



FELLOWSHIP SQUARE
HISTORIC MESA
www.fellowshipsquarehistoricmesa.org

The JOYFUL INDEPENDENT

4TH QUARTER 2023

Director's Message

BE KIND IN HONOR OF WORLD KINDNESS DAY

World Kindness Day is celebrated annually all around the globe on November 13. But at Fellowship Square Historic Mesa, kindness is an everyday affair. And why not? Kindness is a wonderful way to feel good — and to make someone else feel good. Beyond that, it turns out that being kind has some incredible health benefits.

According to the Mayo Clinic Health System website, "Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood." Further, it can decrease blood pressure and cortisol, which is a hormone that is directly related to stress levels. The site also states: "People who give of themselves in a balanced way also tend to be healthier and live longer."

For seniors in particular, it's important to note that kindness can also increase a sense of connectivity with others, decrease loneliness, combat low mood and even improve relationships. Better yet

— kindness can even be contagious. An act of kindness can actually inspire others to be kind as well!

Older adults may also be interested to know that the Mayo Clinic states: "Physiologically, kindness can positively change your brain by boosting levels of serotonin and dopamine." Further, "These



Rena Phillips



neurotransmitters produce feelings of satisfaction and well-being and cause the pleasure and reward centers in your brain to light up. Endorphins, your body's natural painkiller, also may be released when you show kindness."

The good news is it's easy to be kind. There are so many small gestures that express kindness without saying a word or spending a mint.

Random Acts of Kindness Ideas:

- Send a kind text to a loved one or friend
- Stop in to see a neighbor
- Offer to take a loved one to an appointment or shopping
- Make cookies for a friend or loved one
- Give a stranger a compliment
- Hold the door open for someone
- Pay for the person's order following you in line at the coffee shop

While showing others kindness is vital for a better world, it's also important for individuals to show themselves kindness in the same way they would treat a loved one or friend. In honor of World Kindness Day, perform a random act of kindness for another or oneself!

Better yet, Fellowship Square Historic Mesa encourages you to share an act of kindness you have received or witnessed from a resident or staff member. Reach out to Tracey Biggerstaff at Tracey.Biggerstaff@christiancare.org to share an inspiring story of kindness at Fellowship Square Historic Mesa that has made your day!





THREE CHEERS FOR VOLUNTEERS!

Originally started as an international observance mandated by the United Nations General Assembly in 1985, International Volunteer Day (IVD), Tuesday, Dec. 5, recognizes and promotes the tireless work of UN volunteers (and other volunteers) and celebrates the power of humanity to drive positive change through volunteerism, according to the [UN website](#).

Volunteering can not only make big change in the world, it can make a world of difference to older adults and seniors. Volunteering provides a valuable sense of purpose and community to those that are retired or alone. Doing for others is helpful and it feels good! Beyond that, it can even improve one's health — especially seniors!

According to the [Mayo Clinic Health System website](#), "Research has shown that volunteering offers significant health benefits, especially for older adults..." The top three benefits include improving physical and mental health, providing a sense of purpose and teaching valuable skills and nurturing new and existing relationships.

While volunteering has been found to reduce stress and increase positive relaxing feelings by releasing dopamine, the site also states: "By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect."

Other benefits of reduced stress include decreased risk of physical and mental health problems such as

heart disease, stroke, depression, anxiety and general illness. People who volunteer even have lower mortality rates than those that do not volunteer.

Fellowship Square Historic Mesa has several opportunities for residents to volunteer. Many of our residents lead groups or help out on an individual basis within the community. Fellowship Square Historic Mesa also organizes events where residents can volunteer to help collect, sort and deliver needed items for Paz De Cristo Homeless Organization. This program was developed in 2015 through various collections of lap blankets, food, clothing school items, water and more, according to Trisha Dreher, Life Enrichment Director at Fellowship Square Historic Mesa. Through this program and other volunteer opportunities at Fellowship Square Historic Mesa, she has seen the benefits of volunteering impact residents including providing opportunities for them to interact with other residents, meet new people and fulfill a purpose.

