

# The JOYFUL INDEPENDENT

MARCH 2025



## THE GOOD NEWS

### Called Back To The Garden

— Chaplain Kurt Stromberg



The spring season has to be one of my favorite seasons of the year. There is a newness about each lengthening day that creates hope, excitement, and joy. It is also easy to marvel at all of the transformations that are taking place. In the midst of all the change and transformation is CREATION. Our Creator in Heaven literally “Created heaven and earth.” (Genesis 1:1) In the center of all of this creation, Yahweh (YHWH) breathed life not only into mankind, but also ALL of His creation in The Garden of Eden. Including the plants and animals, “Now the Lord had planted a garden in the east, in Eden, and there He put the man He had formed.” (Genesis 2:8)

The thought of us dwelling and existing in The Garden can be somewhat overwhelming, but also extremely comforting. Think about it: Everything that mankind needed/needs to exist comfortably and in relation to His personal Creator is found in the Garden. The plants, trees and shrubs provided free food. “I give you every seed-bearing plant on the face of the earth and every tree that has fruit with seed in it. They will be yours for food.” (Genesis 1:29) Water was/is in the garden, fresh air, animals and also shelter. ALL were provided in The Garden free of charge from your/our personal Creator. Blessings abound. We need to receive them but also be appreciative and thankful for them as well.

*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](http://www.fellowshipsquarehistoricismesa.org)*



## THE GOOD NEWS - Chaplain Kurt Stromberg (continued)

Pg 2

One of the joys of my life is to walk, twice a day, with my little dog friend, Stewart (Pug). It's just him, myself and private/personal time with my Savior/Creator in Heaven. During this time, I take the opportunity to give praise, thanks and appreciation for ALL the blessings that I have. Many of you know that Father in Heaven speaks directly to me through nature and specifically the birds, trees, dogs, water and sound. All of these things I experience on my walks. It literally is Heaven on Earth.

Since it is springtime right now and we are in beautiful Arizona, the wildflowers are in bloom. They are spectacular. They give off an amazing aroma, are pleasing to the eye and display life right in front of our very eyes. Such beauty and splendor, and yet its life expectancy is only a couple of weeks. It reminds me of a verse in Matthew that relates to these wonderful creations. "If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe you—you of little faith." (Matthew 6:30) What we must understand as we fight against any fears that we may have is: "Indeed, the very hairs on your head are numbered. Don't be afraid; you are worth more than many sparrows."

He loves us so much more than the birds and the trees that He Created you and I in His image. "So God created man in His own image." (Genesis 1:27) Let us dwell in the fact that each of us is divinely created and His love for us is so strong that He has provided everything we need to live in harmony with Him.

Thank you, Father in Heaven for all your blessings.



## WORSHIP UPDATES:

### Mark Your Calendars!



### Gospel Concert In March

- Thursday March 13th, 2025 at 10:00AM Grand Side
- Friday March 14th, 2025 at 10:00AM Center Side



### The Weekly hour of Prayer has changed:

- Thursdays at 10:00AM in the "Q" Corner starting in March.



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.

## Read Across America Day

March 2 is Read Across America Day, an observance initiated in 1988 by the National Education Association (NEA) to honor Dr. Seuss's birthday and to celebrate the joys of reading, thus encouraging people to become avid readers.

According to Read-A-Thon.com, there are four essential pillars of Read Across America, which has an estimated 45 million participants around the country. These factors include:

- Encourages a love of reading
- Improves literacy rates
- Promotes cultural awareness
- Builds community



While Read Across America activities often occur in classrooms from preschool to middle school, there is no reason why Read Across America Day should not be celebrated beyond the classroom and every day in addition to March 2. Read Across America can also extend beyond the pages, including music. This year, the organization promotes the importance of music and song, which, like books, “reflect culture and history and tell powerful stories.”

Read Across America Day is not just for young readers. Seniors can get involved in a number of ways, including:

- Spending time reading to or with grandchildren or neighbors.
- Volunteering at a local library or school.
- Reigniting (or initiating!) a love of reading by getting into the habit of reading for just a few minutes every day.
- Engaging in a different genre of literature or listening to an unfamiliar style of music.



