

The JOYFUL INDEPENDENT

FEBRUARY 2025



THE GOOD NEWS

What's "LOVE" Got To Do With It?— EVERYTHING
— Chaplain Kurt Stromberg

In the Midwest (Chicago area), February can be difficult as the nights are long, the days short, it's extremely cold outside, and the warm sun cannot be seen for weeks at a time. This led to me personally being diagnosed with SAD (Seasonal Affective Disorder), where a person can harbor feelings of depression as the result of not getting enough sunlight. I rectified that problem and moved to sunny Arizona.

February is also the month when we engage in Valentine's Day, where love is the feeling and emotion that is center stage. For those of us who participate in a Personal Relationship with God/Father/Jesus/Creator/Spirit, this command, posture, and attitude: love is at the center of everything. Moses in Leviticus 19:18 eloquently puts it this way, "You shall not take vengeance or bear a grudge against the sons of your own people, but you shall "love" your neighbor as yourself."

Jesus uttered these exact words when he redefined the ten commandments with two simple but hard to fulfill commands. From Matthew 22:37-40 (Deuteronomy 6:5) the Lord says, "Jesus replied, "Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment. And the second is like it: "Love your neighbor as yourself." All the law and the prophets hang on these two commandments. It is fascinating to think that the religious/political folks of the times were so offended by this message of LOVE instead of hate, that they plotted and successfully killed the Lord for preaching it.

*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*



**FELLOWSHIP
SQUARE**
HISTORIC MESA

THE GOOD NEWS - Chaplain Kurt Stromberg (continued)

Pg 2

This is the problem with loving the things of this world, and that is the fact that it separates us from the LOVE of the Father in Heaven. When people love their religion and rituals more than they love family members, friends, neighbor and enemies, they are not in a personal relationship with God, because He is LOVE. Love does not motivate one to harbor negative thoughts about someone to the point of killing them and this is what the religious/political leaders did. They killed Jesus, who preached a message of love. The Savior was countercultural to the world that we live in and his teachings were NOT in alignment with the things of this world.

Paul speaks to this when he says, "Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them." (1 John 2:15) It's thought provoking how he uses the word love in that statement as he is teaching us what to love as well as what not to love. So the question is: what is the condition of both your heart and mind, and are they centered in love? It's a wonder that in their love and religious beliefs towards Jesus that they would desire to kill him. How religious and loving of them... (sarcasm)

Notice: Effective Sunday February 2nd, the Sunday Worship Service will start at 10:30 instead of 11:00.

Here is where the Lord really upset the masses when he declared this: "If you love me, you will keep my commandments." (John 14:15) Wait a minute, you mean if I love The Lord Jesus, He wants me to follow his commandments. Yes, more than anything. He wants us to be obedient to his commandments and His commandments, as stated above, begin with LOVE. The Lord even calls us to love our enemies. (Matthew 5:44)

How is the world doing with love these days? Beyond loving The Lord, myself, and others what are the commands that the Lord desires us to follow?

They are called "The Fruits of the Spirit", and there are nine of them: "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." (Galatians 5:22) Notice the first one: LOVE. As the scriptures above stated, ALL the laws and the prophets hang on this.

During this month, remember you are so loved that the Creator of the world carnated Himself to dwell and reside amongst us in love. (John 3:16). You are loved, you are here for a purpose/reason. If you have any doubts about this, please make arrangements to speak with myself or others as those doubts are from the evil one.



Celebrating Senior Independence Month

February is Senior Independence Month, a time to honor and recognize senior citizens and their ability to live independent lifestyles as they age.

Fellowship Square Historic Mesa believes strongly that allowing seniors to maintain as much of their independence as possible as they age is important to their well-being. However, it is also vital to note that as people age and their abilities change, there is no shame in seeking the assistance needed to support their independent lifestyles. Here, we take a look at key methods that can help seniors stay independent for as long as possible, as well as some signs that it may be time to seek some assistance.

According to the article, “All About Aging: Maintaining Independence in Your Golden Years,” written by Dr. Maija Sanna, board-certified geriatrician with the highly regarded UCLA Geriatrics Program, there are a multitude of things seniors can do to maintain their independence as they go through their golden years, such as:

Stay Active—“The best way to stay fit at any age is to keep moving!” The article states, adding that 20 to 30 minutes of daily activity “should be your norm.”

Manage Medications—For seniors that want to stay independent as long as possible, it is vital that they properly care for themselves. This includes staying vigilant on making and attending routine doctor appointments as well as taking all prescriptions as directed. Dr. Sanna states in the article, “If you are having difficulty with any of your medications, discuss your concerns with your doctor.”

Using tools to help manage medications can be helpful, too. Medication organizers and timers can help remind independent seniors to take the right medications at the right time.