For residents that are looking to volunteer, here are a few ways to get started:

- Find out where there is a need within the community. Facilities for those experiencing homelessness or animal shelters may need an extra hand with various duties.
- Share a skill with a younger generation. Consider helping a school or youth group.
- Join an organized event such as a community park clean up or city garden project.
- Visit a library, church or local national park to see what their needs are for volunteers.
- Check with the Life Enrichment Office for volunteer jobs at Fellowship Square Historic Mesa.

Volunteering truly is a win-win for everyone. And considering the physical and mental benefits of volunteering specific to older adults, why not spend some time volunteering in the name of one's health?



ALZHEIMER'S TREATMENTS: PROGRESS OR PREVENTION?

By Pam Ostrowski, Dementia Expert
and Family Consultant

"The good news is scientists are closer to understanding how they might treat Alzheimer's. The even better news is an ounce of prevention is worth a pound of treatment. Let's look at some of the big developments in the Alzheimer's science world.

The first development is blood tests to determine if a person has the biomarkers for Alzheimer's. This would save millions of dollars spent on MRIs, CT scans, PET scans and lumbar punctures (the current techniques used to determine Alzheimer's).



At the 2023 Alzheimer's Association International Conference, researchers announced that a new finger-prick blood test is more than 80% accurate in identifying Alzheimer's-related changes. That's significantly better than primary care physician diagnosis.

Quest Diagnostics says its "AD-Detect Test for Alzheimer's Disease is a starting point for evaluating the risk of Alzheimer's disease." Ask your doctor about this test if you feel you are exhibiting Alzheimer's symptoms such as struggling with daily tasks, not remembering important information or having trouble remembering words on a regular basis.

The next development is medications to slow the progression of Alzheimer's so that a person has a better quality of life for a longer period of time. The FDA granted full approval of Leqembi (lecanemab) for those with early-stage Alzheimer's.

A large clinical trial by Washington University's Knight ADRC showed that the drug slowed declines in memory and thinking by about 30% over an 18-month period. It's important to

know that all of the recent Alzheimer's medications have only been tested on those with mild cognitive impairment and early-stage Alzheimer's, not for those who have progressed beyond those stages. Potential side effects include some brain swelling and brain bleeding (with Aducanumab, 40% of patients suffered from these; with Leqembi, the number is about 25%).

On the cost side of the equation, the good news is that Medicare has indicated they'll cover 80% of the cost of Leqembi's \$26,500 annual price tag. There are many factors to consider beyond price and whether you qualify, including side effects.

The best way to combat Alzheimer's, even if you are at risk genetically (it's typically not hereditary), is to follow the advice we've heard for decades for heart health:

- Exercise for a total of 30 minutes each day (yes, you can do it in three 10-minute allotments)
- Remove stress from your life or learn better coping skills when you get stressed
- Eat well 80% of the time and drink water or eat water-rich foods. According to the National Council on Aging, the right amount is at least one-third of your body weight per day. Limit alcohol consumption to special occasions.
- Sleep – The body needs 7-9 hours per night. You may think you don't need that much or that you can get away with less, but your body needs that time to heal, detoxify and rest.
- Stimulation – This doesn't mean crossword puzzles. This means learning a new skill, a new game, a new language or a new complex task. Stimulation also includes anything that is sensory (smell, taste, hearing, touch and sight).

If you focus on the above five areas in your life, your brain is likely to be healthier for a longer period of time. These are all free things that you can start today. Wishing you good brain health!

For more: AlzheimersFamilyConsulting.com,

Pam@ItsNotThatSimple.com

BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, a period of time dedicated to increasing the awareness of this disease as well as emphasizing the importance of routine mammograms as the best tool for early detection. Beyond education, the [National Breast Cancer Foundation, Inc.](#) encourages people to do more than raise awareness but rather get involved to take action, support one another and help women now.



There are three ways the organization encourages people to do so — by donating to support women in need, by spreading the word through social platforms and by taking the Mammo Pledge, a commitment to prioritizing breast health all year long. The Pledge not only encourages women to get their screenings, it also offers resources and tools such as how to schedule and prepare for a mammogram. The site even presents opportunities for financial assistance if needed. Learn more about the Pledge [here](#).

[Susan G. Komen](#) is another organization dedicated to saving lives "by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer." The site also offers ways people can

donate, support through fundraisers and advocate by getting involved at the community level. It offers a wealth of knowledge about breast cancer including signs and symptoms, risk factors, screening information and early detection and more.

