



FELLOWSHIP SQUARE
HISTORIC MESA

www.fellowshipsquarehistoricmesa.org

The **JOYFUL** **INDEPENDENT**

3RD QUARTER 2023

Director's Message

COMMUNICATION AND ENGAGEMENT ARE KEY TO SUCCESSFUL COMMUNITY INTEGRATION FOR NEW RESIDENTS

At Fellowship Square Historic Mesa, a big part of our mission is to provide our residents with opportunities to thrive and live with purpose. Therefore, it is vitally important that we do a good job helping new residents get started with an informed and positive orientation experience.



Rena Phillips

Our orientation program is geared toward helping new residents acclimate to their new homes and become engaged in our community as quickly as possible. Once comfortable, it is a joy to see them take advantage of all of the wonderful wellness and social opportunities we have to offer. The process includes:

At First Visit – An independent living Leasing Consultant will review our independent living guide to services and [frequently asked questions booklet](#) as they physically explore apartment models and common areas.

At Lease Signing – Our welcome home book will be reviewed with them by our Move-in Coordinator. The detailed manual includes thoughtfully organized, valuable information about our Fellowship Square community, service offerings and activities as well as our surrounding [Historic Mesa area](#).

At Move-In Day –

- Resident is shown to their new home and reminded where the nearest dining room and their mailbox are located.
- Resident is given current menus with a reminder that the dining room schedule and order instructions are in their welcome home book.
- Important phone numbers and housekeeping schedule will be posted on the refrigerator for quick reference.
- To introduce new resident to the community ...
 - Move-in Coordinator sends staff email with photo
 - Move-in Coordinator delivers new resident information to appropriate volunteer Building Captain and Welcome Ambassador.

Day 2 – Visit from the Facilities Director or appointee to ensure all is in good working order and TV is up and running.

Day 3 – Visit from Building Captain to review key safety information.

Day 4 – Dining Manager or Chef calls to make sure they are enjoying their dining experience.

New Resident Welcome Gatherings, led by a Welcome Ambassador twice per month.

Our special thanks goes out to our volunteer Welcome Ambassadors and Building Captains!

Our Welcome Ambassadors are Joan Horner, Diane Ziska and Miriam Auten. We appreciate you!



VOLUNTEER BUILDING CAPTAINS ARE CHAMPIONS FOR OUR COMMUNITY!

Fellowship Square Historic Mesa Building Captains have the very important job of serving as a liaison between the residents in their assigned buildings and management. They also meet monthly with the Executive Director to discuss concerns, suggestions and compliments.

Building Captains work as part of the 'phone tree' system so if there is an emergency on campus (water off, electricity off, etc.), Fellowship Square Historic Mesa staff members may contact the Building Captains and ask them to spread the word. The Building Captains are then tasked with calling or visiting everyone in their building to pass along the information.

Building Captains are part of our new resident orientation process and will welcome new residents in their building and review key safety information. They may also attend new resident orientation gatherings.

Building Captains will notify the Executive Director if they notice that someone in their building is having a difficult time physically or emotionally so that we can offer appropriate support.

Our special thanks goes out to our amazing Building Captain volunteers:

Wesley Lim, Peggy Stimson, Char Fraedrich, Theresa Maxwell, Mary Lindberg, Don Lindberg,

David Storms, Jimmy Tang, Bill Eddings, Phyllis Campbell, Judy Riden, Chuck Riden, Sharon Kurtz, Mary Hoeger, Lane/Ursula Garrett, Clarita Schuback, Marty Ingels, Elaine Gentry, Linda Shaner, Debbie Kastelic, Sandee Hanson, and Charleen Greer.



SUN SAFETY TIPS FOR SUMMER IN ARIZONA

"Summer in Arizona is the time to raise awareness about the dangers of UV. According to the [American Academy of Dermatology Association](#) (AAD), "UV is the root cause of most skin cancer." The organization promotes sun safety all year round, advising people to take precautions when spending time in the sun.

So what is UV? According to the [American Cancer Society](#), "Ultraviolet (UV) radiation is a form of electromagnetic radiation that comes from the sun and manmade sources like tanning beds and welding torches." There are several types of UV radiation based on their energy, but the American Cancer Society identifies three main categories:

UVA Rays — These rays have the least amount of energy of the UV rays, but can cause skin cells to age, indirect damage to cells' DNA and long-term skin damage.

UVB Rays — These have more energy than UVA rays and are typically to blame for causing sunburns. UVB rays can damage cells' DNA directly and are believed to be the cause of most skin cancers.

