



FELLOWSHIP SQUARE
HISTORIC MESA

www.fellowshipsquarehistoricmesa.org

The **JOYFUL** **INDEPENDENT**

1ST QUARTER 2024

Director's Message

NEW YEAR, NEW LIFESTYLE

At the start of each new year, many people set their sights on new beginnings. We may resolve to eat a healthier diet, start new exercise habits, declutter our homes, reduce debt or make — and stick to! — a household budget. Or perhaps this year, you'll resolve to do something fun like pursuing a new favorite hobby, joining a Bible study group or taking a dance class.



Rena Phillips

For seniors especially, goals and resolutions at the start of a new year are generally focused on ways to simplify and enrich our lives, which is the way it should be! Resolutions should also be focused on safety.

As we age our risk of falling and injuring ourselves increases with each passing year. According to the [National Institute on Aging](#), "More than one in four people age 65 years or older fall each year. The risk of falling — and fall-related problems — rises with age."

Many seniors begin to fear falling, and as a result, we sometimes avoid household tasks that could further increase this risk. For example, dusting hard-to-reach places, trimming trees or shrubs or changing lightbulbs or smoke detector batteries are common household responsibilities that can become hazards as we age.

Some seniors also tend to feel less confident in the ever-changing world around us and more vulnerable to the interactions we make every day.

While at one time, we did multiple tasks daily without a second thought, as we get older, these tasks seemingly become more complicated or overwhelming. Sometimes this is an indication that seniors may need some assistance. This can be difficult for seniors who are used to being independent and doing things on their own.

As we age, we may rely more heavily on family, friends and neighbors to take us to doctors' appointments, help us do the grocery shopping or take on household tasks for us. And while loved ones are likely happy to help, many seniors still want to have their freedom and independence.

As we head into a new year, seniors may have goals to simplify their home management responsibilities or get help managing their bills and dealing with unexpected household issues like a busted water heater or overworked air conditioner.

Others may resolve to spend more time doing the things they love to do instead of spending their precious Golden Years doing yardwork, cleaning the house or spending hours in the kitchen preparing daily meals. If these things were done for you, you'd have more time to spend pursuing new hobbies, getting together with family, reconnecting with old friends or making new ones.

At Fellowship Square Historic Mesa, our job is to help our senior residents make the most of their Golden Years. It is our mission to create a home where our residents can thrive with purpose as they age. We offer an array of assistance levels and amenities to make living out your retirement years as enjoyable and carefree as you'd like.

Within our beautiful community, we have an array of services as well as activities, clubs and endless opportunities to meet your neighbors. Senior living should allow you to be independent

while some of the daily tasks of everyday life are managed for you. Allow us to alleviate the stresses and challenges that sometimes come with aging so you can focus on enjoying your life.

This New Year, we invite you to 'resolve' to see how wonderful life at Fellowship Square Historic Mesa can really be. We aim to help you make this New Year your best yet.



HEART-HEALTHY HABITS IN HONOR OF AMERICAN HEART MONTH

February is a month dedicated to hearts, and appropriately deemed American Heart Month. This marks a period during which many organizations, such as the American Heart Association spearhead campaigns to raise awareness of the dangers of cardiovascular diseases and championing heart health.



The [Centers for Disease Control and Prevention](#) (CDC) states that American Heart Month serves as "a time when all people can focus on cardiovascular health." The CDC reports that in the United States, heart disease "is the leading cause of death for men, women and people of most racial and ethnic groups" and that "one person dies every 33 seconds in the United States from cardiovascular disease."

Some of the key risk factors for heart disease include high blood pressure, high blood cholesterol and smoking. Other medical conditions

and lifestyle choices can put people at higher risk for heart disease including diabetes, obesity (or being overweight), eating an unhealthy diet, excessive alcohol use and physical inactivity.

Being proactive about heart health is important at every age, and especially for seniors as they age. According to the [National Institute on Aging](#) (NIOA), "Adults age 65 and older are more likely than younger people to suffer from cardiovascular disease, which is problems with the heart, blood vessels, or both."

This is because aging can cause "changes in the heart and blood vessels that may increase a person's risk of developing cardiovascular disease."

Furthermore, "The most common aging change is increased stiffness of the large arteries, called arteriosclerosis (ahr-teer-ee-o-skluh-roh-sis), or hardening of the arteries. This causes [high blood pressure](#), or hypertension, which becomes more common as we age."

