



**FELLOWSHIP
SQUARE**
HISTORIC MESA

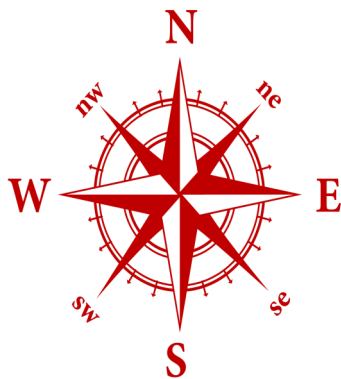
THE GOOD NEWS

JUNE 2018



Welcome New Fellowship Square Residents

Jim Sweigart Quad 4
Charles & Rosemary
Mills Quad 1
Jim Laird Quad 1
Tommy & Judy
Spain Quad 3
Dorothy Rinker Quad 3
Lon Berger Quad 1
Carl & Lois Naegeli Quad 5
Sami Roy Quad 2
Melba Walton Quad 4
Robert Nelson Quad 4
Pat Linder Quad 3
Geneva Zook Quad 2
Charles Hill Quad 3
Lee Fryar Quad 5
George & Barbara Johnson
Quad 7



Passed Away

Margaret Crews
Virginia Pfieler
Marjorie Arneil
Julia Cowman
Betty DeHoogh
Paul Jennings
Laury Ann Morris
William "Bill" Geck
Samuel Dysert

^{CAN YOU} Believe it?

We are at the halfway point of the year 2018! Up to this point we have had many awesome activities and experiences and the good times will

continue in the month of June!

On Campus Activities

- June 1** - AVON Sale w/Dixie
- June 2** - TJ's Travel Club Meeting
- June 5** - The Browning's Presentation w/Ken Sorensen
- June 7** - AARP Group Meeting
- June 11** - SW Mobility Service
- June 12** - Men's Appreciation Breakfast
- June 12** - Catholic Service
- June 13** - Happy Hour w/Carl Block
- June 13** - Hearing Aid Specialist
- June 14** - Birthday Party w/DJ Brad
- June 15** - AVON Sale w/Dixie
- June 17** - Father's Day Brunch
- June 20** - Happy Hour w/MJ Moore
- June 21** - Ice Cream Sundae Social
- June 21** - Wellness Connection "Community Support Groups" Presentation
- June 22** - Shred-a-Thon (\$5 Per Resident Box)
- June 22** - Quad 1 & 2 Fire Drill
- June 22** - Jenni's Jewels Jewelry Sale
- June 22** - Bingo Blowout
- June 24** - East Valley Chorale Concert
- June 25** - New! Men's Club Meeting
- June 26** - Ice Cream Sundae Social
- June 27** - Resident Trivia Challenge
- June 28** - FANGS Nutrition Group
- June 29** - Paula's Handbag Sale

Off Campus Activities

- June 7** - Mesa Art Center Gallery Exhibit FREE
- June 7** - Mid Western Café Restaurant
- June 9** - Scottsdale Museum of the West
- June 15** - PF Chang's Restaurant
- June 19** - Antique Shopping Mall Outing
- June 21** - Cheddar's Restaurant
- June 28** - Cinemark Movie Theater Outing
- June 29** - Cindy's Café Restaurant

What's Happening at Fellowship Square Oasis!

Sing-a-Long
w/ Connie Ryan
Wednesday
June 27th
2:30pm Oasis-AR

.....

meeting
.....

- ◆ Oasis Resident Council
- ◆ Activity Committee
- ◆ Food Committee

Monday,
June 4th
10:00am Oasis-AR

Bible Study



By Hiway Baptist
Church
Thursdays
6:00pm Oasis-AR
Everyone Welcome



**Emotional Support Group
With Anthony Phillips**

**Wednesday, June 13th
10:30am**

Oasis Activity Room
Everybody Welcome

Transportation will be available open request 602-663-0753



**MARVENE'S 100TH
BIRTHDAY PARTY**

**SATURDAY, JUNE 30TH
1:30PM
OASIS DINING ROOM**



Western Spirit
SCOTTSDALE'S MUSEUM OF THE WEST

**Saturday,
June 9th
9:30am \$13**

**Please Sign Up
w/Life Enrichment**



Cesar Lopez

June's
Employee of the Month
From Maintenance



FELLOWSHIP
SQUARE
HISTORIC MESA



Congratulations!
Norbert Thacker
*Winner of our monthly
Lease Renewal Drawing*

Norbert is a treasured resident here at Fellowship Square Historic Mesa.