For those that want to learn more about supporting a friend or loved one who has breast cancer, but don't exactly know what to say or what to do, read on for some tips:

- Understand the person undergoing treatment or dealing with a new diagnosis may not know what to do or say either. It goes a long way just to reach out. Let them know you care and ask questions. Start with "What is the best way for me to help right now?" or "Do you want to talk? If so, I am here to listen." Simple statements that show you care will be remembered.
- Keep in touch often. Even with a short and simple text, email or voicemail message can go a long way.
- Ask if they are in the mood for a visit. While at their home, offer to help clean up, do a load of laundry or bring a meal that they can enjoy later with their family.
- During a visit, make sure they know there is no pressure to serve as a host. You are simply there to be with them. Spending quiet time together is often very welcomed and cherished.
- Offer to run errands, attend doctor's appointments with them or help them make (and check off) to-do lists.

The support role is not always specifically defined. It may fluctuate as the needs of the friend or loved one with cancer do. The most important thing is to make sure they know you care, that you are there to help or simply be by their side during their journey.



HOSPICE AND PALLIATIVE CARE

Hospice and palliative care are two types of specialized medical care that focus on providing comfort and support to individuals with serious medical issues. They are each distinct in their own ways, however.



Hospice care is typically provided to individuals who have a life-limiting illness and are no longer seeking curative treatment. The goal of hospice care is to improve the quality of life for patients and their families by addressing physical, emotional and spiritual needs. Hospice care is provided in whatever setting the patient calls home. It can be provided in a private home, a skilled care facility, a hospice house or communities of care (assisted/independent living).

On the other hand, palliative care is a type of care that can be provided at any stage of a serious illness, regardless of whether the patient is seeking curative treatment. The goal of palliative care is to provide relief from symptoms, pain and stress associated with the illness and to improve the patient's quality of life. Palliative care can be provided alongside curative treatment and can be offered in a variety of settings including hospitals, nursing homes and outpatient clinics.

Both hospice and palliative care involve a multidisciplinary team of healthcare professionals including doctors, nurses, social

workers, chaplains and other specialists. They work together to provide comprehensive care and aggressive symptom management that address the physical, emotional and spiritual needs of patients and their families.

Aviant Healthcare specializes in both hospice and palliative care, focusing on providing support and improved quality of life for individuals with serious illnesses seeking comfort or curative treatment.

For additional information please visit www.avianthospice.com.



CARING FOR CAREGIVERS

November is National Family Caregivers Month, a time dedicated to celebrating and honoring family caregivers, to raise awareness and educate communities of the complexities of family caregiving and to increase support for caregivers. Tracey Biggerstaff knows a thing or two about caregiving. The sales and marketing director for Fellowship Square Historic Mesa, Tracey brings with her 30 years of experience in marketing, more than 10 of which have been focused directly on the senior care industry. She has also served as a caregiver her entire adult life. So when asking the question, "What is a caregiver?" Tracey Biggerstaff has the answer... and other answers to questions surrounding the role of a caregiver.

Quite simply, a caregiver is a person who gives care and assistance to another with activities of daily living while also providing support and protection. But there is nothing simple

about this role. Caregivers take on a lot of tasks such as meal preparation, housekeeping and laundry, bill paying, coordinating services and medical appointments. They handle the very essential tasks of serving as an advocate for the patient, shopping and doing errands with or for them as well as transporting them where they need to go. Often times, they also take on nursing tasks such as medication management, blood sugar monitoring and wound care. Caregivers oftentimes help with personal care such as bathing and dressing assistance and provide companionship. They also supervise direct care but may also need to assist with pet care.



While there are paid professional primary care and medical providers such as doctors, specialists, nurses and nurse practitioners, its spouses, partners, children, grandchildren, siblings, nephews and nieces, friends, neighbors and volunteers who become unpaid caregivers. In fact 89% of unpaid caregivers care for an adult relative (50% a parent), according to the AARP Caregiving in the United States 2020 report.