The trouble with some cardiovascular diseases is that they are not detected early enough. NIOA reports that early heart disease often doesn't have symptoms or the symptoms are barely noticeable. This is why seniors need to maintain routine checkups with their physicians. Some symptoms to alert a physician about immediately include:

- Pain, numbness or tingling (or all of these) in the shoulders, arms, neck, jaw or back
- Shortness of breath when active, at rest or lying flat
- Chest pain during physical activity that is alleviated when at rest
- Feeling lightheaded or dizzy
- Headaches
- Confusion
- Cold sweats
- Nausea/vomiting
- Tiredness or fatigue
- Swelling in the ankles, feet, legs, stomach or neck or in a combination of these

- Problems performing normal activities

The good news is that there several strategies individuals can adopt to help prevent heart disease. Live a heart-healthy lifestyle with these tips from the [Mayo Clinic](#):

- Don't smoke or use tobacco
- Strive to get at least 30 to 60 minutes of activity daily
- Eat a heart-healthy diet consisting of foods such as:
 - Vegetables and fruits
 - Beans or other legumes
 - Lean meats and fish
 - Low-fat or fat-free dairy foods
 - Whole grains
 - Healthy fats such as olive oil and avocado
- Decrease less healthy options from your diet such as:
 - Salt of high-sodium meals
 - Sugar or sweetened beverages
 - Highly refined carbohydrates
 - Alcohol
 - Highly processed food, such as processed meats
 - Saturated fat, which is found in red meat, full-fat dairy products, palm oil and coconut oil
 - Trans fat, which is found in some fried fast food, chips and baked goods
- Maintain a healthy weight: Aim for a BMI below 25.
- Get adequate quality sleep
- Avoid stress
- Get routine health screening tests (including blood pressure, cholesterol levels and Type 2 diabetes screenings)
- Prevent infections by getting vaccinated (individuals should follow their physician's recommendations)



Resolve to Forgive in 2024

Looking for ways to be healthier in 2024? Consider letting go of an old grudge. It turns out that the phrase "forgive and forget" may benefit your health.

A recent article on [Healthline](#) explores the impact that holding grudges can have on your health and well-being. The article cites research that points to the fact that holding a grudge can hurt your health.



"According to a [2021 analysis](#) of 20 interviews, grudges may foster feelings of moral superiority and prove difficult to let go of. What's more, they can negatively affect your quality of life. They might, for instance, lead you to seek validation, cut ties with others, or shape your expectations for the future," the article states.

The article likens holding a grudge to experiencing trauma. However, after trauma, "you may be unable to control the sensations or feelings you experience, from flashbacks and insomnia to anger and betrayal toward the person who caused you pain."

While healing from trauma can be a long and complex process that requires time and even the support of a professional therapist, a grudge is believed to be easier to recover from.

Research in the article supported the fact that grudges can impact your health in the following ways:

- It can make you more pessimistic.

- It can isolate you from others.
- It can increase your risk of cognitive decline.
- It can negatively affect your mental health.
- It can add to your overall stress.

When thinking about the ways that a grudge can negatively impact your health, maybe it's time to truly forgive. Depending on the situation, you needn't even formally forgive the person or reconnect with them to let go of the grudge. And letting go of the grudge doesn't mean the actions of the person who wronged you are now excused or condoned. Forgiveness can simply serve to help you find closure and peace in the situation. This can allow you to move forward without a grudge.

The [Mayo Clinic](#) supports this in an article titled, "Forgiveness: Letting go of grudges and bitterness." The article states: "Forgiveness doesn't mean forgetting or excusing the harm done to you. It also doesn't necessarily mean making up with the person who caused the harm. Forgiveness brings a kind of peace that allows you to focus on yourself and helps you go on with life."

The organization also lists multiple benefits of letting go of a grudge, including:

- Healthier relationships.
- Improved mental health.
- Less anxiety, stress and hostility.
- Fewer symptoms of depression.
- Lower blood pressure.
- A stronger immune system.
- Improved heart health.
- Improved self-esteem.

Forgiveness and letting go of a grudge may take some work and time. Remember that it is a choice to forgive for the betterment of your own life. The Mayo Clinic suggests seeking support from a group or counselor to help identify what

needs to heal and how to release the control and power that the person who did you wrong or the situation has in your life.

Other tips include writing in a journal, practicing empathy, talking with a spiritual leader, mental health provider or trusted impartial friend and reflecting on times when you have been forgiven by others.

Healing from a grudge may not be easy or fun. However, once you begin to forgive and hopefully put the grudge behind you, the benefits of this process will be so worth it. For you, your health and your peace of mind.



REASONS AND TIPS FOR VOLUNTEERING THIS YEAR

Martin Luther King Day, which began as a way to honor Dr. King's birthday, has become a day designated by Congress as a national day of service — a "day on, not a day off," according to the [U.S. Department of the Interior](#).

The organization quotes Coretta Scott King: "The greatest birthday gift my husband could receive is if people of all racial and ethnic backgrounds celebrated the holiday by performing individual acts of kindness through service to others."

There is no doubt acts of kindness and service are wonderful gifts. But being kind and generous and giving back in ways such as volunteering all benefit the "giver" as well. There is plenty of research that touts the benefits of kindness, giving back and volunteering.

In fact, an article on the [AARP](#) website lists multiple benefits of giving back including strengthening communities, meeting others, sharing a skill or improving upon one and even improving health.

A white paper titled, "[The Science of Generosity](#)," prepared for the John Templeton

Foundation by the Greater Good Science Center at UC Berkeley, explores this topic. In the paper, it is reported that “even small acts of kindness, like picking up something someone else has dropped, make people feel happy.”



