a teacher, a coach or a really good friend—who has left a lasting impression on them.

January is deemed National Mentoring Month, a time to recognize those important people who make a difference every day. According to a National Mentoring Month proclamation by President Joe Biden on the White House website, “During National Mentoring Month, we celebrate the millions of mentors across the country who step up and give their time, care, and hearts to make sure every young person in our Nation has a fair shot at the American Dream. For most young people, a bond or even a conversation with someone who believes in them can make a tremendous difference in their lives, exposing them to new goals, new ideas, and new ways of doing things.”



Seniors can be important mentors to the youth in their lives, whether it is their grandchildren or another young person they are in connection with. There are many ways that seniors can benefit the lives of those younger than them and share wisdom that they have learned over the years. Fellowship Square Historic Mesa shares benefits of being a mentor as well as tips for seniors on how to become a mentor and how to be a good mentor.

An article on the U.S. News & World Report website states that mentorships are often a two-way street, with both parties enjoying the benefits of the situation. “Though mentees benefit from mentors' knowledge and guidance, mentors often feel equally rewarded watching their protégés take their teachings and run with them,” the article says.



Nat'l Mentoring Month (continued)



And while formal workplace mentorships are often in correlation with career success, informal mentorships can form in all areas of life, including business, team building, religion, family and so on. The article notes that benefits of being a mentor can include:

-Enhanced leadership skills: Mentoring someone can help the mentor gain further valuable insight into their own strengths and weaknesses as a leader and can help them develop more confidence.

-New perspectives: When working with a mentee, mentors might gain new perspectives in their own industry or topic of mentorships.

-Happiness and sense of purpose: The old adage “it is better to give than to receive” is applicable to the mentor/mentee relationship. Seniors may find joy and renewed sense of purpose in their life when they help others.

The article states: “By giving away your knowledge to mentees who need it, not only will you contribute to their positive growth, but you might also create a newfound purpose and happiness in your life.”

For seniors looking to become a mentor in the new year, there are many local programs that can help them do so. Seniors might first consider areas in life that they excel or that they are passionate about—and they find out where they can volunteer their time and offer their skills.



Celebrate Hobby Month by Starting a New One or Rediscovering an Old One

At the start of a fresh new year, many people set resolutions and goals for themselves. While these goals can range from budgeting better to working out more, resolutions aren't always that much fun. But Fellowship Square Historic Mesa thinks they should be! In honor of January's designation as National Hobby Month, why not resolve to start a new hobby, or rediscover an old one, this year?

Hobbies can range from arts and crafts to games and gardening. They can be focused on volunteering or involvement in a club. Hobbies can be social or they can be done solo. The great thing about hobbies is that they are very individualized. Everyone can have their own hobby and even two people that have the same hobby may approach it differently.

There are many benefits to having a hobby. According to an article on the [Harvard Health Publishing Harvard Medical School](#) website, having a hobby is "good for your health, mood, and more." The article references a study that found compared with people who didn't have hobbies, "those who did reported better health, more happiness, fewer symptoms of depression, and higher life satisfaction."



Hobbies present opportunities for people to be creative, express themselves, relax and to experience cognitive stimulation, which is particularly important for seniors. All these things are also linked to good mental health and well-being. Social hobbies can also help people stay connected, which can reduce loneliness and isolation.

When seniors are thinking about starting a new hobby, they should first consider what they like to do and what they are physically healthy enough for (check with a doctor before starting any new active hobbies). Seniors might consider activities they have done in their past that brought them joy—whether that was hiking, golfing, playing cards, painting, singing, or sewing.



What hobby clubs are available at Fellowship Square Historic Mesa?

Some of the most well-attended hobby clubs at Fellowship Square Historic Mesa include The Kings in the Corner Club, The Diamond Painters and the Making Music Club. According to Fellowship Square Historic Mesa's Life Enrichment Director Trisha Dreher, each of these clubs has up to 13 members every week, rain or shine. She notes that a new writing class will potentially be offered in 2025.

Dreher says the hobby clubs available at Fellowship Square Historic Mesa allow residents to approach their chosen hobby in their own way.

“Some choose to teach, some chose to practice, some are competitive in nature and some are enrolled in the community doing things together. Others choose to conduct their hobbies in private, only coming to me for a sort of correspondence approach,” she says. “For example, I have writers that are not looking for praise or popularity, but instead just want to discuss their writing in private and accept the challenge I put forth to them in weekly or monthly exercises that they then bring back for discussion. This same structure is also used in some instance with painters and chess players.”

