



FELLOWSHIP SQUARE
HISTORIC MESA

www.fellowshipsquareseiorliving.org

The **JOYFUL** **INDEPENDENT**

4TH QUARTER 2022

Director's Message

Be Enough This Holiday Season



Rena Phillips

In current times, we are all so busy with our jobs, keeping up with the house and yardwork, going to appointments, church or school functions, perhaps caregiving, managing personal finances and simply trying to make ends meet that maintaining our personal health and relationships often takes a back seat.

Thanksgiving and Christmas are times of year when we try to shift our focus to things that are truly important — like remembering the birth of our Savior and being thankful for all of the blessings in our lives, especially our relationships with loved ones. (Personal health is also truly important; however, our focus doesn't seem to shift here until the New Year after we've accumulated a few extra pounds from holiday food indulgence!)



Unfortunately, along with the holidays comes another long list of things to be done — shopping for and preparing Thanksgiving dinner, traveling to visit families, decorating the house for Christmas, baking favorite sweets, shopping for gifts, attending Christmas programs, attending or hosting parties and mailing Christmas cards. While these events represent long standing traditions, they can also put a lot of stress on those responsible for coordinating and financing them. At the same time, our senior loved ones deserve our time and need our attention, especially during this season. Often, they become nostalgic and sometimes depressed as they remember holidays of the past and loved ones who are no longer with them.

So how can we execute all of our important business of daily living, maintain our health, squeeze in all of these holiday traditions and make extra time for our loved ones? The short answer is that we can't. We have to shorten our lists by prioritizing what is most important.

In the world of doing it all, we have to accept that less can be more and that quality is more important than quantity. The question really is "what is enough?" That can be surprisingly difficult to identify in this world where we too often compare ourselves to others or hold ourselves to outdated or impossible standards. The key is gratitude. As we focus on what we are truly grateful for, material things pale in comparison. A thought provoking and insightful article on this can be found at aestheticsofjoy.com/2019/11/29/what-is-enough/.

There are countless ideas on simplifying the holidays to be found on the internet with a quick Google search. Here is one just one example.

aarp.org/caregiving/life-balance/info-2018/holiday-stress-tips.html

I suggest you ask yourself, "if this were your last holiday or the last for a loved one, how would you want to have spent it?" Then plan accordingly.

Lastly, if you are looking for a dose of fellowship and holiday spirit with someone else doing the work, we invite you to attend our Friday Night Holiday Lights event. For details, please look on the back cover of this newsletter.

We hope to see you there!



WHAT IS YOUR DEMENTIA CARE PLAN?

By Pam Ostrowski, Alzheimer's Family Consulting

Dementia is not a given as we age. However, we are seeing a lot more dementia diagnoses as baby boomers age so it's important to have a plan just in case. If you suspect you or your aging loved one are showing signs of cognitive impairment, here are some tips on what to do and when:



Get your documents in order

At early-stage dementia, your loved one may be able to contribute to a conversation about legal documents that must be in place prior to the advancement of their condition. According to The Office of Arizona Attorney General Mark Brnovich, these documents include the following and can be found here:

- Durable Power of Attorney (for when alive but not able to make financial decisions)
- Healthcare Power of Attorney (for when alive but not able to make healthcare decisions)
- Trust (to protect any and all assets)
- Advance directive (aka Living Will) for end-of-life planning)
- Will (for allocating assets once they've passed)

Many families and spouses avoid having conversations about these topics. However, the more detailed your loved one can be about their wishes for their care while they're able to express them, the better off everyone will

be. The burden of having to make decisions or guess what your loved one would have wanted can be overwhelming and stressful.

Talk to expert resources

Although you can ask your physician for recommendations on resources, it's best to check with your local Area on Aging organization, which can point you to expert resources.

Do your research early on and understand what is available to you as the dementia progresses. This will help you feel prepared when the time comes, which will provide peace of mind.

Reach out to the Alzheimer's Foundation of America and the Alzheimer's Association to learn more about the different types of dementias. There are more than 300 books published from families about their journeys including my own guidebook *It's Not That Simple: Helping Families Navigate the Alzheimer's Journey*.

Because every person's dementia journey is different, you'll find that varying dementia caregiving resources resonate at each stage of the journey. That's why researching and trying out meetings is important at this point, so you have your dementia care resources lined up for the future.