## Read Across America Day (continued)

Reading on a regular basis can also have some great benefits for seniors. According to a Mayo Clinic study, “engaging in cognitive activities like reading books, playing games or crafting in middle or later life are associated with a decreased risk of mild cognitive impairment.”

A separate Mayo Clinic article states: “Just as physical activity keeps your body in shape, activities that engage your mind help keep your brain in shape. And those activities might help prevent some memory loss. Do crossword puzzles. Read. Play games. Learn to play a musical instrument. Try a new hobby. Volunteer at a local school or with a community group.”

Reading can be a great way to escape into a fantasy land, to relax before bed or to learn about nearly any topic imaginable. Fellowship Square Historic Mesa encourages seniors to pick up a book and enjoy Read Across America Day!

### FUN FACTS

- “Dr. Seuss” was born Theodor Seuss Geisel on March 2, 1904.
- His father ran one of the largest brewing companies in New England until it closed down due to Prohibition. He then began running the local zoo. Seuss liked to visit his father at work, where he was inspired to draw the animals he saw.
- Seuss attended Dartmouth, where he was voted “Least Likely to Succeed” by his classmates.
- In 1937, Dr. Seuss published his first children’s book, “And to Think That I Saw It on Mulberry Street”. It was rejected 27 times before it went to press.
- Seuss enlisted in the army during WWII. He was sent to Hollywood to produce propaganda cartoons featuring the military misadventures of Private SNAFU.
- Seuss coined the term “nerd,” which first appeared in 1950 in his book “If I Ran the Zoo”.
- “Green Eggs and Ham” resulted from a \$50 bet between Dr. Seuss and Bennett Cerf, the co-founder of Random House, who challenged Seuss with writing a book using only 50 words.
- Seuss was the first person to win the Pulitzer Prize for writing children’s books.



## World Hearing Day



Listen Up: March 3 is recognized as World Hearing Day, an observance designated by the World Health Organization (WHO). Each year, this day is dedicated to raising awareness for preventing deafness and hearing loss and promoting ear and hearing care around the world.

The World Health Organization annually determines a theme, and this year's is "Changing mindsets: Empower yourself to make ear and hearing care a reality for all." According to the organization, this theme is an extension of, and an intent to build upon, the 2024 focus. The website states: "By encouraging individuals to recognize the importance of ear and hearing health, this campaign aims to inspire them to change behavior to protect their hearing from loud sounds and prevent hearing loss, check their hearing regularly, use hearing devices if needed, and support those living with hearing loss."

This year, WHO is launching the WHO-ITU Global standard for safe listening in video game play and sports as well as the school module on smart listening, for inclusion into educational programs. While these initiatives are largely aimed at children and young adults, there are many important educational efforts regarding adult hearing loss as well.

According to the National Institute on Aging, "Hearing loss is a common problem caused by loud noise, aging, disease, and genetic variations." The organization states that approximately one-third of older adults have hearing loss, and the chance of developing hearing loss increases with age.

## World Hearing Day (continued)

Hearing loss comes in many forms, including:

- Sudden deafness, also known as sudden sensorineural hearing loss, can be unexplained. If this happens, seniors should visit their doctor immediately.
- Age-related hearing loss, also called presbycusis, occurs gradually as people age. It may be genetic and tends to occur in both ears.
- Tinnitus is also common in older adults and is typically associated with ringing in the ears. However, it can also come through as roaring, clicking, hissing or buzzing sounds. Tinnitus can accompany other types of hearing loss.

According to the American Speech-Language-Hearing Association (ASHA), it is vital to address the signs of hearing loss early on. The association states, “Left unaddressed, hearing loss can have a significant impact on a person’s overall health, physical safety, and quality of life.” The association adds that hearing loss can lead to a higher risk of social isolation, depression, falls and other injuries, cognitive decline, and dementia.