Residents who are interested in starting a new hobby or joining a new club in 2025 can check the [monthly activities calendar](#) to see what piques their interest.



Reasons to start a hobby in 2025

1. Socialization
2. Purpose
3. Familiar connections
4. Entertainment
5. Self-worth



Take Flight with Birding in Honor of National Bird Day

There is just something special about birds. Their beautiful feathers, unique calls and amazing flight abilities make them some of God's most unique creatures. In honor of National Bird Day on January 5, Fellowship Square Historic Mesa shares information about bird species that fly free in Arizona, tips for viewing birds in their natural habitats, attracting them, and more.

Birding or bird watching is the simple act of observing birds. This can be done in one's own backyard with the naked eye. However, some people take birding to a whole new level by studying specific birds, using binoculars or even web cams to view them, and tracking rare species.

What birds are common in Arizona?

According to the Arizona State Parks and Trails website, Arizona is home to some world class birdwatching destinations such as Dead Horse Ranch State Park, Red Rock State Park, Picacho Peak State Park, Kartchner Caverns State Park and many more. **Some birds that are common throughout the state include ...**

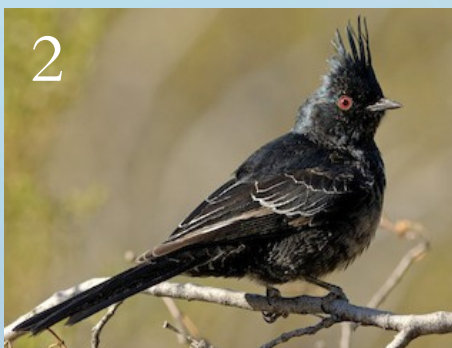
Abert's Towhee
Anna's Hummingbird
Black-Throated Sparrow
Cactus Wren
Cardinal
Curve-Billed Thrasher
Elegant Trogon
Gambel's Quail
Gila Woodpecker
Great Blue Heron
Greater Roadrunner
Green Heron
Green-Winged Teal
Hooded Oriole
House Finch
Lesser Goldfinch
Mourning Dove
Mallard
Osprey
Phainopepla
Harris's Hawk
Red-Tailed Hawk
Red-Winged Blackbird
Ruby-Crowned Kinglet
Snowy Egret
Cooper's Hawk
Tree Swallow
Verdin
Vermillion Flycatcher
White-Crowned Sparrow

See photos on pages 8- 9.
Which of them
can you identify
from this list?
(answers on last page)



How to view birds in their natural habitats – With a little research, bird enthusiasts can find out specific locations where certain species tend to “flock.” This could be at a park, a forest or along the banks of a lake. Because birds are creatures of habit, they tend to be active during specific times of the day and occupy specific areas. When viewing, it’s important to find a comfortable place to settle in for the long haul, particularly if scouting rare or uncommon species. Bring a chair or blanket for comfort, and don’t forget a hat, sunglasses, sunscreen and, of course, water.

A good pair of binoculars is invaluable during a birdwatching session, as is a camera for capturing great shots. A journal or notebook can be handy for taking notes or sketching. The early bird gets the worm—but the early birdwatcher will likely get the best chance of seeing more, or rare, birds, as they tend to be most active in the early morning.

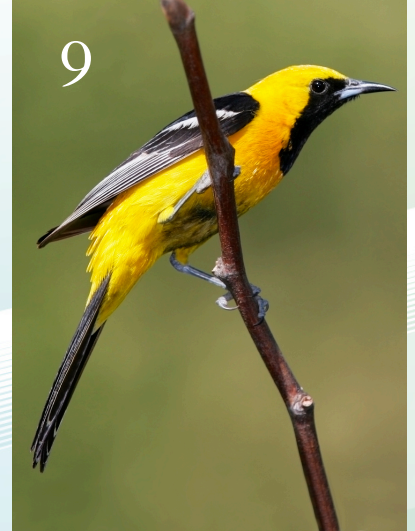


How to attract birds

For those who wish to attract birds to their backyard or garden, offering fresh water in a bird bath or creating safe shelters such as shrubs, trees or even nesting boxes may do the trick. Before putting out feeders, do some research on the best food sources to feed specific birds. A mix of seeds, nectars and fruits can attract a variety of species. Avoid feeding birds bread, as it has little nutritional value for them.