Evaluate your options

Getting caregiving help with your loved one is good for them and for you — and should be a significant part of your dementia care plan. Here are some options to consider:

- In-home care includes everything from companion care and light meal preparation to bathing and eating
- Senior living is an independent community with low-maintenance apartments or homes that allow each spouse to get what they need from dining experiences and outings and activities

- Assisted living communities provide an environment of peers, with stimulation, activities, outings and dining as well as housekeeping and laundry. You can increase the level of services provided as your loved one progresses. A couple living in assisted living can have different care plans, from no services to all services available. This step is critical to ensuring your aging loved one gets the brain stimulation and engagement they need to maintain the best quality of life.

Remember, you are not alone. There are many resources available to help you with building out your dementia care plan.



TIS THE SEASON

by Chaplain Kurt Stromberg

There is an APB (All Points Bulletin) out for the year 2022. Where has it gone? It is hard to believe that we are in the last quarter of the year. One wonders if it is a blessing and or a curse that the time goes by so quickly. But really, it's a matter of perspective.



"To everything there is a season, A time for every purpose under heaven: A time to be born, and a time to die. A time to plant, and a time to pluck what is planted." (Ecclesiastes 3:1-3)

This season could be identified in a number of ways — the last quarter of the year, Thanksgiving season or the "Christmas season." I like to refer to it as the season of Thanksgiving and Joy. The days become

shorter and the nights longer. Many people, like many animals, hibernate during the winter season and the transformation taking place is noticeable to all.

So, the question arises, "What season do you find yourself personally in?" Paul speaks to this: "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." (1 Thessalonians 5:16-18)

One thing that each of us need to be aware of is that for many, this can be the most difficult season of the year for them. They find themselves in bad situations — hopeless, lonely, overwhelmed in addiction or physical pain or in despair. Rejoicing and thanksgiving may be the farthest thing from their thoughts. Those of us that are able to be thankful and joyous must consider those that are struggling in our prayers, thoughts and actions.

"The Lord is near to those who have a broken heart, and saves such as have a contrite spirit." (Psalm 34:18)

Being grateful and thankful is such a wonderful posture in which to walk through this season. In this there can be a great deal of joy that can be experienced and we are able to express it by rejoicing.

In Philippians 4:4, it instructs us to "Rejoice in the Lord always. I will say it again: Rejoice!" To rejoice is to express your personal gratitude and thankfulness through prayer, praise, worship and serving others. This posture of being thankful and grateful can change our perspective, thoughts and outlook on a situation or season that we find ourselves in.

One way to express these feelings is to talk to the Lord about them. He is interested in hearing from you. Engage yourself in a thanksgiving and gratitude walk during which you thank our Father in Heaven for all the

blessings He has bestowed upon us, including the challenges that we face. Something as simple as a five-minute walk where we are thanking Father in Heaven for all we have can soften a hardened heart as well as start the healing process of a broken heart. Thanksgiving and Christmas are in the ultimate season to express our joy to Father by thanking Him, even for our trials and tribulations. A wonderful Christmas song is: "Joy to the World," as it captures the essence of being grateful.

My prayer for everyone is that during this season may you have the joy to express your gratitude and thankfulness for all the things that you have been blessed with. This includes living at a wonderful community such as Fellowship Square, your health, the food in your stomach and your relationships. For those needing encouragement during this time, seek out those that can help you in finding joy. This can happen by having a joyful, thankful and grateful heart.

"Joy to The World, the Lord is come. Let Earth receive her King." Be blessed, as well as thankful and grateful.



Fellowship Square Historic Mesa: Staff Spotlight – Dining Services team led by Chef Michael Kohley

Dining is one of the highlights of the experience at Fellowship Square Historic Mesa. And that can be credited to the team led by Chef Michael Kohley, director of dining services for the property. Kohley has been at the property for nearly six years and prior to that, he enjoyed a 25-year career in the hospitality industry. So it's no doubt that the residents and visitor of Fellowship Square Historic Mesa are treated to an incredible culinary experience.



While Chef Kohley admits that many residents look forward to the familiar classics (popular menu mainstays include chicken cordon bleu, beef medallions with brown sauce, Steak Diane, meatloaf and fried chicken), he feels that more and more residents like getting adventurous with their dining choices.

And that makes his role a lot of fun. In fact, Kohley enjoys staying current with the food trends around the country and often looks to menus from restaurants in Seattle, New York, L.A. and Chicago to draw inspiration for his own.

"Our population is really changing. When I first started, I was catering to the WWII generation who really just ate what was on their plate. They didn't grow up with access to a variety of spices and flavors," he says. "But this generation is used to dining out and they tend to be more open to trying new things, which makes it fun for us to create new things."