Family caregiving spans all generations, ethnic groups and income levels, but research shows the face of unpaid caregivers is changing. Many wives are now caring for husbands, men are caregiving for a spouse or parent, friends are caregiving for friends and grandchildren are

pitching in. Extended family, church members and other volunteers also make up the growing sector of unpaid caregivers, according to the National Alliance for Caregiving.

Caregiving is a difficult role yet it is considered the "invisible workforce." In fact, in the U.S., family caregivers provide more than \$600 billion in unpaid care for adults with chronic, disabling health conditions. And there is no end in sight as the 2020 US Census estimates by 2030, there will be an estimated 73 million people between the ages of 65 to 84. Older adults are outnumbering children when it comes to care and soon Americans will have more older adults to care for than children.

This can present challenges for family caregivers. The role is not an easy one and 88% of caregivers say caregiving has been harder than they anticipated and requires more emotional strength, patience and time than expected. This can take an emotional toll but also impacts the caregiver's own life, work, health and financial situation.

It's important than caregivers not neglect their own health and needs while caring for a loved one. Burnout is entirely possible and the caregiver may not even realize the weight of the role they have taken on through caregiving. While caregivers serve an important role of support and companionship, it's important that they receive support as well. Education is vital as is access to resources as well as funding that can help them.

Caregivers give their hearts to others, but they also need to care for themselves. Caregivers need to take time to rest, exercise and eat right, maintain their own medical appointments and stay connected to others that can help and support them.



EMBRACING GRATITUDE AND HEALTH: HOW TO ENJOY A GLUTEN-FREE AND DIABETIC THANKSGIVING

by Jayne Reynolds, BCHN®
Abundant Hope Nutrition

Thanksgiving is a time for gratitude, family gatherings and feasting on an abundance of delicious food. However, for those following a gluten-free and diabetic diet, navigating this indulgent holiday can feel challenging. But fear not! As a holistic nutritionist, I'm here to share some empowering insights and tips to help you enjoy a Thanksgiving feast that's both nourishing and delightful. With a little planning, mindfulness and a dash of creativity, you can savor the flavors of the season and make this holiday truly memorable.



Embrace the Power of Communication

When it comes to special dietary needs, communication is key. Reach out to your hosts and share your situation well in advance. Offer to contribute by preparing a few dishes that accommodate your dietary requirements. This not only ensures a welcoming atmosphere for everyone but also eases any anxiety you may have about the menu.

Celebrate the Bounty of Colors

Thanksgiving is a celebration of the harvest. Fortunately, nature provides a dazzling array of colorful and nourishing foods that are naturally gluten-free and diabetic-friendly. Fill your plate

with an assortment of vibrant veggies like roasted sweet potatoes, Brussels sprouts and a leafy green salad. These will not only enhance the visual appeal of your plate but also provide essential vitamins and minerals. Watch out for hidden sources of gluten and sugar in salad dressings or side dishes such as sweet potato casserole. For a healthier option consider taking this Warm Sweet Potato and Pecan Salad Recipe: www.bit.ly/sweet-potatoandpecansalad. (Make it a low-sugar dressing by subbing the syrup with Sweet Leaf Zero Sugar Stevia Syrup.)

Take Care with The Turkey Trimmings

Turkey is traditionally the centerpiece of Thanksgiving and naturally fits into a gluten-free and diabetic lifestyle. However, if it was cooked in the same pan as the stuffing, there may be enough gluten to make you sick. If you know in advance that the turkey will not be gluten-free, bring your own protein source or work with the cook to make a gluten-free stuffing. Experiment by basting the bird with a flavorful mix of herbs and spices or try a citrus-based marinade to add zest and moisture without the gluten-laden gravy.

Create Gluten-Free Stuffing

Who says you can't have a delicious stuffing if you're gluten-free? Swap out traditional breadcrumbs with gluten-free ones by drying out your favorite gluten-free bread slices in a 225-degree oven for 30 to 40 minutes. (Looking for a low-carb version? Consider using Carbonaut gluten-free bread, almond flour or quinoa.) Add plenty of delicious herbs, vegetables and a touch of low-sodium broth for that familiar Thanksgiving stuffing flavor.