Furthermore, the paper states: “Giving social support—time, effort, or goods— is associated with better overall health in older adults, and volunteering is associated with delayed mortality.”

An article on the [Cleveland Clinic healthessentials](#) website further supports the fact that giving back is good for one’s health. In an article titled “Why Giving is Good for Your Health,” psychologist Susan Alberts, PsyD, says, “When we do good things for other people, it makes us feel much more engaged and joyful. That’s good for our health and our happiness.”

Doing a good deed for someone or giving them a gift causes the brain to secrete “feel good” chemicals like serotonin, which regulates mood, dopamine, which provides a sense of pleasure, and oxytocin, which creates a sense of connection with others.

Dr. Alberts states that giving to others, by way of a good deed or a gift, can lower blood pressure, protect the heart and may even prolong one’s lifespan. Furthermore, “Gift-giving or volunteering can reduce your levels of cortisol, the stress hormone that can make you feel overwhelmed or anxious.”

So consider a good deed the ticket to relieving stress! The best part is that giving back or doing good needn’t be an expensive task. In the article, Dr. Alberts states: “Some of the best gifts don’t cost anything. In fact, acts of service often reflect the

most thought and care and can be more meaningful than anything you purchase.”

Need some inspiration for being of service in honor of MLK Day or any day of the year? Read on:

Tips and Ideas for Volunteering, Giving Back and Performing Random Acts of Kindness:

- Help a loved one or neighbor with household chores or errands.
- Offer to accompany a friend to a doctor’s appointment or ask a neighbor to join you for dinner.
- Volunteer your time at a local non-profit that supports a cause you’re passionate about.
- Join a community service project, such as helping to plant trees at a local park.
- Send a special card or little text to a family member who lives far away.
- Make a homemade gift for someone special using your own skills or talents.
- Donate much-needed supplies to a local shelter for those experiencing homelessness.

To read about other ways to take action on MLK Day, visit www.americorps.gov/serve/volunteer/mlk-day.



At Fellowship Square Historic Mesa, we are committed to helping our residents thrive and live with purpose. A big part of that are the many volunteer opportunities that exist in our community. Residents who are interested in sharing their gifts and time should contact our Life Enrichment office.

RESIDENT LOVE STORY — CECIL AND JANE KELLEY, 70 YEARS MARRIED AND GOING STRONG

Cecil and Jane Kelley, residents of Fellowship Square Historic Mesa, have been married for 70 years. And it only took one date for Cecil to ask for Jane's hand in marriage.



"Cecil was stationed at Davis Monthan Air Force Base and he came to church to meet a wife," says Jane of their initial meeting. Cecil then asked Jane out. And while Jane can't remember the exact details of what the date entailed, she recalls a drive in the desert... and a very important question that Cecil popped that very night.

He asked Jane to marry him on their first date! Her response? "What?"

But Jane jokes that Cecil was persistent. "He kept coming around," she says. "And I knew I wanted to keep seeing him."

Back then, and still to this day, it was Cecil's kind and caring personality that sealed the deal. Jane says that after just a few short weeks of dating, they got married.

Over their 70 years together, they built a family. They have two children — a daughter, Kathryn, and a son, Kevin. They are also grandparents and great-grandparents now.

And they built a life. After retirement, they lived in northern Arizona — Blue Ridge and then Strawberry — for some time before settling into their current home at Fellowship Square Historic Mesa.

Jane is now 87 and Cecil is 92. Looking back at their love story, Jane says there was never any point where they even considered not staying married.

"You hit bumps in the road and you figure it out," she says.

Beyond that, Jane says having a common faith is perhaps the biggest secret to the success of their marriage. "We started with that," she says. "That is one of the most important things. Because the glow wears off, but your values don't."

Jane adds that she thinks Cecil might say the secret to a long and successful marriage is to "take it one day at a time."

After 70 years, taking it one day at a time is what they do together every day at Fellowship Square Historic Mesa.



INTRODUCING JAIMEE SHAPIRA, FELLOWSHIP SQUARE HISTORIC MESA'S NEW WELLNESS COORDINATOR



Late last year, Fellowship Square Historic Mesa welcomed Jaimee Shapira, BS, CPT, ERYT, into the role of Wellness Coordinator in partnership with Functional Pathways. We're thrilled to have her! Let's learn a little more about Jaimee and how she can help our residents with their wellness goals in

the New Year:

What brought you to FSHM?

When I was first starting my career, I worked closely with a physical therapist as a tech. I saw that the senior population of clients was terribly underserved by their insurance providers when in need of therapy. That motivated me to go on my own to provide wellness in the private sector. Then, 25 years later, I was scrolling through job opportunities and discovered that Functional Pathways does the very thing I saw was missing from the industry many years ago — wellness as an option for seniors to maintain their functional well-being. Now, here I am!

What are the main responsibilities within your role?

In my full-time role here, my main responsibilities are to provide wellness services to the residents, whether it is group classes or working with them individually to address their specific needs.

What is your prior experience?