Celebrating Senior Independence (continued)

Get Social—Socialization is good for human health, at any age! According to the U.S. Centers for Disease Control and Prevention, social connection has a bevy of positive benefits that “can lead to longer life, better health and well-being.” An article on the organization’s website states that social connection “can help reduce the risk of chronic disease and serious illness, such as heart disease, stroke, dementia, and depression and anxiety.”

In addition, the site states that social connection can improve “our ability to manage stress, anxiety and depression; healthy eating habits and physical activity and quality of sleep.”

While becoming social later in life can sometimes seem intimidating, Fellowship Square Historic Mesa makes meeting new people and getting involved in social activities fun and engaging. Even something as simple as saying hello to a new neighbor can be the beginning of a meaningful social connection that will benefit both parties!



Celebrating Senior Independence (continued)

Volunteer—Seniors can enjoy their independence by doing good and helping others. There are many volunteer opportunities that can utilize a senior’s skills. Seniors should consider finding volunteer opportunities that align with a passion or interest. For example, animal lovers might enjoy volunteering to walk the dogs in our Fellowship Square community or at a local animal shelter. Those who like to share their experience and talents might enjoy becoming a mentor.

Ask for help—As wonderful as it is for seniors to prolong their independence for as long as they can, it may become necessary at some point for seniors to get a little assistance. There is nothing to be ashamed of and it’s important that seniors recognize when it’s time to seek help.

According to Dr. Sanna, “Life changes may require difficult adjustments, but it’s important to recognize that they are designed to keep you functioning as independently, yet safely, as possible.”

Fellowship Square Historic Mesa encourages independent seniors to examine the areas of their lives in which they may need a little assistance—and not to be shy about seeking it out!



**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.**

**The Volunteer Office
is located at
the northeast corner
of Q Building, ground floor,
next to the mailboxes.
The phone number is
480-290-7955.**

Fun Facts About Presidents Day

According to nationalparks.org, Presidents Day is celebrated on the third Monday in February, due to the 1968 Uniform Monday Holiday Act.

The 1968 Uniform Monday Holiday Act is a bill signed on June 28, 1968 designed to “help Americans to enjoy more fully the country that is their magnificent heritage. It will also aid the work of Government and bring new efficiency to our economy,” according to The American Presidency Project website. The bill states that three national holidays will be celebrated on Monday, including Washington’s birthday on the third Monday in February.

Presidents Day honors America’s first president George Washington’s birthday, which is on February 22. It also honors Abraham Lincoln, the 16th president, whose birthday is February 12, according to the archives.gov website.

According to the website, Washington’s birthday was the first federal holiday to honor an individual’s birth date. It states, “In 1885, Congress designated February 22 as a holiday for all federal workers. Nearly a century later, in 1971, the Uniform Monday Holiday Law changed the date to the **third Monday in February**. The position of the holiday between the birthdays of Washington and Abraham Lincoln gave rise to the popular name of Presidents Day.”



Fun Facts About President's Day (continued)

Though it is commonly known as Presidents Day, “the observed federal holiday is officially called, ‘Washington’s Birthday,’” according to almanac.com. It goes on to state, “Neither Congress nor the president has ever stipulated that the name of the holiday observed as Washington’s Birthday be changed to Presidents’ Day. Additionally, Congress has never declared a national holiday binding in all states; each state has the freedom to determine its legal holidays.”

Washington did not actually say, “I cannot tell a lie,” nor did he chop down a cherry tree at the age of six. The Almanac website reads: “Washington didn’t say this; he didn’t even chop down the tree! This tale was, in fact, concocted by Parson Mason Weems (1759–1825), one of Washington’s biographers, who made up the story hoping to demonstrate Washington’s honesty.”

His birthplace in Colonial Beach, Virginia is a national monument, according to nationalparks.org. Lincoln’s birthplace, located in Hodgenville, Kentucky, is a national historical park.

Presidents and national parks have deep roots. There are 35 parks named after Presidents and one that celebrates four presidents.

President Ulysses S. Grant established the first national park, Yellowstone. President Theodore Roosevelt has the most national parks named in his honor.

Fellowship Square Historic Mesa encourages residents to enjoy Presidents Day and the three-day weekend it presents by gathering with friends, neighbors and family. Spend a day outside, walking around a nearby park, hiking an urban trail, having a picnic or taking the grandkids to the park.

Other fun ways to enjoy the long weekend include:

- Taking a road trip with family.
- Exploring a national park or historical site.
- In honor of President Washington (and the cherry tree myth!), baking a cherry pie or other cherry-filled dessert.
- Getting inspired by Washington’s quote: “Happiness and moral duty are inseparably connected.” Consider volunteering or giving back in honor of this president and President’s Day as a whole.
- Visiting a library to learn more about history to learn more about the impact of this country’s presidents.



