



# SQUARE TIMES

## FELLOWSHIP SQUARE-MESA

June 2018

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

### Happy Father's Day, Dads!

Every June, families everywhere set aside a day to honor fathers. A father is more than just a family's patriarch; he is a source of wisdom and strength for everyone in his home. At our community, we'll be hosting a celebration to say thank you to all our dads who've raised generations. We will have a feast fit for a king!

Don't miss the fun and fellowship at this Father's Day feast. Join us Thursday, June 14th at 8:00 AM for breakfast in our main dining room. Entertainment will be provided by Ken Levine.

### Dignity Health East Valley Presents: Healthier Living Diabetes Self- Management Program

Take control of your pre-diabetes or diabetes and get your life back! Beginning June 22nd-August 3rd we will be offering a 6-week community workshop. If you are interested in learning more about diabetes self-management and overall health and well-being this class is for you. We give you the tools you need to improve your health and quality of life. Focus is on group interaction, mutual

support and feedback.

- Healthy eating
- Relaxation/stress reduction
- Dealing with negative emotions
- Appropriate medication usage
- Diabetes symptom management
- Working with health care providers
- Pain/fatigue/symptom management
- Decision making
- Problem solving
- Exercise and fitness
- Setting weekly goals

To register- Sign up at Building 5 Second floor. Change your life!



### Try Something New

Many people thrive on routines, but taking on new activities can stimulate the brain, experts say. Try learning a new skill, sampling a foreign food or reading a new book genre.

### Advice From Mister Rogers

“There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind.”  
—Fred Rogers



## Trivia Whiz

### A Swimming Myth

Did you grow up hearing the warning to wait at least 30 minutes after eating before going for a swim? Many a parent in the past believed that swimming on a full stomach could lead to muscle cramps and increase the risk of drowning. Doctors say there is no medical evidence to support that old wives' tale. The body has the ability to both digest food and fuel muscles in action.



### Essential Exercise Types

Exercising regularly provides an abundance of health benefits. Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

**Endurance.** These activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

**Strength.** This type of exercise makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights,

using resistance bands and doing arm curls and leg lifts.

**Balance.** Maintaining good balance is essential to preventing falls. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

**Flexibility.** Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities. Stretching exercises and yoga improve flexibility.

### The Stars and Stripes

Did you ever wonder why June 14 is Flag Day? On this day in 1777, John Adams presented the following resolution before the Continental Congress in Philadelphia: "That the flag of the 13 United States shall be 13 stripes, alternate red and white; that the union be 13 stars, white on a blue field, representing a new constellation."

Our flag now boasts a magnificent total of 50 stars, while the 13 stripes remind us of our nation's beginning.

If you plan to display the U.S.

flag this month, remember the following flag etiquette:

- An outdoor flag should be flown from sunrise to sunset. You can fly it at night as long as it is illuminated.
- It must not be flown during inclement weather unless it's an all-weather flag.
- Never let the flag touch the ground, the floor, or anything else beneath it.
- When displayed on a staff with other flags, the American flag must be flown above the rest.



## Best iPad Apps for Senior Citizens

- **BugMe! Stickies** (\$1.99): BugMe! lets you set up notes and reminders for birthdays, doctor's appointments, and so on.
- **Find my iPad** (free): Use a smart phone or a standard computer to quickly locate a lost iPad.
- **Crosswords** (\$9.99): Seniors are known for their love of crossword puzzles. This app puts a limitless number of puzzles at your loved one's finger tips.
- **iBooks** (free): iBooks turns an iPad into an eBook reader. Font size and brightness can be easily adjusted for seniors with vision problems.
- **StockFish** (free): Chess, known as the "game of kings", has been popular since the middle ages. Your chess-playing loved one will never fret about finding an opponent with StockFish. Difficulty and playing style of the computer can be easily adjusted.

- **Art** (\$.99): Art is a virtual art museum and an art history course in one. View high resolution images of thousands of classic paintings and learn about the artists.
- **Living Earth** (\$1.99): This is a visually stunning app for weather and world-time. It shows a bright and beautiful simulated image of the Earth as it looks at this very moment, incorporating the latest satellite imagery to illustrate cloud cover.
- **Goodreads** (free): A book lovers' dream. Users can read reviews of books they are considering reading, rate and write reviews of books they've read, keep a log of books read, and receive recommendations about books that match their interests.
- **Magnifying Glass** (free): This app turns an iPad into a digital magnifying glass.
- **Big Calculator** (\$.99): As its name implies, this is a pocket calculator with *really* big buttons.



## Laugh Lines

### Fun With Tom Swifties

What's a great way to exercise both your brain and your funny bone? Coming up with Tom Swifties— a wordplay that follows a quoted statement with a verb or adverb that makes a pun. For example:

*"Watch out for that broken glass!" she said sharply.*

*"I only have diamonds, clubs and spades," he said heartlessly.*

*"I dropped my toothpaste," he said, crestfallen.*

*"You dance just like Fred Astaire," she said gingerly.*

How many can you create?

## It Is Time to Review the Best Book Review



Book Review with Colleen Clampitt

1. "Prisoner By Birth" By Jeffrey Archer  
Set in England about a garage mechanic falsely accused of a crime he did not commit and his revenge. Large Print
2. "One Good Dog" By Susan Wilson  
A Pit Bull who escapes from the men who used him as a fighting dog. He makes friends with a man named Chase who is down on his luck. It is a wonderful story of how to teach others to cope with life. Large Print.
3. "The President's Club" By Nancy Gibbs  
The only way you can become a member is be a past President of the United States of America. Each President relied on the experience of the past President. It is almost like reading a novel. The club was started by President Hoover. Large Print

### Twenty years provides perspective.

Looking back over the past 20 years it is evident that we could not have predicted everything that we have accomplished at Fellowship Square-Mesa. Our residents tell us that they look for innovation and vision that supports their traditional faith-based American values. We have chosen to be a "Center of Aging Excellence" by constantly looking for ways to promote dignity as we improve the aging experience. By endeavoring to meet the needs of our residents we allow you to "Celebrate Life". The past 20 years have brought changes in technology that has not only affected how we conduct business but how we live and interact as a community. Technology is everywhere; in today's electronic age we can no longer run a business or serve our clients without the implementation of ever advancing technology. To improve our fitness, health, and learning, technology meets our residents and staff where they are and has enabled us to do things that other communities only dream of doing. The philosophy of service that we embrace has placed us at the forefront of the leadership. Over the past 20 years thousands of residents and their families have passed through our front door. We believe that by staying true to our core values we are well prepared to move into a third decade of service for all our residents. Please join us for this incredible new journey as we pray for God's guidance and His continued blessings on our magnificent residents, their families, and Fellowship Square-Mesa. **Jon Scott Williams-Executive Director**