Birds of a feather

Seniors who are interested in making birdwatching part of their routine in the new year, might start by joining a birdwatchers club! From formal, organized groups to more casual meet-ups, there is quite a birding community in the valley. Beyond simply viewing birds, some clubs may even serve as advocates for bird preservation and safety.



Fellowship Square Historic Mesa announces the January 2025 Songbird Art Contest

Throughout history, North America has been home to tremendous diversity of wildlife and bird species. Since the 1960's, Songbird populations in North America have dropped 29 percent over historic averages. Three billion birds have been lost with additional species declining each year. Many species of songbirds are threatened and at risk for becoming endangered. While one single factor cannot be attributed to these losses, the data is clear that public awareness and education about this critical issue is needed now, more than ever.

Connecting people to nature through the arts...

The Fellowship Square Historic Mesa Songbird Art Contest is a multi-media art competition focused on sharing the wonder and species diversity of North American songbirds.

Participants will learn about the North American Songbird Species through a community YouTube special event, followed by a month long contest for our talented residents in the fields of photography, painting and poetry.

All entries are due to the Activity Office by 4 pm on January 25th with winners to be announced in a newsletter feature.

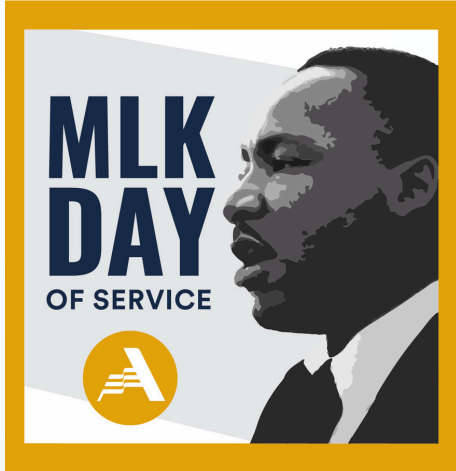


How You Can Engage

Check out our January Activities Calendar and...

- Join our community on a field trip to the bird sanctuary set in the middle of Phoenix Arizona!
- Watch a YouTube special event on North American Songbirds.
- Participate in weekly painting sessions and lessons on bird painting.
- Join a weekly writing group to share and challenge short story writing and poetry.
- If photography is your thing, we encourage you to attend the field trip and capture the birds on film!





The MLK Day of Service is Monday, Jan. 20.

Observed each year on the third Monday in January, Martin Luther King, Jr., Day is a federal holiday designated as a National Day of Service to encourage all Americans to volunteer to honor the life and legacy of Dr. King and improve their communities.



FELLOWSHIP SQUARE
HISTORIC MESA

Back to the Garden
Thrive with Purpose

VOLUNTEER PROGRAM



Thrive by enjoying a fulfilling sense of purpose.

Maintain your independence by staying active.

Make a difference to your senior neighbors.

For more information, please contact Chaplain Kurt Stromberg, Volunteer Coordinator at 480-290-7904 or stop by our Volunteer Office located on the northeast corner of Q building, next to the mailboxes.

nutritional nuggets

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From Garlic to Ginger:

6 Simple Ways to Fortify Your Immune System

The past week has been a blur of earaches, sore throats, sneezes, and a runny nose—sound familiar? As I sip tea and reflect (while side-eyeing relatives who brought their “allergies” to Thanksgiving), I’m reminded that January and February are prime time for colds and flu. But here’s the good news: there’s plenty you can do to fortify your immune system, and it doesn’t involve orange juice, saltines, or canned soup. Curious about the real tools for staying well? Visit <https://bit.ly/immunityhandout> for a more in depth guide and 5 immune boosting recipes!

NUTRIENTS THAT HELP YOUR BODY HEAL

Garlic



Garlic contains alliin and allicin, which are compounds that have antimicrobial properties.

Zinc



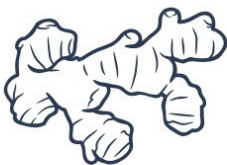
A power antioxidant that activates the immune system. Found in oysters, beef, cashews, & yogurt.

Tea



Contains polyphenols that bind to viruses, reducing their ability to replicate. Try black or green tea.

Ginger Root



Ginger has antimicrobial, anti-fungal, and antiviral properties. Add it to your tea, stir-frys, and soups

Vitamin C



Low levels of Vitamin C lead to an increased risk of infection. Find it in bell peppers, citrus, & broccoli.