UVC Rays — These have the most energy but are not considered a risk for skin cancer because they react high in the atmosphere rather than reaching the ground. However, they can be found in manmade sources such as welding torches, mercury lamps and UV sanitizing bulbs designed to kill bacteria and other germs.

The organization says one of the best ways to avoid UV damage is to stay out of the sun

between 10 a.m. and 4 p.m. when UV rays are the strongest. That means every day, not just sunny days. While rays are stronger during the summer months, UV rays can reach the ground, and the skin, even on cloudy days.

And UV rays work quickly — damage to the skin from UV rays can happen in just 15 minutes. So regardless of how much (or little) time is planned to be spent in the sun and whether the sun is shining or not, make a habit of wearing UV-protective clothing and or sunscreen.

Seniors should cover as much of their skin as possible when preparing to spend time outdoors, especially during those peak hours. Light clothing, sunscreen, hats, sunglasses and even gloves are advised. It's also important to reapply sunscreen every few hours, especially when in and out of the water.



Wearing sunscreen can also help prevent “photoaging,” which is more so the cause of wrinkles, fine lines and skin pigmentation or discoloration than age. According to the [Skin Cancer Foundation](#), “photoaging is a direct result of cumulative sun damage you’ve been exposed to throughout your life [and is] responsible for 90 percent of visible changes to the skin.”

If that’s not reason enough to slather on that sunscreen, consider that the Skin Cancer Foundation also reports that more than half of skin-cancer related deaths occur in those over the age of 65. Applying sunscreen should simply become part of any Arizona resident’s daily skincare routine, especially in the summer.

Consider an everyday lotion that contains an SPF and remember that the higher the SPF, the more protection. Look for a sunscreen with at least SPF 50, which filters about 98 percent of UVB rays.

When spending time outdoors this summer, seniors should seek shade to get some reprieve not only from the sun but the heat as well. They should get out of the sun if they are feeling dizzy or start sweating excessively and be sure to pack and drink plenty of water throughout the summer days to avoid dehydration, heat exhaustion or heat stroke.



MENTAL HEALTH TIPS IN HONOR OF SUICIDE PREVENTION WEEK

September marks National Suicide Prevention Month and National Suicide Prevention Week is observed from Sunday, Sept. 10 through Saturday, Sept. 16. This period serves as a time to remember those lost to suicide, to raise awareness of the signs and to advocate for treatment and prevention.

Suicide is a difficult topic and unfortunately not one that seniors are exempt from. In fact, according to the National Council on Aging (NCOA), “Suicide is one of the leading causes of death in the U.S., affecting people of all ages. Older adults are especially vulnerable to suicide for a number of reasons.”

From losing a loved one to suffering chronic illness or enduring the lonely pandemic that kept many people in solitude, suicide among seniors has been on the rise. In 2020, of the nearly 46,000 suicides that took place in the U.S., 9,137 were attributed to those ages 65 and older. And though older adults make up only 12 percent of the population, they contribute to approximately 18 percent of suicides, states the NCOA.

Mental health is increasingly making headlines and it's important for seniors and their caregivers to take this factor into consideration as part of their overall wellness. But what is mental health? The National Institute of Mental Health defines mental health as "emotional, psychological and social well-being."



[The State of Mental Health and Aging in America](#) by the Centers for Disease Control and Prevention (CDC) and National Association of Chronic Disease Directors (NACDD) states an estimated 20 percent of people 55 years of age and older experience some type of mental health concern. The most common conditions include anxiety, severe cognitive impairment and mood disorders such as depression and bipolar disorder.

[Mental Health America](#) states that 11.4 million U.S. adults experience suicidal thoughts. Seniors that experience any of these symptoms or suicidal thoughts should alert their health care provider, caregiver and or a loved one right away.

While there are many factors that contribute to mental health, stress is one of the major ones. According to the CDC, stress can cause feelings of fear, anger, sadness, worry, numbness and frustration; changes in appetite, energy, desires and interests; trouble concentrating and decision making; nightmares or trouble sleeping; physical reactions from headaches to stomach issues; worsening of chronic health problems and mental health conditions and even lead to increased use of alcohol, illegal drugs and misuse of prescription medications.

Stress management can help seniors avoid these issues and get back on track to balanced mental wellness. The CDC recommends the following stress relievers:

- Cutting back on news stories and social media; disconnecting from screen time
- Taking care of the body through healthy eating, adequate sleep and getting enough physical activity (20 to 30 minutes per day is a good start)
- Limiting alcohol intake and avoiding illegal drug or prescription use
- Quitting or avoiding smoking
- Maintaining regular doctor visits, health appointments, testing and screenings
- Taking time to unwind and connecting with others

It's important for seniors to understand that there are resources out to help and that they do not have to experience these feelings alone. Fellowship Square Historic Mesa encourages seniors to contact the 988 Suicide and Crisis Lifeline or talk to a loved one, caregiver or Fellowship Square Security Staff immediately if they are having suicidal thoughts. Help is one action away and it can be the action that sets seniors back on the path to mental wellness.