I have been in the wellness industry my whole adult life. It called to me while I was in high school and college athletics. I started working in Physical Therapy while I was in college and have crossed through every aspect of wellness since. I have owned and operated multiple centers and taught people on all ends of the wellness spectrum — from professional athletes to stroke and injury recovery patients, and from police departments to the youth.

What are you most passionate about in terms of helping residents with their wellness?

Assisting them in maintaining their mobility and independence as long as they can.

Tell us about some of the programs/activities you offer residents.

Because wellness is a body-and-mind combination, I provide classes for both the body

(such as Enhanced Mobility & Mindful Movement) and for the mind (including breath and meditation).

What are the most important aspects seniors should focus on when it comes to their wellness?

In my understanding, wellness has eight components to it. These components are physical, emotional, social, intellectual, spiritual, occupational, environmental and financial. It is important to consider and check in on each one from day to day and time to time and to make any, even incremental, shifts to the ones that you can to continue living a longer, healthier life.

Jaimee's Top Five Tips for Improving Wellness in the New Year and Beyond:

1. Learning how to breathe properly. It's the most essential key to health and wellness.
2. Do something every day. Even if you don't want to, you'll be glad you did it once you're done.
3. Make it FUN!
4. Do it with friends!
5. Drink plenty of water.

BITE-SIZED STEPS TO TRANSFORM YOUR EATING HABITS IN THE NEW YEAR

Researched and Written by
Jayne Reynolds, BCHN®

In 2009, I began my first serious diet and it was a challenging experience. Determined to make changes, I chose the Mediterranean Diet, dove into the books and crafted a plan that required major adjustments.

I learned new cooking techniques, meticulously



planned meals for each stage and revamped my pantry. Those initial days were a struggle as I battled sugar cravings and emotional attachments to comfort food. However, I kept going. I combined kitchen efforts with consistent workouts, leading to a safe and sustainable weight loss of more than 30 pounds.

What I discovered later was that I had bitten off more than I could chew. It made the process very overwhelming.

Perhaps you want to change what you eat but you feel challenged and overwhelmed. Maybe you're worried that you'll find yourself at the beginning of next year facing the same problem all over again because the changes you made didn't stick. Let me ask you a question: How would you eat an elephant?

The answer is simple. One bite at a time.

When people make a habit change, such as the way they eat or exercise, it is important to do it one step at a time.

Bite-sized steps have many benefits. They:

- Keep you on track and remind you of your goals
- Give you a sense of accomplishment throughout the process
- Help you track your progress

Let's take a moment to explore the concept of

bite-sized goals and how they can help you create healthier eating habits one step at a time.

But First - a Mindset Shift

Lately, I've been turning to the book "Atomic Habits" by James Clear. In it, he talks about shifting from goal-driven habits to identity-based habits. What does that mean?

Usually, we set goals like, "I want to lose 30 pounds." Then we break them down into systems. "I'll lose 2 pounds a week for 15 weeks. I'll stop eating sugar and work out five days a week."

Rather than approach change this way, Clear challenges us to start with an identity change. He says: "Decide who you want to be and prove it to yourself with small wins."

For example, tell yourself: "I'm the type of person who makes healthy food choices and doesn't miss a workout because I play with my grandkids on the floor."

Now, when you face choices like the cookie or the apple, the couch or the gym, proving your identity to yourself becomes more important than getting results. And after achieving your goal, you're less likely to go back to old habits because that's not who you are anymore.

So start by asking yourself who you want to be.

Breaking Down Habit Change

Now that you know who you want to be, how do you go about implementing small changes to get lasting results?

Ask yourself what simple changes you can make to your daily routine to make this easy. For example, can you:

- Prep the fruit and vegetables when you bring them home from the grocery store?
- Stack your habits? For example, before a workout, eat a protein snack or have a drink of water after you use the restroom.

- Batch cook a big pot of soup and freeze the leftovers for later?
- Check portion sizes?
- Only buy food that supports who you want to be, keep healthy food in your pantry and leave the junk food at the store? Food for thought: Skipping one daily soda can result in 15 pounds of weight loss by the end of the year!
- Make small changes one at a time? Tip: When you run out of crackers, replace them with nuts or veggies and hummus, or replace your usual candy with berries.
- Look at the menu before you go to the restaurant and pick healthy choices based on your goals?

What If It Doesn't Look Perfect?

It's not supposed to look perfect. It's supposed to look like progress. If you make a choice you're not happy with, don't wait until tomorrow to start over. Start again with your next meal. Every small step you take towards healthier eating is a significant achievement! Achievements deserve to be celebrated. So when you reach a milestone, don't be afraid to treat yourself to a new book, tickets to a theater show or a spa day. You deserve it!

Mother Theresa once said, "Be faithful in the small things, it's in them that your strength lies." Creating healthy eating habits doesn't have to be an overwhelming task. By breaking down your goals into bite-sized manageable steps, you can gradually build a foundation for long-term success.

Stay committed, be kind to yourself and know that Sycamore and Sage Nutrition is here to support and guide you on your journey to better health. Contact us at:

jayne@sycamoreandsagenutrition.com

or 480.508.1318.

