



Happy New Year! Hopefully you found some joy and peace over the holidays. With a new year already upon us, it is the perfect time to launch our new newsletter. The Oasis Herald is here to communicate with residents and family about things like service changes, building improvements, new staff members, activities, etc. It is also here to provide educational information and sometimes, just plain entertainment. Please enjoy and have a blessed year!



## THE GOOD NEWS

### Celebrating Each New Day as a Blessing — Chaplain Kurt Stromberg

I hope this finds each resident of the Oasis at 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)

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## 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 residents of the Oasis at Historic Mesa. Thank you for the support, the prayers and the beautiful personal relationships. Enjoy this new day and year.





## Assisted Living Manager Update



Mary Farris

- **Memory Care Sensory Garden** - Funded by a generous grant from Banner Health, our sensory garden is complete and residents have been enjoying it with the help of all the beautiful weather we have been having. The garden includes planters, a potting bench, potted plants, comfortable seating benches, a bright 3-D desert oasis mural painted by staff and resident volunteers, a fountain, a xylophone, bird feeders, chimes and activity tools to enjoy outdoors and that encourage engagement. See photos on pages 5-6.

- **Helpany Fall Prevention Technology** - A motion sensing device that resembles a smoke detector has recently been placed in every assisted living and memory care apartment. Nicknamed “Paul”, the device provides 24/7 remote monitoring through radar-based motion sensing and delivers motion-based well-being information and fall-risk factors to caregivers and residents.
- Paul detects millimeter movements by looking for frequency shifts in the recorded spectrum of its transmitted radio waves signal, which are caused by reflections from a moving person. **Rest assured that Paul respects privacy as no camera or microphone is used.**
- Caregivers, residents, and their family members can receive summaries about nocturnal restlessness, the daily sedentary behavior and activity level and the average pace of movement.
- Changes in daily activity patterns may indicate alterations in routines that could affect well-being. Less steps walked, prolonged sedentary periods, changing walking speeds or increased restlessness at night, might be symptomatic of various health conditions – ranging from depression to physical illnesses and even to an increased risk of falling.
- No check-in© (based on time): Paul can be configured to expect a check-in by a specific time. For example, if Paul is installed in a bedroom, this feature can be useful for detecting whether a resident has not gone to bed.

## Assisted Living Manager Update - continued

- No check-out© (based on time): Paul can be configured to expect a check-out by a specific time. For example, if Paul is installed in a bedroom, this setup can be useful for detecting if a resident has not left the bedroom.
- A smart nightlight is designed to enhance the safety of the living space. Paul is intended to respond to movement at night and aims to light up automatically, providing a sense of orientation in the dark.
- Our sister location at Power and Main has been using this program successfully and have seen a 70% reduction in falls.

We look forward to leveraging this new technology to help keep our residents safe. Watch for updates in a future newsletter.



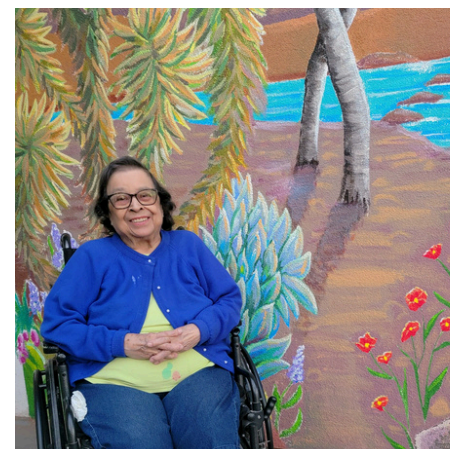
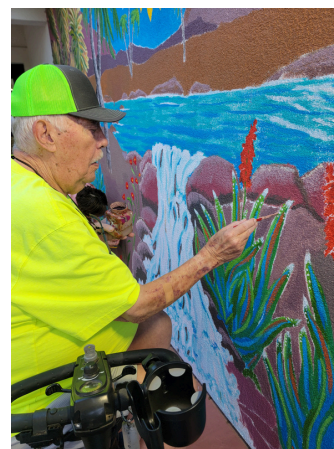
- **Television Service** - we no longer have a bulk account agreement with Cox. Television continues to be provided free of charge to our residents however we are now receiving service through Direct TV. A channel guide has been distributed to all residents.
  - There is an option to upgrade the package for a fee and it will require that you have wi-fi service in order to stream programs. Residents who are interested should contact me.
- **Internet Service** is now available community wide through Unwired. Cost: \$40/month. Residents who are interested, should contact me and I will coordinate via our Facilities department for you.
  - Each Assisted Living apartment will have it's own secure access point. 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. Instructions to connect to your wi-fi will be provided however if you need, please contact me.
- **Telephones** - we will continue to provide land line service free of charge. The assigned phone numbers for each Assisted Living apartments have not changed.