Savor the Sweetness

Sweet treats are an undeniable part of Thanksgiving and you can indulge responsibly while keeping your blood sugar in check. Consider alternatives to traditional desserts by experimenting with gluten-free flours, natural sweeteners like stevia or monk fruit and plenty of seasonal fruits. To keep your sugars in check, consider making nut bark for dessert by toasting 1 cup of your favorite nuts in 1/2 a cup of coconut

oil. Stir in and melt nine ounces of Pascha brand stevia-sweetened dark chocolate. Fold in 1 tsp. of vanilla, 1/2 tsp. of Green Leaf English Toffee Stevia Liquid, 1/4 cup of cacao nibs and 1/4 tsp of salt. Spread the mixture on a parchment-lined baking tray and freeze for 15 minutes. Break into pieces and serve.

Make Movement a Tradition

After indulging in a hearty meal, take a moment to embark on a family tradition: a refreshing post-meal walk. Moving your body not only aids digestion but also helps regulate blood sugar levels. Encourage loved ones to join you and use this opportunity to connect, cultivate gratitude and soak in the beauty of nature.

Thanksgiving doesn't have to be a daunting experience for those following a gluten-free and diabetic lifestyle. By embracing open communication, focusing on colorful and nutritious foods and finding creative alternatives for traditional recipes, you can savor the joy and flavors of the holiday without compromising your well-being. Remember, it's about nourishing ourselves and cultivating a mindset of health. With a little planning and a dash of creativity, you can make this Thanksgiving a truly fulfilling experience for both body and spirit. Embrace the season, connect with loved ones and enjoy a feast that nourishes your body and fuels your soul. Happy Thanksgiving!

For more: www.abundanthopenutrition.com.



THANK A VETERAN THIS NOVEMBER

November 11 is Veterans Day and while that is a perfect time to thank a veteran or active military personnel for their service, there is never a bad time to do so! Many military servicepeople, active and veterans alike, have not only dedicated a large portion of their lives to their service, but they also likely have fond memories of their time in the military.

While the sacrifices that active and veteran military personnel have made cannot be overstated, many veterans may also have positive aspects of their time in service that they remember. So when honoring and thanking a veteran of active military personnel this Veterans Day, why not strike up a conversation about their tour of duty? Perhaps they learned an amazing skill that translated to their civilian life, travelled the world or bonded with people from around the world that they still call friends today. Maybe they even met the love of their life while serving their country.

The leadership and staff at Fellowship Square Historic Mesa wish to thank all military service men and women, active and veteran, who bravely served or continue to serve this great nation. Thank you for your bravery!



SERVICE SPOTLIGHT — JOE REIDHEAD, FELLOWSHIP SQUARE HISTORIC MESA RESIDENT



U.S. Army Veteran Joe Reidhead moved into Fellowship Square Historic Mesa in March of 2022. A native of Arizona, who was born in Show Low, Reidhead has moved all around the country, never living in any one place longer than eight years. Now he enjoys calling Fellowship Square Historic Mesa home.

Not only a proud native Arizonan, Reidhead is a proud veteran, having served in the Army Artillery after being drafted. Stationed in Austria

along the border of Germany, Reidhead will never forget one particular memory during his tour of duty when he visited Eagle's Nest, otherwise known as the Kehlsteinhaus. Entering through a tunnel and taking a long elevator to the top, he recalls overlooking the beautiful countryside.

After the Peace Treaty was signed, Reidhead was sent back to the states where he completed his time of service in Washington. While he had opportunities for advancement in the service, Reidhead says he is glad he prioritized something else in life — his family. Reidhead has four adult children (one who lives in Mesa) and four grandchildren that he gets to see on occasion.

These days he enjoys his time at Fellowship Square Historic Mesa, where he didn't know anyone when he moved in. That quickly changed though, as he says: "I know a lot of people now." And it's the friendly people he loves most about living here. After cooking for himself for many years, he says he is also very appreciative of the great meals that are cooked for him here as well as having a clean apartment thanks to the attentive staff.

WORLD FOOD DAY — WHAT TO KNOW AND HOW TO HELP

Monday, Oct. 16 is World Food Day. This day commemorates the date that the United Nations Food and Agriculture Organization (FAO) was founded in 1945. Today, the organization spearheads many flagship events in honor of World Food Day to help education people about how they can take action for food and water to cultivate a sustainable future.