Learn more at:

www.sycamoreandsagenutrition.com

RECOGNIZING NATIONAL BLOOD DONOR MONTH



January is designated as National Blood Donor Month (NBDM). This proclamation was made official when signed by President Richard Nixon on Dec. 31, 1969. According to the [Association for the Advancement of Blood & Biotherapies](#), "The new monthly observance was meant to honor voluntary blood donors and to encourage more people to give blood at a time when more blood is needed."

Typically, critical blood shortages are experienced during January. This is a result of a combination of factors. One, people don't donate blood as often during the busy holiday months. Secondly, they don't donate when they get sick during cold and flu season. Finally, extreme weather sometimes deters blood drives from being held or attended.

Donating blood is a lifesaving act that can change the life of another individual — or the lives of multiple people. [The Association for the Advancement of Blood & Biotherapies](#) reports: "In only 45-60 minutes, an eligible individual can donate one unit of blood that can be separated into four individual components that could help save multiple lives."

Furthermore, the [American Red Cross](#), which provides about 40% of the nation's blood and blood cell components to donors, states that blood donations can be used for patients in need of surgery, cancer treatment and transfusions for blood loss from traumatic injuries.

Blood donation is important and diversity in blood supply is also critical, says the American Red Cross. "Managing diversity in the blood supply is essential. Some blood types are quite rare and are likeliest to be found among people with shared ancestral origins."

And while giving blood is a truly unselfish act, it turns out there are some benefits that donating blood can have on your health. An article on the [Columbia University Irving Medical Center](#) website states multiple health benefits including lower blood pressure and a lower risk for heart attacks."

Furthermore, blood donors may live longer happier lives. The article states: "People usually donate because it feels good to help others, and altruism and volunteering have been linked to positive health outcomes, including a lower risk for depression and greater longevity."

Another benefit of giving blood is that the donor will receive something of a mini-physical — for free. The article states: "Before you are allowed to donate, your vital signs will be checked to make sure you are fit enough for the procedure. This exam might turn up a condition that needs medical attention, such as high blood pressure or a heart arrhythmia like atrial fibrillation. In addition, you'll be screened for infectious diseases you may be unaware of."

There are some criteria people should be aware of before becoming a donor. The World Health Organization states eligibility is based on age, weight and health, in addition to other criteria. In general, donors must be between the ages of 18 and 65 and must be in good health at the time of donation. Review the entire list at www.who.int.



Tips for Giving Blood

Get plenty of sleep the night before you plan to donate.

Eat a healthy meal before your donation. Avoid fatty foods, such as a hamburger, fries or ice cream.

Drink plenty of water.

Check to see if any medications you are taking or recently took would prevent you from donating.

Wear a shirt with sleeves that can be rolled up.

After the procedure, drink extra fluids, avoid strenuous physical activity or heavy lifting for about 24 hours and consider adding iron-rich foods to your diet to replace the iron lost with blood donation.

NEW DAY, NEW BEGINNINGS

by Chaplain Kurt



Where is the time going? The last year literally flew by and here we are embarking on a new year and a new day. The first quarter of every year is exciting and filled with hope. This time of year, the days and nights are in transition and so are the seasons.

The days become longer, the nights grow shorter and the added sunlight produces growth and life amongst God's plants and animals. Seeds begin to sprout and hibernating animals come out of their dens. Hosea the prophet describes this posture by saying: "As surely as the sun rises, he will appear; he will come to us like the winter rains, like the spring rains that water the earth." (Hosea 6:3)

Each day is a new day. For those of us who have been transformed through our personal relationship with our Creator, we can be grateful, thankful and appreciative for ALL that we do have. When Jesus fed the four and five thousand, he gathered what they did have to give thanks and praise for it.



Instead of complaining, "Then Jesus took the five loaves and two fish, gazed into heaven and GAVE THANKS TO GOD." (Matthew 6:41) So often we can get up in our emotions with the things that we want in contrast to the necessities to survive.

This summons the question, "Are you content with what you have?" Paul is an example of what it looks like to be content. "I am not saying this because I am in need, for I have learned to be content in whatever the circumstances. I know what it is to be in need, and I know what it is like to have plenty. I have learned the secret of being content in any and every situation, whether living in plenty or in want." (Philippians 4:11-13).

Paul could identify that God was in all aspects of his life and he was perfectly content with that. The Lord was, or is, his everything.

The prayer for each of us is that we could be content in the moment, that we could acknowledge and realize how blessed we really are. We do this with the condition of our heart, our prayers,

worship and thoughts.

Father, we thank You, in Jesus' name for all the blessing You have bestowed upon us. Most importantly for this day, our health, our family and friends and our personal relationship with You, our Creator. We are thankful and grateful for all that we have. In Your name we pray for this. Amen-

Have a great day and a great year.



SCAM ALERT — DON'T FALL VICTIM TO IMPOSTERS

"New research points to the fact that scamming seniors is big business! Unfortunately, some people prey on kind and trusting senior citizens to the tune of \$28.3B lost annually, according to ABC15.com.