As a show of our appreciation when you *renew your lease* with Fellowship Square, you will automatically be entered into a monthly drawing for a **\$200 Rent Credit.**

TRIVIA
*Resident
Trivia Contest*

**Wednesday,
June 27th
1:00pm GR-CR**

Everyone Welcome!

Dining Room Closures

Join Us On The Other Side!



DATE	Center Dining Room	Grand Dining Room
June 10th 	Open Breakfast & Lunch: 11 -1:00 REOPEN Dinner: 4:00 – 6:00pm	Open Normal Hours
June 12th Men's Appreciation Breakfast	Open Normal Hours	Closed Breakfast Open 11:00am-6:00pm
June 17th 	Closed: Breakfast Father's Day Brunch 11:00am-2:00pm	Closed: Breakfast Father's Day Brunch 11:00am-2:00pm



*Sunday,
June 17th
11am-2pm
CTR-DR & GR-DR*

**\$15.00 a Guest & RSVP
is required
w/Dining Services*

**LOOK WHO'S
HAVING A BIRTHDAY!**

June Sexton	6/2
Katherine Curtis	6/4
Jeannine Filiatrault	6/4
Tricia Holt	6/4
Shirley Nutter	6/4
Peter Greason	6/6
Susan Day	6/6
Lavonne Yergler	6/6
Patsy McSpadden	6/8
Jay Wright	6/8
Margaret Rennaker	6/10
Barbara Robbins	6/10
Amy Stillwell	6/10
Patricia Anderson	6/11
Paul Christiansen	6/11
Lynn Bikofsky	6/12
Helen Carroll	6/12
Larry Quesada	6/12
Patricia Lewis	6/14
Geoffrey Winston	6/15
Rose Windle	6/18
Anne Broseghini	6/19
Roy Patterson	6/19
Anthony Austin	6/21
Kathleen Cornwall	6/21
Patricia Duncan	6/23
Ruth Niemi	6/23
Howard Darland	6/26
Twana Roberts	6/26



Ron Smith	6/26
Barbara Fendelander	6/27
Hazel Lindsay	6/30
Dorothy Minch	6/30

OASIS BIRTHDAYS!

Patricia Dykstra	6/2
Virginia Bickle	6/17
Esther Klein	6/19
Marvene Thompson	6/30



EMPLOYEE BIRTHDAYS!

Ashley Mannone	6/2
Jayne Reynolds	6/9
Tiffany Parron	6/10
Diane Mitchell	6/12
Larry Secrist	6/15
Lawrence Rawls	6/18
Lavinia Finau	6/20
James Mangini	6/20
William Harl JR	6/28

**Birthday
Celebration**

*Thursday,
June 14th
1:00pm CTR-DR
w/DJ Brad
Everybody Welcome!*



Summer is Here!



It's hard to believe that the Arizona summer is upon us. June leads to temperatures that can reach into the 120's. The days are long and the nights short as frequently the temperature will not go below 100 degrees.

June is also the month that we recognize and remember our father's/dad's on Father's Day. Thank you to all of those fathers out there that are loving husbands, tender parents and faithful servants to our country by their decision to serve in the armed forces. Additionally June is the month that we acknowledge the American flag, for Flag Day.

Recently there has been much debate about kneeling during the National Anthem by professional athletes. Symbolically we are to stand for the flag as we honor those that have paid the ultimate sacrifice for our freedoms. We also stand in honor of the flag to focus not on what divides us but what unites us, being an American.

We are to kneel and bow to our Lord when we come to Him through our offering of prayer. "Come, let us bow down in worship, let us kneel before the Lord our Maker, for he is our God, and we are the people of his pasture, the flock under his care." (Psalm 95:6-7). We are so blessed to live in the United States of America where we can openly and publically worship God the Father without persecution. Let us give Him praise as we pray for our brothers and sisters around the world that do not have the same freedoms that we have, as their acknowledgement of Jesus can cost them their lives.