Some signs of hearing loss that seniors and their loved ones should be aware of include:

- Difficulty following conversations
- Difficulty hearing in noisy environments
- Hearing rings, roaring, or beeping in one or both ears
- Failure to respond to spoken words
- Muffled hearing
- Constant frustration hearing speech and other sounds
- Avoidance of conversation



## World Hearing Day (continued)

In addition to these signs, ASHA says loved ones and caregivers should encourage seniors to see an audiologist if they experience any of the following:

- Notice changes in their hearing ability
- Hear sounds such as ringing, roaring, or beeping in their ear(s)
- Experience difficulties hearing in noisy environments
- Frequently need to turn up entertainment devices such as the television

ASHA also advises that seniors who experience any of the following seek the counsel of an ear, nose and throat (ENT) doctor as soon as possible:

- Sudden hearing loss in either ear
- Drainage of any kind coming from the ears
- Pain or discomfort in one or both ears
- Dizziness

In honor of World Hearing Day, Fellowship Square Historic Mesa encourages seniors to “listen” to their ears, heed the above advice and seek the advice of their physician if they notice any of these signs or symptoms.





## National Flower Day

March 21 is National Flower Day, a time to appreciate the simple beauty of flowers and how they make people feel. It's no accident that National Flower Day occurs at the beginning of spring—a season of awakening, rebirth, and blooming in literal and metaphoric ways.

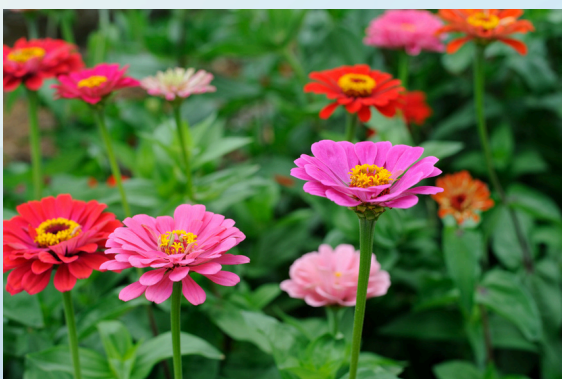
For those with a green thumb who like planting flowers, March is a great time to get those hands in the dirt! According to Moon Valley Nurseries, March through May is considered “prime time” for planting warm-season vegetables and herbs. It's also a great time to plant annual flowers that will give the garden some color. These include petunias, marigolds, and zinnias. These are not only beautifully vibrant flowers but they can be planted in pots or hanging baskets to enhance a porch or patio.

**When planting flowers for spring, The Home Depot offers the following easy tips: Select plants with healthy foliage and a few flowers; avoid discolored, spindly or wilted ones.**

- Pay attention to sun exposure guidelines. Choose plants suitable for the amount of sunlight the garden or area receives.
- Before planting, prepare the garden bed by working in organic matter with a spade (at least one inch worth). Loosen the soil at least 12 inches deep for annuals and 18 inches for perennials.
- Smooth the soil with a ground rake.
- Remove the plants from their pots, carefully maintaining as much of the root ball as possible. Plant the flowers at the same soil level as they were in their container.
- Mulch the garden bed with one to three inches of aged wood chips, bark, grass clippings or other organic matter. This will suppress weeds, conserve moisture and prevent soil-borne diseases.



## National Flower Day (continued)



While National Flower Day comes but once a year, flowers can be enjoyed nearly all year round—and gardening offers a bouquet of benefits. An article on the Mayo Clinic Health System website lists the perks of gardening, such as:

- Increased exercise—Gardening encourages movement, which can help boost daily physical activity.
- Improved diets—When people plant fruits, vegetables and herbs, they can eat the fruits of their labors!
- Time in nature—“Getting outdoors is good for your physical and mental health. Spending time outdoors has been shown to reduce heart rate and muscle tension. Sunlight lowers blood pressure and increases vitamin D levels.”
- Reduced stress levels—Gardening has been shown to lighten one’s mood and lower stress and anxiety levels. According to the article, planting, tending to a garden, harvesting and sharing the results of a garden is also very gratifying.
- Social connection—Gardening brings people together, and social connectivity is important! It can help lower stress, improve resilience and provide support during difficult times.