Quercetin

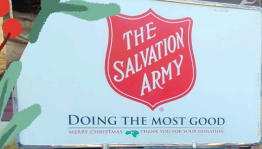


This reduces the severity of upper respiratory infections. Found in apples, berries, tomatoes, & nuts.



FUN FELLOWSHIP FOTOS!

Festive Choir Concert





FUN FELLOWSHIP FOTOS!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1st</p> 	<p>5th</p> <p>9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>6th</p> <p>9:00am Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p> 	<p>4th</p>
<p>6th</p> <p>9:00AM Wii Bowling</p> <p>11:00 Fitness w/ Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>7th</p> <p>9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>8th</p> <p>9:00AM Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p> <p>2:00pm Chair Yoga (Apt 207-A) RSVP Limited</p>	<p>9th</p> <p>9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>10th</p> <p>9:00am Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Outing: National Audubon Society Free Admission + Lunch</p> 	<p>11th</p>
<p>13th</p> <p>9:00AM Wii Bowling</p> <p>11:00 Fitness w/ Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>14th</p> <p>9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>15th</p> <p>9:00AM Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p> <p>2:00pm Chair Yoga (Apt 207-A) RSVP Limited</p>	<p>16th</p> <p>9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>17th</p> <p>9:00am Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p> 	<p>18th</p>
<p>20th</p> 	<p>21st</p> <p>9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>22nd</p> <p>9:00AM Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p> <p>2:00pm Chair Yoga (Apt 207-A) RSVP Limited</p>	<p>23rd</p> <p>9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>24th</p> <p>9:00am Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>25th</p> 
<p>27th</p> <p>9:00AM Wii Bowling</p> <p>11:00 Fitness w/ Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>28th</p> <p>9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>29th</p> <p>9:00AM Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p> <p>2:00pm Chair Yoga (Apt 207-A) RSVP Limited</p>	<p>30th</p> <p>9:00am Mindful Movement</p> <p>2:30pm Breath & Meditation (Apt 207-A)</p>	<p>31st</p> <p>9:00am Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p>	

Independence Is Even Better With Friends



Refer a new resident and receive \$200 per month off your rent for up to a year!



FELLOWSHIP SQUARE
HISTORIC MESA

Resident Referral Program

- Monthly rent credit of \$200 begins 1-2 months after the referred resident moves in and continues for 12 months or until lease is terminated (whichever comes first).
- Must not have been previously referred by another agency or party.
- Offer succeeds previous programs and is effective with move in's after 1/1/25.

Contact our Leasing Counselors with your prospective resident information:

480-290-7022 or 7023



SATELLITE TELEVISION SERVICE

- One box is installed free in all apartments near the front window and are not to be removed.
- Additional boxes (i.e. bedroom) may be requested and are \$25-\$50.
- All new residents will have Direct TV connected, remote paired and instructions for use provided.
- If you want additional channels, they would be at your expense and your contract will be with Direct TV.
- Complete an upgrade form available at the front desk and we will coordinate for you.
- Please do NOT call DirectTV for upgrades as we are working with Unwired third party company.
- You are free to use another service provider such as Cox however, you will have to coordinate, pay for service/installation and your contract will be with that vendor.

WIRELESS INTERNET SERVICE

Our Wi-Fi network provides secure and reliable internet connectivity in your apartment. With 802.11ac WiFi, you will experience fast internet speeds, streaming, and a robust network that can handle all your online activities.

- Each apartment will have its own secure access point and individual username/password.
- You will be provided with your username and password once you sign a user agreement with our office. Be sure to keep this password secure like you would any other password.
- To connect to the new internet system, you simply search for the available WiFi networks in your apartment. Go to settings, Click on the WIFI icon, Click on network named (your apt #) and a pop-up window will appear asking for a password.
- If you encounter any difficulties or require assistance during the setup process, our dedicated Unwired Engineering Help Desk is ready to support you. Feel free to contact them at 866-968-9434.



Bird Identification Answers (from pages 8-9)

1. Verdin
2. Phainopepla
3. Elegant Trogon
4. Greater Roadrunner
5. Cactus Wren
6. Tree Swallow
7. Gila Woodpecker
8. Coopers Hawk
9. Hooded Oriole
10. Mourning Dove



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

*Wishing
you a
Blessed
New Year!*



Our Mission:

Through Christian love and excellence, we are dedicated to providing a fulfilling lifestyle and promoting independence to those we serve.