Fellowship Square Historic Mesa Recognizes Black History Month

February is Black History Month, serving as a time to honor African Americans across the nation. Fellowship Square Historic Mesa takes a look at the history of this month and why it is important.

The origins of Black History Month date back to the early 1900s. According to ASALH, the Association for the Study of African American Life and History and the founders of Black History Month, “The story of Black History Month begins in Chicago during the summer of 1915. An alumnus of the University of Chicago with many friends in the city, Dr. Carter G. Woodson traveled from Washington, D.C. to participate in a national celebration of the fiftieth anniversary of emancipation sponsored by the state of Illinois.”

Woodson joined thousands of African Americans who travelled from across the country to see exhibits highlighting the progress of their people since the destruction of slavery. Woodson, who had been awarded a doctorate at Harvard three years earlier, hosted an exhibit with a black history display.



Between 6,000 and 12,000 people waited to view the exhibitions. This massive attendance inspired Woodson to form an organization dedicated to promoting the scientific study of black life and history.

According to the association’s website, “On September 9th, Woodson met at the Wabash YMCA with A. L. Jackson and three others and formed the Association for the Study of Negro Life and History (ASNLH). He hoped that others would popularize the findings that he and other black intellectuals would publish in The Journal of Negro History, which he established in 1916.”

By 1920, Woodson was dedicated to urging black civic organizations to promote the achievements of African American citizens that researchers were uncovering. He encouraged his Omega Psi Phi fraternity brothers to join in these efforts. In 1924, they developed the Negro History and Literature Week, which was later renamed Negro Achievement Week.



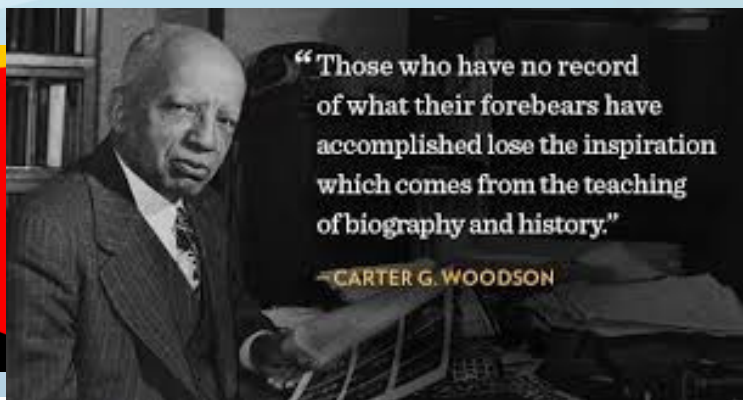
Black History Month (continued)

Woodson continued to seek greater impact. According to ASALH, “In 1925, he decided that the Association had to shoulder the responsibility. Going forward it would both create and popularize knowledge about the black past. He sent out a press release announcing Negro History Week in February, 1926.”

The month of February was chosen to honor Abraham Lincoln and Frederick Douglass, both of whom played significant roles in shaping black history and both of whom had February birthdays. He also chose February to build on tradition. The observance quickly began to receive more recognition than Woodson could have anticipated. By the 1960s, an evolution of the observance from a week-long celebration to a month-long celebration began to take shape in areas such as West Virginia, Chicago and beyond.

There are many ways to honor and celebrate Black History Month. Education is key to discovering more about black history and black leaders, not just during the month of February but all year long. Reading books and stories by black authors and watching films and documentaries made by black filmmakers are two ways to gain education about vital contributions of the African American community. Another way to support the cause is to purchase from black-owned businesses.

Blackhistorymonth.gov—a site hosted by The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum that pays tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society—is a great source of information as well.





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Simple Steps for a Healthier Heart:

- **Walk or Exercise Regularly:** Aim for 7,000–8,000 steps per day or 150 minutes of moderate activity weekly. Walking improves circulation, lowers blood pressure, and boosts your mood!
- **Choose Heart-Healthy Foods:** Include leafy greens, berries, nuts, and fatty fish in your diet. Limit salt and processed foods for better heart health.
- **Monitor Blood Pressure and Cholesterol:** Regular checkups help catch issues early. Use home monitoring tools to stay proactive.
- **Manage Stress and Sleep Well:** Practice relaxation techniques and ensure 7–8 hours of quality sleep each night.
- **Follow Your Doctor's Recommendations:** Take prescribed medications on schedule and attend routine appointments to stay on top of your health.

Heart Health Facts to Remember:

- Your heart beats 115,000 times a day and weighs just 1 pound, yet it powers your entire body.
- Heart disease is the leading cause of death in the U.S.. Healthy habits save lives.