One of the emphases of the FAO's World Food Day is to raise awareness of how the world needs to produce more food, fiber, animal feed and biofuel with less water while also ensuring that water is equally distributed, that the world's aquatic food systems are safeguarded and that nobody is left behind.

So how can people take action for the future of food, people and the planet? The FAO website offers endless tips and ideas that touch

nearly every aspect of life today. Becoming more ecologically conscious as an individual, as companies, as communities and cities is vital. While simply using less water is a sure-fire way to take action, there are many other small actions that can lead to big change. Choosing cotton fabrics over synthetic materials when purchasing clothes is just one example as well as purchasing upcycled clothing from thrift or secondhand stores and mending/repairing one's existing much-loved clothing items.



How people eat also impacts water usage. The FAO suggests choosing in-season fruits and vegetables and fresh whole foods, as they require less water to produce, and adding foods that don't require much water into their diet such as millets and nuts. Reducing food waste, composting and eating sustainable fish can also help contribute to less water use.

Beyond the dinner table, individuals can conserve water by taking shorter showers, fixing any leaks around the house, turning off the faucet when brushing teeth, reusing unsalted water from boiling vegetables to water plants and being conscious not to pollute water. One example is to avoid putting food waste, oils, medicine or chemicals down the drains.

In honor of World Food Day, Fellowship Square Historic Mesa has been hosting a food drive benefitting Paz De Cristo Homeless Organization for the past three years. Residents and the surrounding community are very much involved in helping make these food drives a

success. Cans, non-perishable dry goods and other resources (such as new packaged clothing such as socks, t-shirts and undergarments for males and females, in all sizes) are collected in the community rooms at Fellowship Square Historic Mesa and 100 percent of funds donated from the community goes to benefit [Paz de Cristo](#).



CELEBRATE BOOK MONTH WITH A GREAT PAGE-TURNER

October is designated as National Book Month. But any good book worm knows every month of the year can be celebrated as book month! In honor of National Book Month, Fellowship Square Historic Mesa suggests some resources for finding the next great page-turner... as well as tips for settling into a good book.

When it comes to selecting a new book, reviews can go a long way in swaying one's decision. Sites like www.amazon.com and www.barnesandnoble.com often have reviews that readers can check out before purchasing a new book. There are also a multitude of book review sites such as www.complete-review.com or www.goodreads.com that can help inspire readers about their next book choice based on millions of reviews (from librarians, journalists and other readers). [The New York Times](#) even offers a free selection of book reviews that have been published in the paper since 1981.

Looking for a new read? Why not ask a friend or join a book club? Some readers tend to choose books by their favorite authors or in similar genres. However, asking a friend's opinion of a recent read they loved or joining a book club where the book selections rotate can help broaden the spectrum of one's personal library.

Speaking of the library, that's a great place to seek out new books and classics and connect with other book enthusiasts who can offer up

suggestions based on their favorite reads. Ask a librarian about their favorite book or a recent one they would recommend. Now it's time to enjoy a good book!



Resident Marty Ingels enjoying one of our community libraries.

Tips for Reading:

Get Cozy — Reading a book is best when comfortable! Put on some sweats or soft pajamas, curl up in a favorite reading chair or tuck into bed and settle in for a nice quiet journey into another world.

Light it Up — Good lighting is essential for reading. Try a book lamp when reading at night or in darker areas. For trouble seeing small print, order a large-print copy.

Silence the Sounds — Background noise can really detract from getting into a good book. Turn off the TV or radio and silence other sounds that can become distracting.

Read Aloud — Having trouble staying focused? Read aloud or to a significant other (take turns!)... or leave it to the professionals and give an audio book a try!

Read Before Bed — Trouble sleeping at night? Turn off the electronics and tune into a good book! Reading can set the tone for a relaxing evening that can help you unwind before a solid night's rest.

THE HOLIDAY SEASON



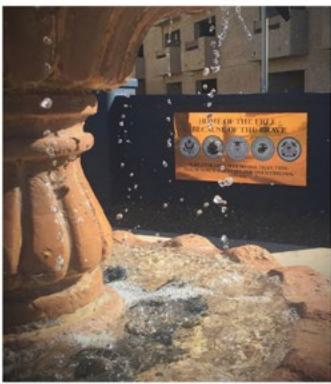
Can it already be the Holiday Season for the calendar year 2023? Yes, is the answer, as we find ourselves in the last quarter of the calendar year 2023, with my least favorite, highly celebrated days called Halloween. Am I the only one that struggles with that day? In Jeremiah 6:20 the Lord declares, "What use to me is "frankincense that comes from Sheba", or sweet cane from a distant land? Your burnt offerings are not acceptable nor your sacrifices pleasing to me."