The article by Kirsten Johnson cites a report AARP report that states scammers are "raking in an estimated \$28.3 billion a year through elder fraud scams." One growing scam is people pretending to be an agent of the government such as the IRS or FBI, or someone from a large business such as Amazon. They may contact seniors asking for a prepaid gift card or to go to an ATM to deposit money. Someone asking for a senior's social security number or Medicare number is also a big red flag.

Scams go even further even once seniors have become the victim of a scam.

“Consumers have to remain vigilant for the scam after the scam because if someone has been victimized they might be targeted again,” the article states, continuing “... if you’ve fallen victim to a scam you may be contacted by a person pretending to be a regulator, lawyer, or law enforcement pretending to offer you help. Often that help comes with a price tag.”

Seniors should keep in mind that legitimate law enforcement personnel or regulators won’t ask for money to help. The [FDIC](#) website features an entire article on how to avoid scams and scammers. Tips include:

- Don’t open emails from unrecognized senders.
- Be wary of links and new website addresses (some are nearly identical to legitimate websites with similar logos or a slight spelling variation of a recognizable brand name).
- Make sure your personal information is secure.
- Stay informed about the latest cyber threats. You can receive updates through the [Cybersecurity and Infrastructure Security Agency](#).
- Make sure your passwords are strong.
- Keep your software programs up to date and use preventative software programs.

According to the FDIC, some additional current scams include:

Money Mules — Scammers will try to recruit people to open a bank account or grant access to a consumer’s bank account. “A scammer may ask you to move money and direct you to deposit funds into your bank account or ask you to purchase virtual currency or gift cards for someone else’s benefit.”

Online Dating — These “romance scammers” create fake profiles on online dating or social networking sites, develop relationships with target victims and earn their trust. Then, they come up with a story and ask for money.

Imposters — As previously mentioned, this type of scam leads victims to believe they are being contacted by an authority, government.

Mortgage and Foreclosure Scams — The FDCI warns, “Watch out for scammers who falsely claim to be lenders, loan servicers, financial counselors, or representatives of government agencies who can help with your mortgage. These criminals prey on vulnerable, desperate homeowners.” Learn more at FTC [Mortgage Relief Scams](#).”

Seniors should never feel bad about saying no or rejecting any of these scam attempts. Remember to always trust your instincts. If a situation seems too good to be true or pretty far-fetched, there could be a scam just waiting to happen.



TECHNOLOGY TIPS FOR SENIORS

Continued education is an important aspect of wellness for seniors — and especially in the case of technology. Technology has seeped into nearly every aspect of life. From connecting with family across the country to telehealth services that conveniently allow seniors to “see” a physician without even having to leave the comfort of their own homes.



An article titled, “The Importance of Tech Education for Older Adults” on the [U.S. News & World Report](#) website, states that while the

generation of older Americans is adopting technology at slower rates than the rest of the population, research shows they're still more digitally connected than ever. Furthermore, it states that "seniors are yearning to use more technology in all aspects of their lives, especially in health care."

Further studies support the fact that seniors are open to embracing technology — and that they benefit from its use. A study title on the [National Library of Medicine, National Center for Biotechnology Information](#) website says it best: "The Benefits of Social Technology Use Among Older Adults Are Mediated by Reduced Loneliness."

The study found that most older adults, more than 70% of those participating in the sample, reported that they were "open to learning new technologies." And overall, most had positive attitudes toward using technology.

In addition to the benefits of social connection to help mitigate loneliness, the study examined the other benefits technology use had upon seniors. Ultimately, the study reported that "greater technology use was associated with lower loneliness, better health, fewer chronic illnesses, and lower depression."

Technology can serve as a useful resource for seniors in their daily lives and it need not be intimidating or overwhelming. But it's also important that seniors protect themselves when using their smart devices so they don't fall victim to scams and security breaches.

An article on the [Washington Post](#) titled, "Parental Tech Support: Everything you should fix on a senior's phone" urges adult children to help their senior parents streamline their technology, particularly on their smartphones. A few of the suggestions they advise for seniors (with the help of their adult children) include:

- Perform suggested updates in Settings

- Delete and reorganize apps
- Adjust lighting and text size to ease screen visibility
- Turn on emergency and health settings
- Help reduce misinformation. Choose "a reputable news outlet or app and move it to a prominent place on their home screen."
- Minimize scam attempts by utilizing tools such as silencing unknown callers
- Set up backups on the iCloud or Google Drive
- Let Siri or Google Assistant lend a hand

In addition to adult children, grandchildren of teen age are generally excellent sources of education when it comes to providing seniors with an "intro to technology" course. There is a multitude of educational opportunities that can help bring seniors into the digital age. For example, [Senior Planet from AARP](#) offers live online classes for seniors. Topics include finance, wellness, fitness, computers, technology and more. For seniors who are looking to get more technologically advanced in the New Year, seek resources and enjoy the benefits technology can provide!



