

SQUARE TIMES

FELLOWSHIP SQUARE-MESA

May 2018

6945 E. Main Street · Mesa, AZ 85207 · (480) 654-1800

Memorial Day Observance Ideas

This year on Memorial Day, actively remember those who have given the ultimate sacrifice. Visit a cemetery and place flowers on fallen heroes' graves. Visit a memorial. Fly the U.S. flag at half-staff until noon. Please join us for a special ceremony and moment of silence on Memorial Day to honor the men and women who gave their lives in service to our nation. Or renew a pledge to aid widows, widowers and orphans of our deceased and disabled veterans. May God Bless Our Heroes

Computer Classes

The concept of lifelong learning takes a full meaning when you discuss computers. Today's technology dictates the demand and need for computer knowledge from people of all ages, and seniors don't want to get left behind. We use the Internet to stay in contact with family and friends. Computers are more user-friendly, and we should be less fearful of them. They can become a resourceful tool for entertainment and education, write e-mails, research medical topics and get driving directions, and

our Resident Portal. We have two options available; each Friday we have a Computer class with a classroom seating. You will receive explanations of how computers work, the terminology involved, and how to use the mouse. It is combined with a Windows update and allows seniors to learn the computer's operating system. Each Wednesday at 2pm we will have an "Apple iPad Quest." Join some explorers as we journey together toward more competence and satisfaction. "Learning a new skill works best to keep your brain sharp."

Remembering Heroes

"A hero is someone who has given his or her life to something bigger than one's self."
—Joseph Campbell





Brain Bender

Mother Knows Best

No matter when or where you grew up, you are likely to relate to the advice and admonishments mothers frequently voice when parenting. See if these classic, and sometimes comical,

“motherisms” sound familiar:

*Eat your vegetables; they're good for you.
Put that down; you don't know where it's been.*

If everyone else jumped off a cliff, would you do it, too?

Can you think of others that you've heard or used yourself?

Greater Happiness Is Found as We Give of Ourselves

“If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone.” Chinese Proverb. What compels us to take care of others, and why are we happier when we do? A study done by the University of California concluded, that when it comes to the pursuit of happiness, popular culture encourages a focus on one's self and on one's needs. Mounting evidence, by contrast, suggests that being kind to others consistently leads to

increases in happiness. “We are built to need other people. When we take care of other people, it touches a part of us that brings joy. We are doing what we are meant to do as human beings.”



Women on Weights

Weight lifting isn't only for body builders; it's for the everyday woman, too. When frequenting the gym, women tend to congregate on the treadmills and steer clear of the free weights. Whether they're scared to gain muscle bulk or intimidated by the “manly” section, they can reap benefits from strength training.

Lose fat. The rewards add up. For every pound of muscle you gain, you burn 35 to 50 more calories each day. Thus, free weights are the perfect

accomplice to a cardio workout.

Gain strength. Researchers have found that, unlike men, women typically don't gain size from strength training. Plus, by maximizing your strength, you decrease risk of injury during workouts and daily routines.

Reduce risk. Weight training increases spinal bone mineral density, lowers “bad” cholesterol and improves the way the body processes sugar. The result is decreased risk of osteoporosis, heart disease and diabetes.





Crafting Creates Brain Benefits

Whether you're stitching, knitting, painting, gluing or carving, crafting not only keeps your hands busy, but science shows it can keep your brain nimble, too. Researchers say activities such as sewing, knitting, scrapbooking and woodworking can protect the brain from age-related damage and decrease the risk of mild cognitive impairment. While crafts may appear to simply provide hobbyists with a creative outlet and enjoyment, scientists assert that crafting is unique in that it can exercise many areas of the brain, including memory, attention span, visual-spatial processing, and problem-solving. We have Busy Hands every Thursday, crafts the last Thursday of the month and Color Your World every Friday. There are plenty of opportunities to choose from.



Calcium Works if You Take It

The Natural Woman Health e-newsletter's survey says 81 percent of women don't realize that their calcium intake should increase from 1,000 mg to 1,200 mg after age 50.

Two recent studies support calcium's effectiveness in building bone health, but only when women consistently meet the recommended daily requirements. One study, published in the *Archives of Internal Medicine*, said only 57 percent of women continued to take their calcium for the duration of the five-year study. Yet, the women who consistently took the calcium experienced a 34-percent reduction in bone-fracture risk. The Women's Health Initiative released a similar study. In it, individuals who took the recommended amount of calcium achieved a 29-percent decrease in bone fractures.

In general, studies show calcium supplements are effective but only when women take them daily and consistently. Women should space their calcium intake through the course of the day and couple calcium intake with vitamin D.

—PRNewswire



Mother's

Wit & Wisdom

"A mother's love for her child is like nothing else in the world."

—Agatha Christie

"I am sure that if the mothers of various nations could meet, there would be no more wars."

—E.M. Forster

"My mother loved children—she would have given anything if I had been one."

—Groucho Marx

"The art of mothering is to teach the art of living to children."

—Elaine Heffner

"All women become like their mothers. That is their tragedy."

—Oscar Wilde

New Beginnings

While our past does not need to define us, our relationships can. I am reminded of the Apostle Paul and his thoughts regarding the church in Philippi. He said; ***“I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. It is right for me to feel this way about all of you, since I have you in my heart.”*** (Philippians 1:3-7) I have been honored to serve, lead, and shepherd each of you as your Chaplain. I will always have you in my heart as a new beginning unfolds.



Chaplain Chats with Chaplain Dan

Motivational Fitness Tips for Seniors

The “Top 5” Ways to Motivate Seniors: approach the topic carefully when discussing health, weight or nutrition with your loved one; tread carefully. Get the doctor’s ok. Before setting your loved one on a new fitness path, join them for a visit to their doctor to ensure they are not only healthy enough for regular exercise, but also for some suggestions on what specific exercises and activity would most benefit them. Make it fun. Find out what your loved one really likes to do and make that a regular activity you can do together. Fellowship Square-Mesa also offers a number of community activities for residents to make getting fit a social affair, not a chore. Group exercises include water aerobics, yoga and more. The SeniorFITness program is designed to enhance quality of life for residents by increasing performance of daily living activities and independence. Share the benefits with seniors. Especially those suffering with chronic pain, fatigue or other symptoms, may not feel “up” to the task of regular exercise. However, inform your loved one that activity, even a short, brisk walk every day, has numerous benefits that include easing the symptoms of chronic pain, fatigue, depression and more. Keep the encouragement coming. When your loved one has a down day, or really doesn’t feel like getting up and active, don’t force it — everyone needs a break every now and then. Encouragement never gets old, and we all could use a little more of it!

Jon Scott Williams, Executive Director