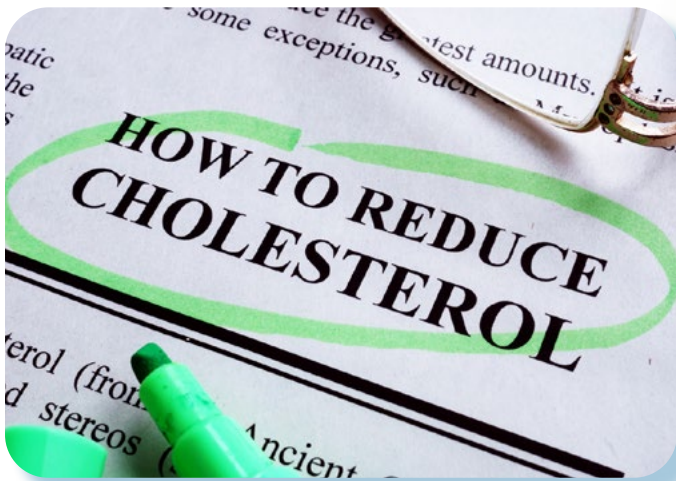


LOWERING CHOLESTEROL THROUGH LIFESTYLE CHANGE

September is National Cholesterol Education Month. This is an important topic for aging adults and seniors because high

cholesterol can lead to a number of other health problems, including risk of heart disease and heart attacks. According to the [John Hopkins Medicine](#) website, high cholesterol can “contribute to cardiovascular disease, along with elements such as high blood pressure, diabetes, smoking and inactivity.” The good news is that through lifestyle changes, most people can manage and or lower their cholesterol naturally.

It’s also important to recognize the difference, and the connection, between high cholesterol and high blood pressure, as the two often occur together. According to the [Cleveland Clinic](#), “high blood pressure



(hypertension) and high cholesterol are linked. Cholesterol plaque and calcium cause your arteries to become hard and narrow. So, your heart has to strain much harder to pump blood through them. As a result, your blood pressure becomes too high.”

The two are also the two biggest causes of heart disease. Cleveland Clinic reports one in three adults in the U.S. has high blood pressure and one in three adults in the U.S. has high cholesterol.

But according to the Mayo Clinic, changes in diet can reduce cholesterol and improve heart health. These include:

- Reducing **saturated fats**, which can raise total cholesterol. Decreasing saturated fats, found in red meat and full-fat dairy products, can help lower low-density lipoprotein (LDL) cholesterol... otherwise known as the “bad” cholesterol.
- Eliminating **trans fats**, often labeled as partially hydrogenated vegetable oil.” These can often be found in margarines, store-bought cookies, crackers and cakes.
- Enjoy foods rich in **omega-3 fatty acids**. These foods like salmon, mackerel, herring, walnuts and flaxseeds can help reduce blood pressure.
- Increase **soluble fiber** intake, which can help reduce the absorption of cholesterol into the bloodstream. Soluble fiber can be found in oatmeal, kidney beans, Brussels sprouts, apples and pears.

Enjoy whey protein. Found in dairy products, whey protein is credited for many of the health benefits attributed to dairy, according to the Mayo Clinic.

In addition to dietary changes, getting enough exercise on a regular basis can help improve cholesterol. The Mayo Clinic states: “Moderate physical activity can help raise high-density lipoprotein (HDL) cholesterol, the ‘good’ cholesterol.” Furthermore, Mayo Clinic recommends working up to at least 30 minutes of exercise five times a week or more vigorous aerobic activity for 20 minutes three times a week — with a physician’s approval, of course!

Consider taking a brisk walk, a bike ride, playing pickleball or tennis with friends, swimming or any other physical activity that

brings enjoyment and health to each day. If mobility or balance is a concern, Fellowship Square Historic Mesa residents are encouraged to work with the Wellness Coordinator to develop a safe and appropriate exercise program.

Other health changes that can help lower cholesterol including quitting smoking, losing weight (as extra pounds can contribute to high cholesterol) and limiting consumption of alcohol. While diet and exercise should help with the effort to lose weight, Mayo Clinic suggests small changes that will add up such as switching from sugary drinks like soda to water, snacking on air-popped popcorn between meals and keeping track of calories.