The times these days are tumultuous, and we need to be praying intentionally to the Savior of the world. Stay cool during June and I extend an invitation to every one of you to join us for a study on Prophecy and the end of times. The teaching will be done via DVD by Dr. David Jeremiah starting the first Tuesday in June. We will be gathering at 3:00 PM in the Center Activities Room to hear what the Dr. has to say I look forward to seeing you there. God Bless. Your Chaplain, Kurt

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John 3:16)



**CHURCH SERVICES/
BIBLE STUDIES**

SUNDAYS

12:15 pm Oasis Catholic Communion LB

**12:15 pm Catholic Communion
CTR-CR**

2:00 pm Oasis Worship Service MR

2:30 pm Worship Service CTR-CR
A non-denominational service in the Center
Community Room. Contact Earl Flin
480-332-7677

MONDAYS

**10:00 am Morning Bible Study
CTR-CR**

Contact Chaplain Kurt at 480-290-7064

TUESDAYS

**2:30 pm: 2nd Tuesday of every month
Catholic Service GR-CR**

Contact:
Mary Hoeger 480-733-6288

WEDNESDAYS

1:00 pm Bible Study Q-Corner
Contact Chaplain Kurt at 480-290-7064

2:00 pm Prayer Gathering Q-Corner

**6:45 pm Bible Study at First Southern Baptist
Church Pick-Up East Bus Stop ONLY**

Fellowship Square Historic Mesa

Church Service Transportation

SATURDAYS

4:30 pm St. Luke's Lutheran Church
1st & 3rd Saturdays of each month only
(Pick-Up East & Grand Bus Stop)

SUNDAYS

7:30 am St. Luke's Lutheran Church

8:45 am St. Peter's Lutheran Church
(Pick-Up East & Grand Bus Stop)



Support Group

***Thursday,
June 28th 3:00pm
Q-Corner***

**Home Health
Blood Pressure Checks**

***Wednesday,
June 13th
10:30am QC
11:00am CTR-CR***



**QUAD'S 1 & 2
FRIDAY,
JUNE 22ND**

Don't FORGET! **10:00AM
CTR-CR**

***Your
Participation is
important***



Sink Your Teeth Into Healthy Living

Nutritional Nuggets by
Jayne Reynolds, BCHN®



Periodontal disease is regularly treated by dental professionals as an oral malady without consideration of the potential underlying causes. Gingivitis and Periodontitis are often caused when systemic inflammation which is responsible for many health conditions, like diabetes, anemia, or hardening of the arteries, takes hold and sets up shop in your mouth.

Nutrition to Sink Your Teeth Into

Certain vitamins and minerals that are widely available in food are incredibly beneficial both specifically for periodontal disease and for other health conditions that contribute to it.



Do include plenty of vegetables, lean proteins, healthy fats, and some complex carbs and fruits in your diet daily. A diet high in fiber has been associated with a lowered risk of periodontal disease. Vitamins A, C, & E, and the minerals zinc and selenium are especially beneficial for oral health, as is collagen which can be found in bone broth or supplements.

Avoid foods that you are allergic or sensitive to and refined carbohydrates like sugars.

Gotu Kola



This herb has incredible wound healing properties and is very beneficial for those suffering with severe periodontal disease. It can interact with other medications and should be avoided if you are taking sedatives or drugs that can impair the liver like Tylenol. Always check with Jayne, your ND, or your pharmacist to find out if a supplement is safe to take.

Stress Management & Oral Hygiene

Manage stress and get adequate sleep as both of these can contribute to an inflammatory state in the body. High levels of exercise also contribute to lower inflammation in the body. Take care of your gut flora with a great probiotic because an inflamed gut leads to a weakened immune system and leaves you open to the disease process and periodontal problems.

Top all of this off with great oral hygiene by visiting your dentist to have plaque and tartar removed, brush at least twice a day, avoid fluoridated toothpastes, floss daily, use a Waterpik and a tongue scraper and top it off with a Folic Acid mouth wash.



Trivia: Mercury fillings are so destructive to your health. The mercury releases over time decreasing the activity of antioxidant enzymes in the body leaving you susceptible to disease and inflammation.

For more information contact:

*Jayne Reynolds
Board Certified Holistic Nutritionist™
(520) 428-0446*



To Pee Or Not To Pee?

*A Lesson in Bladder and
Urinary Tract Health*



FREE CLASS

Thursday, June 28th, 2018

Q-Corner

2:00 p.m.

followed by:

Diabetes Support Group

3:00 p.m.

Did you know that **55%** of urinary tract infections will end up going to the kidneys and that recurrent kidney infections can have **serious consequences**? Come and learn about kidney health and preventing Urinary Tract Infections. **Your bladder will be gladder that you came!**

MEN'S

Appreciation

FELLOWSHIP SQUARE
HISTORIC MESA

Breakfast

Tuesday, June 12th

8:00am

Grand Dining Room



ICE CREAM SOCIAL



**THURSDAY,
JUNE 21ST
12:00PM
GR-CR**

&

**TUESDAY,
JUNE 26TH
12:00PM
CTR-CR**

EVERYONE WELCOME!

**East
Valley Chorale
Concert**

**Sunday,
June 24th
3:30pm GR-DR**

Everybody Welcome!