Fellowship Square Historic Mesa has beautiful gardens throughout its property that residents maintain. Looking for a fresh new hobby this spring? Why not join the gardening club? They are always looking for new members to help out.



## World Civil Defense Month

World Civil Defense month is an annual global observation. This day raises awareness about the importance of civil defense, addresses issues such as emergency preparedness and promotes public safety in the event of disasters or accidents. It was established by the International Civil Defense Organization (ICDO), an intergovernmental organization that aims to contribute “to the development of States of structures ensuring the protection and assistance of populations and safeguarding property and the environment in the face of natural and man-made disasters.”

The theme for 2025 is “Civil Defense, guarantee of security for the population.” The speech on behalf of Roman Lapin, acting secretary general of the ICDO, indicates this theme highlights the organization’s crucial work in protecting lives and well-being in the face of increasing global threats and challenges. These global threats include natural disasters, technological accidents, epidemics and security risks. According to the speech, all of these “require constant preparedness and effective cooperation at all levels,” adding that civil defense is the “cornerstone of our ability to address these challenges, protecting lives and ensuring the safety of communities.”

The speech also points out that respect for human life is also a central focus of the organization’s work. It states: “Our efforts and resources must be dedicated to ensuring security and protection at all levels—from the personal to the global.” The speech expresses its gratitude to those on the frontlines of civil defense—first responders, doctors, volunteers, researchers and all those making the world a safer place for all. Encouraging words as the speech concludes are: “Civil defense is our collective responsibility, and it guarantees the security of every individual, regardless of their location or circumstances... May each of us become a part of this great cause, and may our efforts lead to enhanced safety and a better quality of life for all people around the world.”



## World Civil Defense Month (continued)

While World Civil Defense Day is but one day a year, there are many things people can do all year round to support the cause. In honor of World Civil Defense Day, seniors might attend a community event hosted by a local civil defense agency. They can also volunteer at events promoting and spreading awareness for emergency preparedness or first aid demonstrations. Seniors can inquire as to whether their local civil defense organization is in need to initiatives such as developing emergency plans or creating neighborhood disaster kits.

Engaging in World Civil Defense Day can start even closer to home by educating oneself about emergency preparedness through online courses or taking a first aid class or disaster response workshop. Seniors can also create their own emergency kit with essential supplies for their personal or family use. Visit our [website](#) for a suggested list of items for your kit or stop by our office for a complimentary list.

In honor of World Civil Defense Day, Fellowship Square wishes to thank first responders and all those who put the safety of others before their own. We encourage seniors to make an emergency preparedness kit and to learn more about how to help this important cause.





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**

## Nourish Your Health: The Importance of Senior Nutrition

As we age, proper nutrition becomes essential for maintaining energy, strength, and overall well-being. A well-balanced diet supports daily function and helps prevent chronic conditions such as diabetes, heart disease, osteoporosis, and hypertension. Making mindful food choices can have a lasting impact on health, improving both longevity and quality of life.

### Key nutritional considerations for seniors include:

- Essential Nutrients – Protein helps maintain muscle mass, fiber supports digestion, and essential vitamins promote brain and bone health.
- Hydration Matters – Dehydration is common among seniors and can lead to fatigue, confusion, and other health concerns. Staying properly hydrated supports energy levels and organ function.
- Healthy Meal Planning – Nutrient-dense meals, reduced processed sugars, and a balanced diet contribute to long-term wellness.
- Managing Chronic Conditions – Nutrition is a crucial factor in managing conditions such as diabetes, high blood pressure, and osteoporosis.
- Immune Support – Foods rich in antioxidants, vitamins, and minerals help strengthen the immune system and reduce illness risk.

This National Nutrition Month, take steps to prioritize your health through balanced eating and mindful nutrition. Small changes can make a big difference in promoting lifelong wellness!