Supporting Your Heart Health Journey:

- **Continuous Monitoring:** Tracks vital signs like blood pressure and heart rate for early detection of risks.
- **Routine Health Checkups:** Helps manage conditions like hypertension, atrial fibrillation, and heart failure effectively.
- **Personalized Care Plans:** Focused on prevention, management, and maintaining vibrant health.



nutritional nuggets

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Can Your Plate Protect You? How Cancer Prevention Starts Now!

Cancer can be a scary word, but we have more control over our health than we may realize. While genetics play a role, Dr. Nasha Winters shares that research shows 95% of cancer cases are influenced by diet and lifestyle. Small changes—like balancing blood sugar, lowering inflammation, and boosting immunity—can make a big impact. It's not about perfection, just taking steps that add up to lasting change. Here's where you can begin!



AVOID PROCESSED INFLAMMATORY FOODS

Choosing anti-inflammatory foods is one of the best ways to protect your health. Many processed foods, like those with seed oils, sugars, and chemicals, can trigger inflammation in the body, which leads to oxidative stress and damage to our cells. This makes us more vulnerable to cancer. On the other hand, organic, nutrient-rich foods like fruits, vegetables, grass-fed meats, nuts, seeds, herbs, and whole grains help lower inflammation and support healthy cell function.










BALANCE BLOOD SUGAR

Dr. Nasha Winters explains that high blood sugar and insulin levels can fuel cancer growth. Whether it's refined sugar, fruit juice, or even honey, sugar can cause harm when consumed in excess. To lower your risk, aim to keep added sugars under 8g per day (about 2 tps). Choose whole, low-glycemic fruits like berries and green apples, which have less impact on blood sugar. And remember, avoid drinking your calories—it's an easy way to keep sugar levels in check and support your health.



FEED YOUR MICROBIOME

Your microbiome, the community of bacteria in your body, plays a big role in your health. It helps control tumor growth, fight cancer cells, reduce inflammation, and support your metabolism. To protect it, eat fiber-rich foods like leeks, artichokes, asparagus, and black raspberries, plus fermented foods like sauerkraut. Aim for 12g of fiber per major meal, and avoid overusing hand sanitizers, antibiotics, and antibacterial soaps, which can harm your good bacteria.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
3rd 9:00AM Wii Bowling 11:00 Fitness w/ Friends 12:30pm Enhanced Mobility	4th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	5th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga (Apt 207-A)	6th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	7th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	8th 
10th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 12:30pm Enhanced Mobility	11th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	12th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm New! Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga (Apt 207-A)	13th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	14th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility HAPPY Valentine's Day	15th 
17th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 12:30pm Enhanced Mobility	18th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	19th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm New! Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga (Apt 207-A)	20th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	21st 9:00am Wii Bowling 11:00 Fitness w/Friends 9:00am Superstition Farms 5 C's Experience Tour (\$12)	22nd 
24th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 12:30pm Enhanced Mobility	25th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	26th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm New! Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga (Apt 207-A)	27th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	28th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	



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TAKE ME OUT TO THE BALLGAME

It's spring training time!



-vs-

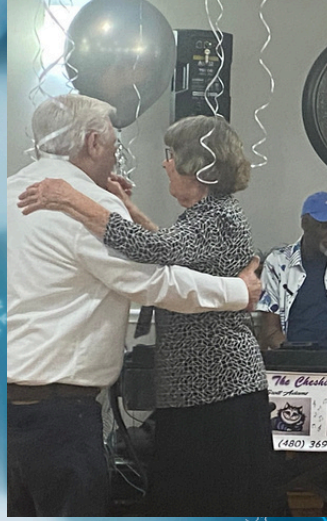


WEDNESDAY, MARCH 12
12:30PM
RSVP- (480) 290-7012

\$20!!!



FUN FELLOWSHIP FOTOS!



WINTER BALL



Christmas Decorating Contest Winners

Congratulations to the following residents!

- 3 Winners per Quad, 3 Oasis Winners
- 1st Prize \$75, 2nd Prize \$50, 3rd Prize \$25 (gift card or rent credit)

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Quad 1	P Stimson 211B	P Opal 306A	D Trimborn 106A
Quad 2	M Bratton 338F	Tyburnski 217C	B Hammond 130E
Quad 3	R Fisher 253J	D Gillo 145I	S Browning 153J
Quad 4	J Horner & N 163M	Teresko (tie) 183L	Ridens 176K
Quad 5	L Schaffer 145P	I Taylor 170S	C Kralicek 271S
Quad 6	C Greer 135Z	Sersons 141O	Mocks 142O
Quad 7	J Rhodes 111X	S Eiseman 133V	M Henderson 222Y
Oasis	R Hamblin 116	H Dixon 124	B Patterson 125

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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



FELLOWSHIP SQUARE
HISTORIC MESA

Our Mission:

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