*Values:*

*Guided by Christ's love, we believe in the immeasurable value of every person.  
We are committed to joyfully serve with humility, integrity and respect.*

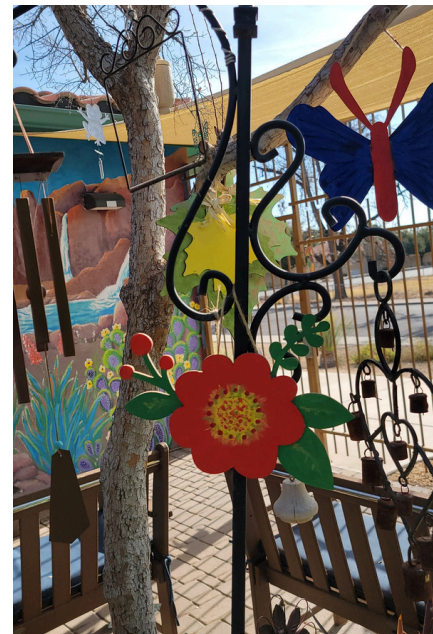


## Sensory Garden at Reflections Memory Care - Labor of Love





## Sensory Garden Completed at Reflections Memory Care





## 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.





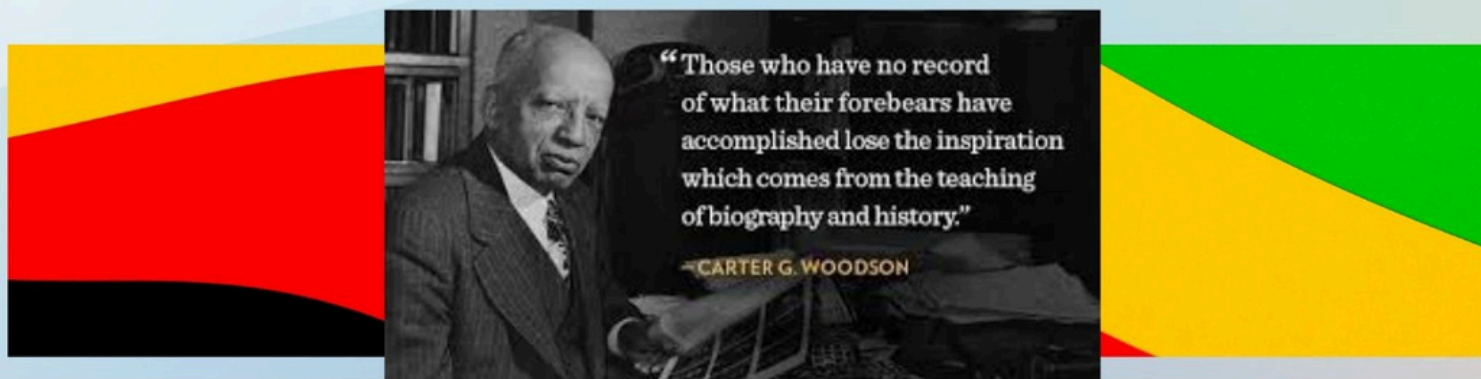
## Black History Month (continued)

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](http://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.





## Fun Facts About Presidents Day

According to nationalparks.org, Presidents Day is celebration 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.”





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.” Considering 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.







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## Golden Years, Healthier Hearts!

Your heart is the engine of your well-being. By taking small, consistent steps, you can enjoy a healthier, longer life.



### 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.



## Birds of Arizona

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.

### 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 .....**

### How to attract birds

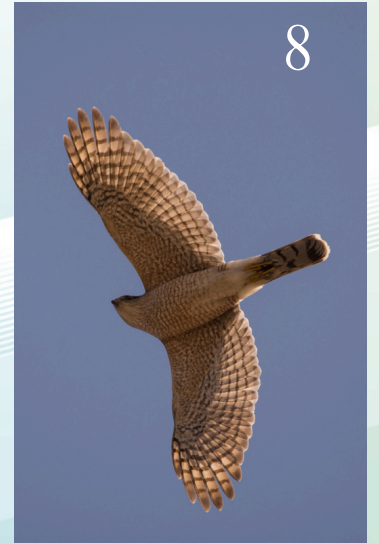
For those who wish to attract birds to their backyard or garden, offering fresh water in a bird bath or creating safe shelters such as shrubs, trees or even nesting boxes may do the trick. Before putting out feeders, do some research on the best food sources to feed specific birds. A mix of seeds, nectars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

- 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 next page.  
Which of them  
can you identify  
from this list?  
(answers on last page)









# 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



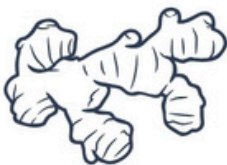
A power antioxidant that activates the immune system. Found in oysters, beef, cashews, & yogurt.

##### 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.



# 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 tsps). 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.





## *Bird Identification Answers (from pages 12-13)*

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 Oasis Herald. Our newsletter is for residents, family members and others who would like to learn 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](mailto:tracey.biggerstaff@christiancare.org)