SMART AND EASY WAYS TO SAVE MONEY



With the state of the economy and rising prices everywhere from the grocery store to the gas station, managing your money can be trickier than ever. But with a few smart and simple tips, you can stick to your budget and even save a little money this year.

Create a Budget — Each year, take stock of your finances and create a new budget based on that review. Simply outlining your expenses can help you recognize how you are spending and where you can cut back. Take a look at what you truly need to spend money on and consider reducing the amount you spend on items that aren't really necessary. Here are a few easy tips to start creating a budget:

1. Observe and track your income, expenditures and savings for 30 days.
2. Break down your expenditures into fixed and variable costs. Fixed costs are the ones that are typically the same each month — such as your mortgage and your bills. Variable costs are the ones that may range in costs per month such as groceries, entertainment, services and other expenses.
3. Take a close look at those variable costs and see what you can decrease or eliminate.

4. Figure out how much you can start to save each month.

Take Advantage of Senior Discounts — Establishments from grocery stores to museums offer senior discount days. Shopping and supporting these businesses on days dedicated to seniors can allow you to get more bang for your buck. You can also enjoy free community resources and programs offered specifically for seniors. Do a little research to see how you can save simply by being a senior!

Eat at Home More Often — Dining out can be enjoyable and delicious... and expensive! It's much more cost-effective to dine at home. Making your own food allows you to control the ingredients (which aligns with many people's health goals), and it can be much less pricy than dining out. Even just a single cup of coffee can cost more than five dollars at some establishments. A daily coffee stop can really add up. If you're a frequent diner, plan more meals at home and watch the savings roll in!

Connect with a Licensed Medicare Broker — According to [U.S. News & World Report](#), "Medicare brokers work with seniors for free to get them the best and most affordable Medicare program." Medicare can be complex and having a licensed broker guide you through the process can help make it less stressful and help save you money. [The National Council on Aging](#) can help you find a broker.

Automate Your Savings — Save money without even thinking about it by setting up your bank account to automatically transfer money into your savings account every month. Taking this task off your plate makes it mindless to save money each month.

Avoid Racking Up Credit Card Bills — Whenever possible, pay off your credit cards in full each month. This can help you avoid racking up high-interest rates.

Cancel Unnecessary Subscriptions — Whether a newspaper, apps or services, subscription costs are sneaky ones that can add up quickly and eat into your savings. Take a look at all your subscriptions and analyze which ones you truly need and which you can cut loose in the name of saving money.

As you are creating and managing your budget, it's a good idea to speak with a trusted financial professional to get some guidance. There are also many resources out there from books to YouTube videos that can help you make smart money moves!



A TRIBUTE TO DESERT ANIMALS IN HONOR OF WORLD WILDLIFE DAY



March 3 is World Wildlife Day. This designation “celebrates the diversity of life on this planet, from the enormous blue whale to the delicate monarch butterfly,” according to the [World Wildlife Foundation](#) (WWF). The organization has dedicated its efforts for the past 60 years to seeking solutions to protect wildlife through the best science available — and by working with local communities and Indigenous peoples.

In honor of World Wildlife Day, Fellowship Square Historic Mesa takes a close look at our

desert-dwelling animals that make Arizona their home. The Arizona desert is home to many unique animals and reptiles including rattlesnakes, Gila monsters, prairie dogs, coyotes, javelinas, horned toads, jaguars, bighorn sheep, jackrabbits and roadrunners. In the northern mountainous regions, animals including wild turkeys, mountain lions, deer, elk and bears roam the land, according to an article titled “Arizona Wildlife” on the [Office of the Governor](#) website.

Living in Arizona, residents have likely seen some of these animals roaming during a desert walk or mountain hike. Some of these creatures, such as coyotes, even make their way into neighborhoods.

These “desert dogs” (which includes foxes), use yaps, barks and howls to communicate with one another, according to the [National Park Service](#). [The Arizona-Sonora Desert Museum](#) adds they “sing” as a way to communicate with other coyote families and as a way to keep track of their own family members.”

Other fun facts about coyotes:

- Coyotes eat both plants and animals. During the summer, their diet consists largely of saguaro and prickly pear cactus fruit.
- They are fast — coyotes can reach speeds of 40mph.
- A desert coyote usually weighs between 15 and 25 pounds and can live between 10 to 14 years. However, according to The Arizona-Sonora Desert Museum, “In a zoological setting, they are known to live much longer, as many as 20 years.”

Another common desert dweller is the rattlesnake. The Sonoran Desert region is home to more species of rattlesnake than any other region in the world, according to [The Arizona-Sonora Desert Museum](#). While they can be intimidating (and their venom is a toxic saliva that destroys blood or paralyzes nerves), rattlesnakes generally

avoid contact with people. Other cool facts about rattlesnakes:

- They have heat-sensing pits that help them detect differences in temperature even several yards away.
- About 20% of their defensive strikes are “dry” — meaning that “no venom is injected.”
- The rattlesnake’s rattle is made of keratin, the same fibrous protein that our fingernails are made of.
- The rattle’s sound is actually produced by rapid movement — rattlesnakes can move it back and forth 60 times or more per second.