Chef Kohley creates menus for all of the dining aspects of the campus. He follows state and federal regulation when it comes to developing the Assisted Living menus, which he creates one month at a time. For Independent Living, which features the restaurant and Bistro 35, he makes menu changes each week and looks to the seasons for inspiration. He has noticed that the supply chain still hasn't fully stabilized and says some items are still hard to come by. However, he is able to tweak things as needed especially if residents really enjoy a specific dish.

Aside from ensuring the residents are well nourished, the team takes great pride in ensuring the residents have a great dining experience from start to finish. And part of that experience is the social aspect. The dining room is definitely the place residents go to visit with friends and also invite their family to join them for a delicious meal.

"For many residents, dining is the highlight of their day," he says, adding, "It may be the only time some of them get out of their apartment and socialize. It's a neat dynamic. Many residents are creatures of habit and sit in the same seats with the same friends, but we try to seat newer people with residents that have been here awhile to help them feel more at home."

As for the chef, Kohley says that his favorite part of his role at Fellowship Square Historic Mesa is interacting with the residents. "For me, it's about the residents — talking to them and making sure they are happy with their dining experience and enjoying their food," he says, adding he walks around the 13-acre campus each day visiting with the residents as he goes. "We are providing a service for them and we want to make sure they are happy. And they appreciate that."



FELLOWSHIP SQUARE HISTORIC MESA RESIDENT SPOTLIGHT: GLORIA JOYCE MOSER

Some say happiness is a choice. Gloria Joyce Moser says it's a gift — from God. After just one conversation with her, most anyone would agree that she has truly embodied that gift. A resident of Fellowship Square Historic Mesa for a little less than two years, Joyce spreads joy by simply being happy — and it's contagious.

The 85-year-old says that she loves her life, she loves living at Fellowship Square Historic Mesa, she loves the people there and the family in her life, and she loves her hobbies. That's whole lot of love and it radiates in everything she does. Cardmaking, for example.

Joyce — who traveled the country with her husband, now a retired Navy veteran, during his time in the service — has always loved the time-honored custom of sending cards. During a fateful visit years ago to see her sister, daughter and niece, she discovered they were all into cardmaking. She asked them to teach her the craft — and she has handmaking custom cards ever since.

"My husband would give me money to get



supplies," she says, adding, jokingly, "He said it kept me out of trouble." Joyce loves the process of cardmaking and customizing each card for any recipient for any occasion. Her daughter in Virginia helps her find supplies on Amazon and Joyce loves the various cardstock, paints — and particularly the Tombow pens.

"It's a great experience because I can do whatever I want. It's not a store-bought card and it doesn't have to be perfect," she says. When asked how many cards she has made over the years, Joyce responds: "I have made so many hundreds, I keep the post office on alert!"

In addition to cardmaking, Joyce enjoys crocheting, spending time with her friends at Fellowship Square, attending church with her best friend who also happens to be her next door neighbor and visiting her husband of 65 loving years at his residence in a memory care community. She sees him every Saturday and enjoys helping him pick out his clothes to "make sure he's dressed right." However, she adds he is very active and knows how to do everything himself.

While the old adage goes "behind every successful man is a strong woman," in this couple's case, the roles are reversed. Joyce recalls a special story when she met her best friend at Fellowship Square Historic Mesa. "She told me she always remembered my husband standing behind me with a big smile." The happiness the couple share also seems to be contagious.

Together Joyce and her husband have three children (one who has passed), five grandchildren and one great grandchild. Her grandson Jason lives in the area and comes to visit Joyce often and take her fun places.

Immediately upon meeting Joyce, her "joy" is quite evident. At 85 years old she is vibrant and kind. She knows that her gift from God is happiness and it is one that she wants to share with others. She tries to help people find God and their own happiness. Upon meeting her, it is clear that she is very successful in that mission.



COMMUNITY PARTNER SPOTLIGHT

One of the keystones of Fellowship Square Historic Mesa's mission is to provide ongoing education events that are engaging, informative and relevant for residents, their families and loved ones and the community at large. One of the presenters of these important community education events is Haleigh Collins, MSW, an Elder Care Advisor at JacksonWhite Law.

Collins has led presentations for the residents and community members at Fellowship Square Historic Mesa and we are grateful for her partnership. Here's little about her!



Collins holds a master's in social work from Arizona State University with an emphasis in gerontology. She admits that while she knew she wanted to work with the aging population, she wasn't quite sure in what capacity that would be... until she joined JacksonWhite four years ago.

"I never thought that as a social worker I would work for a law firm, but I really enjoy the uniqueness of this role," she says, adding, "I think it is really special how they have developed and structure their team. Having social workers as the initial contact allows families to feel more at ease about a difficult conversation — the need for long-term care for themselves or a loved one."