Managing and lowering cholesterol is an important way to round out a healthy lifestyle. With these tips and a specified plan from a trusted physician, seniors can keep their cholesterol in check as they age.



HERE COMES MONSOON SEASON!

Late summer weather in Arizona is defined by a few things — the “dry heat” that seems to serve as an excuse for tolerating 110-plus-degree days and those infamous late summer monsoons. A seasonal change in the direction of the prevailing winds of a certain region, a monsoon can bring much-needed rain and even a reprieve from those triple-digit degrees. But they also bring strong blowing winds, lightning and flash floods that can leave chaos (and a mess) in their wake. Read on

to learn more about this seasonal phenomenon and how to make it safely through monsoon season.

According to the National Geographic, monsoons are typically associated with the Indian Ocean and they “always blow from cold to warm



regions.” While the monsoons typically determine the climate for the majority of India and Southeast Asia, monsoons also greatly impact weather conditions during the Arizona summers.

According to the Arizona Emergency Information Network, Arizona’s monsoon season starts in mid-June and runs through September. Some of the most common monsoon conditions in the state include increased humidity, heavy rains, high winds, lightning, dust storms and flash floods.

Some of these conditions come on quickly so it’s important to take safety precautions when out and about and especially when driving. Never drive into areas that have been barricaded due to extreme rainfall or enter streets with flowing water. And if a dust storm hits that suddenly interferes with visibility while driving, it’s best to pull the vehicle off the road, place it in park, turn off lights and take foot off the break. Then wait out the storm or resume the journey once visibility improves.

Drivers should consider keeping an emergency kit in their vehicle and check current

weather conditions before heading out on the road if a monsoon is expected. Even when not driving, there are precautions that should be taken. When the thunder rolls, it's time to head indoors as quickly as possible and wait out the storm. Some items to include in a road emergency kit should include first aid supplies, nonperishable food, drinking water, flashlights with extra batteries, any important prescriptions/medications and a weather radio

Even when indoors a harsh monsoon can wreak havoc — such as knocking out electricity in entire neighborhoods or starting fires with the flash of lightning. Families and neighbors should have a clear communication plan for what to do in the case of a blackout or a fire caused by a monsoon. Just as in the vehicle, every home should have an emergency kit that includes many of the items listed above. Fellowship Square has a full disaster plan for this situation to keep our residents safe.

The National Weather Service reports 2022 was a very wet monsoon season for Arizona, with the state receiving “well above normal rainfall.” For the 2023 season, the organization predicts a slightly drier than normal monsoon across eastern and central Arizona, with warmer than normal temperatures expected for all of the state. That was certainly more than accurate for July!

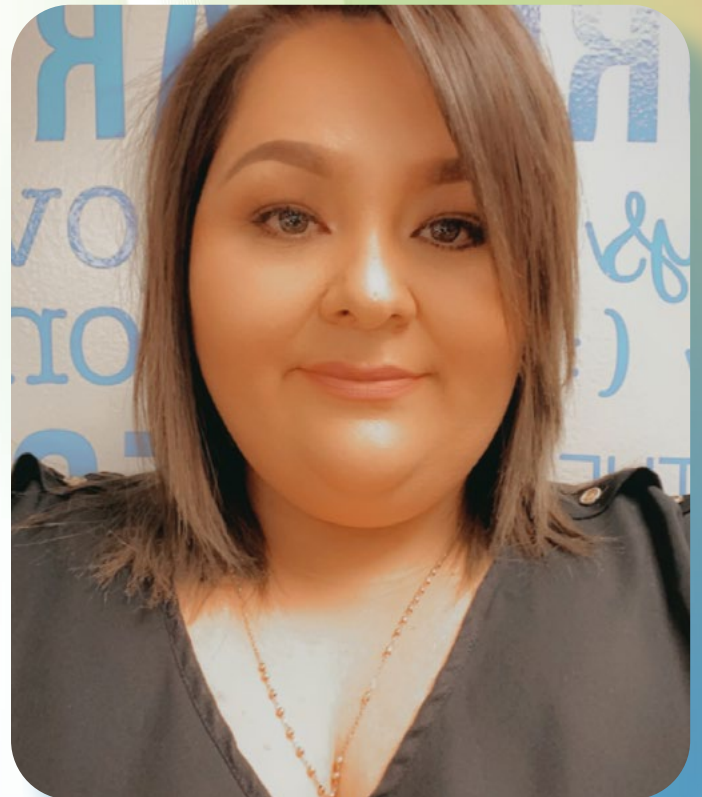
There is nothing like an Arizona monsoon. In the safety and comfort of one's home, it can be an enjoyable light show! Be sure to take precautions this summer as monsoon season rolls around to ensure a safe season.