HAPPY HOUR

With

Carl Block

Wednesday, June 13th

1:00pm ~ GR-CR



MJ Moore

Wednesday, June 20th

1:00pm ~ CTR-CR



The Brownings's

Special

Presentation

w/Ken Sorensen

Monday,

June 5th 1:00pm

CTR-CR

Everyone Welcome

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					<p>1</p> <p>9:30 Chair Yoga 10:00 Power of Brain 12:00 Dance CTR-CR 12:30 Balance Class CTR-CR Open Gym GR-CR *By Appointment 480-290-7012 1:45 Wii Bowling GR-CR</p>	<p>2</p>
<p>4</p> <p>No Class Class Moved To Saturday</p>	<p>5</p> <p>8:00 Water Class CTR- Pool 10-11 Wii Bowling CTR-CR 11:00 Tai Chi CTR-CR 12:30 Balance Class CTR-CR</p>	<p>6</p> <p>11:15 GR-CR Wii Bowling 12:30 Parkinson's Class CTR-CR 1:00 Chair Yoga CTR-CR 1:30 Brain Trivia CTR-CR 4:00 Dance</p>	<p>7</p> <p>8:00 Water Class Center Pool 10:00 Wii Bowling CTR-CR 11:00 Tai-Chi CTR-CR 12:30 Balance Class CTR-CR</p>	<p>8</p> <p>9:30 Chair Yoga 10:00 Power of Brain 12:00 Dance CTR-CR 12:30 Balance Class CTR-CR Open Gym GR-CR *By Appointment 480-290-7012 1:45 Wii Bowling GR-CR</p>	<p>9</p> <p>10:30 Balance Class CTR-CR 11:00 Tai-Chi CTR-CR 11:30 Dance CTR-CR 1:00 Sit down Yoga</p>	
<p>11</p> <p>12:30 Balance Class CTR-CR</p>	<p>12</p> <p>8:00 Water Class CTR- Pool 9:00 Guided Tour at MIM Museum \$20</p>	<p>13</p> <p>11:15 GR-CR Wii Bowling 12:30 Parkinson's Class CTR-CR 1:00 Chair Yoga CTR-CR 1:30 Brain Trivia CTR-CR 4:00 Dance</p>	<p>14</p> <p>8:00 Water Class Center Pool 10:00 Wii Bowling CTR-CR 11:00 Tai-Chi CTR-CR 12:30 Balance Class CTR-CR 1:00 Safe Fun in the Sun Presentation CTR-CR</p>	<p>15</p> <p>9:30 Chair Yoga 10:00 Power of Brain 12:00 Dance CTR-CR 12:30 Balance Class CTR-CR Open Gym GR-CR *By Appointment 480-290-7012 1:45 Wii Bowling GR-CR</p>	<p>16</p> 	
<p>18</p> <p>12:30 Balance Class CTR-CR</p>	<p>19</p> <p>8:00 Water Class CTR- Pool 10-11 Wii Bowling CTR-CR 11:00 Tai Chi CTR-CR 12:30 Balance Class CTR-CR</p>	<p>20</p> <p>11:15 GR-CR Wii Bowling 1:00 Chair Yoga CTR-CR 1:30 Brain Trivia CTR-CR 4:00 Dance</p>	<p>21</p> <p>8:00 Water Class Center Pool 10:00 Wii Bowling CTR-CR 11:00 Tai-Chi CTR-CR 12:30 Balance Class CTR-CR</p>	<p>22</p> <p>9:30 Chair Yoga 10:00 Power of Brain 12:00 Dance CTR-CR 12:30 Balance Class CTR-CR Open Gym GR-CR *By Appointment 480-290-7012 1:45 Wii Bowling GR-CR</p>	<p>23</p>	
<p>25</p> <p>12:30 Balance Class CTR-CR</p>	<p>26</p> <p>8:00 Water Class CTR- Pool 10-11 Wii Bowling CTR-CR 11:00 Tai Chi CTR-CR 12:30 Balance Class CTR-CR</p>	<p>27</p> <p>11:15 GR-CR Wii Bowling 1:00 Chair Yoga CTR-CR 1:30 Brain Trivia CTR-CR 4:00 Dance</p>	<p>28</p> <p>8:00 Water Class Center Pool 10:00 Wii Bowling CTR-CR 11:00 Tai-Chi CTR-CR 12:30 Balance Class CTR-CR</p>	<p>22</p> <p>9:30 Chair Yoga 10:00 Power of Brain 12:00 Dance CTR-CR 12:30 Balance Class CTR-CR Open Gym GR-CR *By Appointment 480-290-7012 1:45 Wii Bowling GR-CR</p>		



Avon Sale w/Dixie

Friday,
June 1st
11am- 12:30pm GR-CR
1- 3:00pm CTR-CR

Jenni's Jewels Jewelry Sale

Friday,
June 22nd
10:00am-2:00pm GR-CR

Paula's Handbag Sale

Friday,
June 29th
10:00am-2:00pm CTR-CR



All are welcome!