# nutritional nuggets

© 2024 sycamore & sage nutrition

## Go Green This St. Patrick's Day with a Fresh, Healthy Twist!

St. Patrick's Day is full of green beer, shamrock shakes, and festive treats, but let's be honest – our bodies might not be feeling so lucky afterward. Instead of a sugar crash or next-day regrets, why not celebrate with a dish that's as green as the Irish countryside and actually good for you? This asparagus and quinoa salad is bright, fresh, and perfect for spring!

### Recipe

- 1 cup quinoa, cooked
- 1 lb asparagus, parboiled
- 1/4 cup olive oil
- Juice of 1 lemon
- 1 tsp honey
- 1 tsp Dijon mustard
- 2 cloves garlic, minced
- 14.5 oz chickpeas, drained
- 1/4 cup feta cheese
- 4 green onions, sliced
- Fresh dill, chopped

### Instructions:

**Mix cooked quinoa, asparagus, chickpeas, and green onions.**

**Whisk olive oil, lemon juice, honey, mustard, garlic, salt, and pepper for the dressing.**

**Toss everything together, top with feta and dill.**

**Why Go Green?** Asparagus is loaded with fiber, folate, and vitamins A, C, and K. Chickpeas provide fiber and plant-based protein, and quinoa is a nutrient-dense whole grain with all nine essential amino acids for a balanced mood. Together, they make a powerhouse meal that supports digestion, bone health, and energy levels.

This salad delivers protein from quinoa and chickpeas, healthy fats from olive oil, and anti-inflammatory benefits from garlic and lemon. It's a balanced, fiber-filled meal that keeps you full longer and supports heart health.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3rd 9:00AM Wii Bowling</p> <p>11:00 Fitness w/ Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>4th 9:00am Mindful Movement</p> <p>2:30pm Breath &amp; Meditation (Apt 207-A)</p>	<p>5th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm <b>Wellness Workouts on the Westside GR-CR</b> 2:00pm Chair Yoga #207A</p>	<p>6th 9:00am Mindful Movement</p> <p>2:30pm Breath &amp; Meditation (Apt 207-A)</p>	<p>7th 9:00am Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>1st/8th</p> 
<p>10th 9:00AM Wii Bowling</p> <p>11:00 Fitness Main St. Mile Trip</p>	<p>11th 9:00am Mindful Movement</p> <p>2:30pm Breath &amp; Meditation (Apt 207-A)</p>	<p>12th 9:00AM Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:00pm Spring Training Game Outing</p>	<p>13th 9:00am Mindful Movement</p> <p>2:30pm Breath &amp; Meditation (Apt 207-A)</p>	<p>14th 9:00am Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>15th</p> 
<p>17th</p> 	<p>18th 9:00am Mindful Movement</p> <p>2:30pm Breath &amp; Meditation (Apt 207-A)</p>	<p>19th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm <b>Wellness Workouts on the Westside GR-CR</b> 2:00pm Chair Yoga (Apt. 207 A)</p>	<p>20th 9:00am Mindful Movement <b>10am-1pm Wellness Event!</b> 2:30pm Breath &amp; Meditation (Apt 207-A)</p>	<p>21st 9:00am Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>22nd</p> 
<p>24th 9:00AM Wii Bowling</p> <p>11:00 Fitness w/ Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>25th 9:00am Mindful Movement</p> <p>2:30pm Breath &amp; Meditation (Apt 207-A)</p>	<p>26th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm <b>Wellness Workouts on the Westside GR-CR</b> 2:00pm Chair Yoga (Apt. 207 A)</p>	<p>27th 9:00am Mindful Movement</p> <p>2:30pm Breath &amp; Meditation (Apt 207-A)</p>	<p>28th 9:00am Wii Bowling</p> <p>11:00 Fitness w/Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>29th</p> 
<p>30th 9:00AM Wii Bowling</p> <p>11:00 Fitness w/ Friends</p> <p>12:30pm Enhanced Mobility</p>	<p>31st 9:00am Mindful Movement</p> <p>2:30pm Breath &amp; Meditation (Apt 207-A)</p>				

# FUN FELLOWSHIP FOTOS!





## 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**



**HAPPY  
SAINT  
PATRICK'S  
DAY!**



## 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](mailto: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.*