Financial planning, particularly as it relates to long-term care, a topic that Collins covers in her presentations at Fellowship Square Historic Mesa, is a complex one. She admits there is a lot of misinformation out there surrounding this subject.

"I think the most important thing for seniors and their loved ones to know is that there are free and available resources out there where they can receive correct information," she says. JacksonWhite, for example, is one of those resources. "Our team will discuss with families at no charge what benefits are available, if they qualify for them and how they could qualify through financial planning."

She also notes that when it comes to planning for, and securing, their financial future for retirement and beyond, many seniors and their

families often underestimate the actual costs of long-term care.

"It is much higher than most people expect," she says, adding, "In Maricopa County, the average cost of long-term care is about \$8,000 per month!" For many, that is an astronomical amount and can come as quite a shock if they are not financially prepared.

To avoid this sticker shock and the reality of this financial investment, Collins advises people to start planning for their retirement years as early as possible and to make sure they have their power of attorneys in place. For those that are just working on a solid financial plan, Collins notes they needn't worry about getting a late start.

While she advises that it's never too early to start planning, she also adds that it's never too late to put those plans in place.

"Power of Attorney should always be step one," she says. "Beyond that, families can look at either wills or trusts to carry out their wishes."



In addition to presentations at Fellowship Square Historic Mesa, JacksonWhite offers presentations throughout the state.

In regard to the community education events at Fellowship Square, Collins says, "We more recently started doing smaller presentations for communities specifically, rather than keeping them open to the public. Currently, we offer monthly webinars and partner with different aging organizations to offer in-person presentations."

The firm also has Elder Care Advisors across the state who will discuss with families the Arizona Long-Term Care System (ALTCS), VA Benefits, Probate, Estate Planning and Guardianship and Conservatorship at no charge. For more, jacksonwhitelaw.com.

JACKSON WHITE
ATTORNEYS AT LAW

TAME YOUR INNER COOKIE MONSTER

By Jayne Reynolds, BCHN®

There's a reason we love Cookie Monster. He's so relatable! He loves cookies and we love them, too. In fact, our favorite, growly blue puppet never met a cookie he didn't like. Like Cookie Monster, most of us could eat them every day and never get sick of them — except maybe when our pants get too tight. The problem is, they aren't so good for us. Most cookies are made with refined sugar and white flour, both of which will raise your blood sugar and eventually destroy your health and waistline.

If cookies are the bane of your diet but you can't seem to stay away from them, you've probably tried all the tricks: replacing white flour with whole wheat, swapping out white sugar for natural sweeteners or swapping out butter for a healthier fat like Greek yogurt. While those natural sugars are definitely healthier than refined white sugar, they still impact your blood sugar and can cause a spike in energy followed by a sleepy, cranky hangry crash.

Happily, you can tame your inner Cookie Monster with these simple solutions:

Use low glycemic flours

You've heard us talk about this before, but it bears repeating: the more slowly your carbs digest, and the longer they stay in your system, the less likely you are to experience blood sugar spikes or cravings for more food. That's why whole grains such as oats, brown rice and quinoa are better than bleached, refined white flour products. But, for those struggling with blood sugar regulation, even these

carbohydrates may be too much for them to process. Nut flours are another alternative. They are naturally low in carbohydrates, and high in good fats and healthy protein. They aren't a good one-to-one substitution in baking, though. You need to add a binder to prevent the cookies from crumbling and lower the cooking temperatures so you don't damage the natural oils. They are also more perishable, so once prepared, they should be stored in the fridge or freezer.

Use pure stevia as your sweetener

Stevia is a natural sweetener derived from plants. (Pure monk fruit is another safe natural sweetener but in its pure form does not bake well.) Stevia is approximately 200 times sweeter than sugar. A half teaspoon of powdered stevia equals three-fourths cup of sugar. Because replacing sugar with stevia changes the weight of dry ingredients in your recipe, it's a good idea to find a recipe to follow.

Use extra protein and fiber to keep your blood sugar stable

Both protein and fiber help stabilize your blood sugar levels, which can prevent cravings from turning into an all-out binge session. It could be as simple as adding a couple of scoops of collagen or vegetarian protein powder to the cookie dough or using ground flax seeds, chia seeds or apple sauce as an egg replacer. (Just one tablespoon of chia seeds contains a whopping 10 grams of fiber!)

Skip artificial sugars and sugar alcohols

Artificial sugars and sugar alcohols are usually hidden away in high carbohydrate foods. And while they don't technically contain

any carbohydrates, the treats will still raise your blood sugar and cause an insulin response.

These fake sugars are made from chemicals and have almost no nutritional value. They can cause negative changes to your gut bacteria, which can in turn lead to problems like impaired glucose tolerance and diabetes.