Friday,
June 22nd
1:00pm CTR-CR

Everybody Welcome!



JOIN

*Calling All Knitters
& Crocheters*

**Every Thursday
2:00pm CTR-CR**

*Fellowship Square Community
Outreach Project Knitting &
Crocheting baby blankets, booties
& caps for
"Welcome New Baby Bags"
donated to local organizations*

The Magnitude of Gratitude

The magnitude of gratitude is found in the many synonyms it represents- namely, gratefulness, thankfulness, appreciation, indebtedness, recognition and acknowledgement. There are 86,400 seconds today. Have you used one to say “thank you?” If not, why not?

I am sure that we can all agree that our world is pretty messed up. With all the violence, harassment, noise pollution and crazy things that people do, it would be easy to turn into a grouchy person if you allow it to happen. But we cannot let this happen, because negative attitudes are bad for you and gratitude can make us healthier and happier.

There is an old saying that if you have forgotten the language of gratitude, you will never be on speaking terms with happiness. Several studies have shown that depression is inversely correlated to gratitude. In other words, the more grateful a person is, they less depressed they are or will become.

If you want in on the fun, here are some simple things you can do to build positive momentum toward a more happy and fulfilling life:

- 1) Keep a daily journal of three things you are thankful for. This works well first thing in the morning, or just before you go to bed. Writing down what you are thankful for as you drift off to sleep can help you get better ZZs. In Psychology Today, researchers found that when people spent 15 minutes jotting down what they're grateful for in a journal before bedtime, they fell asleep faster and stayed asleep longer.
- 2) Make it a practice to tell a spouse, partner or friend something you appreciate about them every day and then watch the expression on their face.
- 3) Look in the mirror when you are brushing your teeth, and think about something you have done well recently or something you like about yourself.

Sure this world gives us plenty of reasons to despair. But when we get off the fast track to morbidity, and cultivate instead an attitude of gratitude, things don't just look better — they actually get better. Thankfulness feels good, it's good for you and it's a blessing for the people around you, too. It's such a win-win that I'd say we have cause for gratitude.



The power to make it better.®

Driver Safety Class

Thursday, June 7th

9:00am

Oasis Activity Room

\$20.00

Must Register

Please call Life Enrichment

480-290-7014

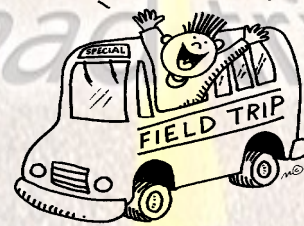
**TJ's Experiences
A Travel Club for
Seniors**

Saturday,

June 2nd

9:00AM

CTR-CR



RENTERS INSURANCE



Don't FORGET!

**The importance
of Renters
Insurance**

For referrals

Please contact:

Debbie Harwood

480-290-7950



FOR YOUR INFORMATION



Non Emergency Calls

480-644-2211



Do Not Call List

1-888-382-1222



Cox Bulk Customer Line

602-694-1573



**To report possible
scams first please call**

**the Non Emergency # above
along with Patti Gallagher from
Mesa Police at 480-644-2033**



**If you have a hospital stay,
remember, you have options when
you come HOME!**

We can provide:

- **Physical Therapy**
- **Occupational Therapy**
- **Speech Therapy**
- **Home Health**
- **Hospice**
- **Assisted Living**

**Call Mitch Saavedra
For more information
480-290-7952**

Fundraising Opportunity for Fellowship Square Historic Mesa:

Big Brothers Big Sisters of Central Arizona
will PAY us ten cents per pound for reusable
items: Clothing, Purses, Linens, Shoes,
Belts, Towels, Draperies & Blankets

A collection bin is located south of
R building near the dumpster.

Tell your neighbors, friends and family that
all donations are appreciated.

Anyone can drop off
items for weekly pick
up.



Big Brothers Big Sisters



Shred A Thon

\$5 per Resident Box

Friday, June 22nd 7:00am - CTR-CR

(Early Bird Drop off June 21st 4pm Life Enrichment Office)

More Information Please Contact Activities 480-290-7014