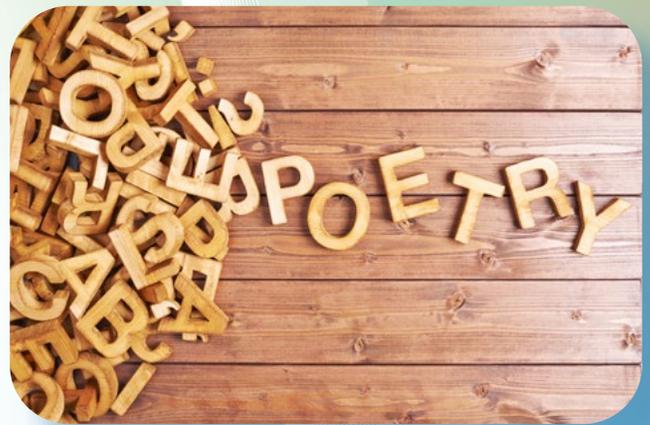
Some residents in Arizona even see javelinas in their neighborhoods. These creatures are often thought to be related to pigs, but they are part of the peccary family. Javelinas are also called “collared peccary” because of the white “collar” found at the junction of head and body,” according to the [Arizona State Parks and Trails](#) website. It is the only member of the peccary family that resides in Arizona. Read on to learn more about javelina:

- They can grow up to 80 pounds but generally weigh between 35 and 55 pounds.
- They have a great sense of smell. They use it “to identify other herd mates as well as to detect danger.”
- They have very poor eyesight.
- They communicate through a variety of sounds, body language and even odor! The Arizona State Parks and Trails reports: “A small scent gland about the size of a dime is located near their rump on the lower back that emits a pungent scent that helps to identify individual members of the herd.” When startled or facing danger, they will emit their scent and flare the bristly hair on their backs to appear larger.

Arizona is a treasure trove of unique desert wildlife! A trip to a local zoo or wildlife museum can be a fun and educational way to learn more about all the state’s animals.



FELLOWSHIP SQUARE HISTORIC MESA HOSTS RESIDENT POETRY CONTEST IN HONOR OF WORLD POETRY DAY



“Words are the only things that last forever.” This quote, most often attributed to Sir Winston Churchill, rings true to this day. Words, whether spoken, sung or written, can have a lasting and powerful impact, making them timeless. That is the beauty of important speeches, essays, novels, autobiographies, poems and other works of literary art. In honor of World Poetry Day on Thursday, March 21, Fellowship Square Historic Mesa pays homage to the written word of poetry with some fun poetry facts — plus a resident poetry contest!

Defined by the Oxford Languages Dictionary as “literary work in which special intensity is given to the expression of feelings and ideas by the use of distinctive style and rhythm,” poetry has long evoked a variety of emotions for both writers and readers of this written art form. The beauty

of poetry is just that — how words and phrases are formed is unique, almost songlike. Poetry has become so synonymous with beauty, that the word itself is also used to define something beautiful.

There are many types of poetry, but one thing all poetry has in common is the prioritization of emotional impact. Whether “through word choice, rhythm, perspective, form, use of literary devices or a combination of these,” according to [Grammarly.com](https://www.grammarly.com), poetry allows writers to express themselves in “ways they can’t always through prose.”

With more than 150 types of poetry, some are more common than others. Grammarly notes the five most popular types of poetry are ballads, haiku, free verse, odes and limericks. Following is a brief description of each:

Ballad — A ballad is a narrative poem characterized by a melodious rhyme scheme, a series of rhyming quatrains or four-line stanzas. They can follow any rhyme scheme and typically the quatrains follow an ABCB pattern.

Haiku — Originally from Japan and serving as a component of a longer type of poem called renga, haiku is a short poem beginning with a five-syllable line, followed by a seven-syllable line and finishing with another five-syllable line, none of which rhyme.

Free Verse — As its name suggests, this type of poem is pretty much open to its author’s interpretation. It does not follow a consistent rhyme scheme and meter, can be any length and can cover any subject matter.

Ode — An ode often pays homage to someone or something specifically. Though not required to follow a specific meter, rhyme scheme or length, an ode, which originated from ancient Greece where they were performed with musical accompaniment, is often written and read in honor of or tribute to beloved individuals or organizations.

Limerick — When thinking about a limerick, one might recall Shel Silverstein’s poetry, which was written mostly for children but caught the hearts of poetry lovers of all ages. A limerick has five lines and follows an AABBA rhyme scheme,

with the first two lines containing seven to 10 syllables, the third and fourth lines containing five to seven syllables and the final line containing seven to 10 syllables.

Creative residents, whether poetry writers or not, are encouraged to enter the Fellowship Square Historic Mesa resident poetry contest! Details to residents soon. There will be a winner chosen from each of the aforementioned categories, plus an overall winner. Winners will not only receive a prize, but their poems will be featured in the next Joyful Independent newsletter as well as on the Fellowship Square Historic Mesa’s website.

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.