While sugar alcohols like erythritol and xylitol are generally regarded as safe, they can cause digestive upset such as stomach aches, diarrhea, bloating or constipation. Since you probably don't want your dessert with a side of gastric misery, it's a good idea to limit or avoid all sugar alcohols.

What better way could I wrap up this article than to leave you with a delicious recipe that keeps your inner Cookie Monster satisfied while preventing that sleepy, cranky hangry crash?



Jayne Reynolds, BCHN



PB & P BALLS

Ingredients:

- 1 c. creamy, unsalted, sugar-free Once Again peanut butter (or almond butter)
- 1 ½ scoops vanilla vegan protein powder or collagen powder
- 1/2 tsp. vanilla extract
- 1 tsp. cinnamon
- 2 tsp. stevia granules
- 20 raw unsalted peanuts or almonds

Directions:

1. Mix together all ingredients except the nuts in a bowl.
2. Roll the dough into one-inch balls.
3. Chop or pulse the nuts in a blender.
4. Roll the doughballs in the chopped nuts.
5. Store on parchment paper in the fridge for 20 minutes to firm up.

Each peanut butter and protein ball contains 5g of carbs, 1g of sugar, 2g of fiber and 7g of protein. Enjoy!



HAUNTED HOEDOWN



GRIEF SUPPORT GROUP

Help and encouragement after the death of a spouse, child, family member, or friend.

GriefShare is a special weekly seminar and support group designed to help you rebuild your life after losing a loved one. Our group is led by caring people who have experienced grief and want to help you through the difficult days ahead.



We know it hurts, and we want to help.



Contact Us Today:

Thursdays 2:30pm - 4:00pm

November 3 - February

"Q" Corner, Chaplains Office

Chaplain Kurt: 480 241-5856

kurt.stromberg@christiancare.org



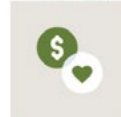
BE A BLESSING

You can donate to seniors in need while reducing your state income tax.

Christian Care Communities rely on government assistance to help pay for the care of underserved seniors but are committed to changing the future of aging by funding programs, services, operations and facilities for seniors regardless of their economic circumstances.

Arizona tax credit contributions are a vital source of revenue for these seniors. The Arizona Department of Revenue recognizes three of Christian Care's Assisted Living properties as Qualifying Charitable Organizations.

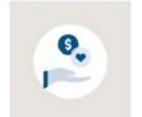
So how do I **BECOME A BLESSING** to the Christian Care Health Center?



Donate:
Single filers may donate up to \$400 and married filing jointly up to \$800



100% of the money donated goes directly towards providing care to our residents.



You receive a dollar-for-dollar Arizona income tax credit.

When you make an Arizona tax credit donation, 100 percent of the funds donated go directly toward providing the highest quality of care to our residents. As a not-for-profit 501(C)(3) organization, we are driven by our mission, not profits. We measure our success by providing excellent customer service, the highest quality of care and by providing a fulfilling lifestyle for our residents through our service to them.

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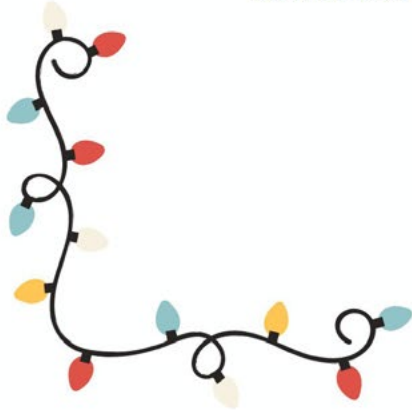
Friday Night Lights

Community Christmas Celebration

Friday, December 16th, 5-7 pm

Our gift to the community - public welcome!

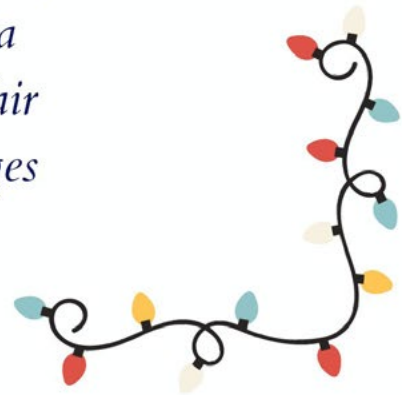
Resident Window Decorating Contest
Stroll our community and vote for your favorites!



Free Pictures with Santa
Craft and holiday gift fair
Festive Food & Beverages

50/50 Raffle

Choir Performance
Candlelight Service



From the Editor

We hope you enjoy our fourth issue of the Joyful Independent! Our new 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.