October through the New Year is a fascinating time and season for so many of us, the good and the bad. Solomon reminds us that there is a season "for every activity under the heavens." What is your favorite season of the year: spring, summer,

VETERAN'S ONLY CAFE

The last Friday of each month
8:30 am Center Community Room

Fellowship Square Historic Mesa veterans and all Mesa community veterans are invited to a monthly coffee chat. Join together to discuss service stories, resources and more.



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HISTORIC MESA

fall, or winter? The end of the year provides ample opportunities to give thanks, to celebrate your Creator, as well as to break bread and gather with family and friends. As a chaplain there are many things that I now must consider that before answering the call of chaplaincy I never would have considered.

One of the realities that has really shook me to the core so to speak, is the fact there are so many people that struggle tremendously during the holidays for one reason or another. Believe it or not I am (the Chaplain) one of those people that struggles tremendously during the Christmas season. You would think that with my profession and celebrating Jesus that Christmas would be one of my favorite times of the year. In many ways this shows the duality of life, where people who experience the same thing can have completely different responses and experiences to the same thing. Isaiah talks of this when he says, "Woe unto them that call evil good and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter." (Isaiah 5:20)



I write this with the intention of making us more aware of those that struggle during the holiday season for one reason or another. Thanksgiving Day is a wonderful day in that the premise of the day is to be thankful and grateful for what you do have. Not to dwell,

complain, or gripe about what we do NOT have, but acknowledge and be grateful for what we DO have. Be thankful for the people in your lives, your health, your beautiful home here at Fellowship Square, and the wonderful residents that are your neighbors. Serving in a ministry that deals with the Christmas season is a way to give back. Invest in one of your neighbors who you know are isolated, lonely and by themselves.

May every one of you have a wonderful holiday season. Enjoy Thanksgiving, Happy Hanukkah, Merry Christmas and Happy New Year.

From the Editor

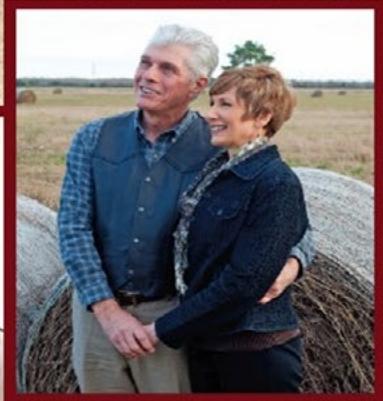
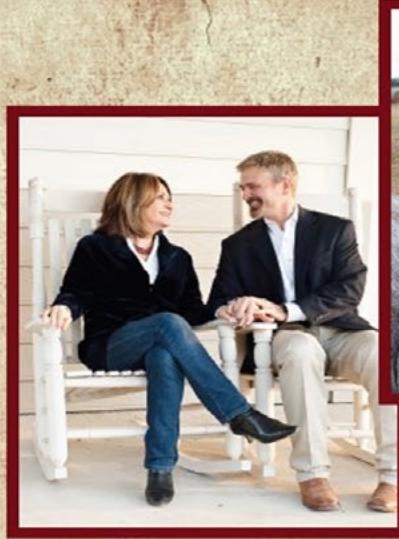
We hope you enjoy this issue of the Joyful Independent! Our quarterly newsletter is for Independent Living residents and others who are interested in learning more about our community as well as important issues facing seniors and their loved ones. Our goal will always be to provide encouragement and 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.



Worship Opportunities at Fellowship Square Historic

[Click Here](#)

CERTAINTY IN AN UNCERTAIN WORLD



**A GIFT ANNUITY PAYS YOU
A FIXED PERCENTAGE EVERY YEAR FOR LIFE.**

If you have any questions please contact: **Fellowship Square Office of Advancement**
480-822-7373 • Advancement@ChristianCare.org