EMPLOYEE SPOTLIGHT: FRANCISCA ANCHEYTA

Francisca Ancheyta has been with Fellowship Square Historic Mesa since 2009 and was recently promoted to role of Facilities

Director. She first began her career with Fellowship Square Historic Mesa as a Lead Housekeeper, then began to move up the ladder within the Facilities Department and Human Resources, serving in positions including Housekeeping Supervisor, Facilities Manager and Human Resources Manager before returning to the Facilities Department as Facilities Director.



“I have always loved to help others,” says Ancheyta, who took the role of Facilities Director this past June. “Being in the Facilities Department and helping others gives me a purpose. So when I had the opportunity to come back, I did.”

Before her lengthy 14-year career with Fellowship Square Historic Mesa, Ancheyta worked in the Radiology department at Chandler Regional Hospital (now called Dignity Health), where she worked developing the x-rays and helping to translate. In her current role, she takes on many daily

duties such as attending meetings and engaging with vendors, employees and residents.

“We can’t forget the most important part — having fun while we all get the job done,” she says, adding her favorite part of her role is: “being able to help others and see the smiles on our residents faces when we accomplish what they need.”

In her current role, Ancheyta has a wide variety of daily duties that keep her busy and fulfilled. She not only needs to be able to analyze and interpret technical procedures and governmental regulations to ensure the safety of the residents but also effectively present such information to managers, clients, customers and the general public. Practical problem solving, seeking new methods and principles and incorporating them into existing practices and the ability to carry out programs in repair, new construction and equipment installation are just a few examples of the things her role entails.

She has also developed valuable leadership skills that have helped her advance through the departments at Fellowship Square Historic Mesa and find meaning in each role. “Leadership to me is about teamwork and inspiring others to do their best work, leading by example and making sure my team knows I care about each and every one of them as an individual person, not just as a team,” she says.

Married for 12 years with a beautiful 13-year-old daughter, Ancheyta’s family also encompasses many pets including a horse, two mini goats, chickens and an Australian Shepard dog. In her spare time, she loves spending time with her family, going to the river and off-roading.

QUICK HERB WHITE BEAN DIP WITH VEGETABLES

Quick Herb White Bean Dip with Vegetables Serves 4

Prep: 10 mins. | Total: 10 mins.

Ingredients

- 1 1/2 cups white beans, canned, drained and rinsed
- 3 Tbs olive oil
- 1 Tbs rosemary, fresh
- 1/2 tsp garlic powder
- Salt, to taste


Directions

Prep

1. Drain and rinse white beans.


Make

1. Place the white beans, olive oil, rosemary, and garlic in the bowl of a food processor. Process until smooth. Season to taste with salt and blend again.
2. Serve with fresh summer vegetables like carrots, celery, bell pepper, or endive.



Per serving:

- 165 calories
- 13g carbohydrates
- 11g total fat
- 5g protein



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CELEBRATE WORLD ELEPHANT DAY WITH THESE FUN FACTS



World Elephant Day has been celebrated annually on Aug. 12 since 2012 when “the inaugural World Elephant Day was launched to bring attention to the urgent plight of Asian and African elephants,” according to the World Elephant Day website. While elephants are loved and revered in many cultures around the world, the species also faces threats that could lead to further endangerment or even their extinction. Unfortunately, these threats stem largely from the human population.

According to the World Wildlife Fund (WWF), around 400,000 years ago, there was an estimated 12 million elephants roaming the earth. Fast-forward to date — at least 20,000 are killed annually in Africa, specifically for their tusks.

World Elephant Day aims to shine a light on these amazing creatures, the ways in which they are being hunted or exploited and how people can help stop these actions. Education is always a good place to start... so in honor of these beautiful beasts, here are some fun and interesting facts about elephants:

- The old saying “an elephant never forgets” is true! The WWF states that an elephant’s temporal lobe, which is the area of the brain associated with memory, is larger and denser than that of people.
- Remember the song “Good Vibrations”? Next time it comes on, it might bring elephants

to mind rather than the Beach Boys. While elephants use a variety of methods to communicate including sounds like trumpet calls that can be too low for even people to hear, body language, touch and scent, they also communicate through seismic signals. These sounds create vibrations in the ground that the WWF states they may detect through their bones.

- Elephants are gentle giants. Despite their size — ranging upwards of eight to 13 feet at the shoulder and weighing between two and a half and seven tons — elephants are social creatures that use their trunks to wrap others in a “hug” of greeting or affection, according to the National Geographic. They can also use their trunks to assist a calf in getting over an obstacle, help a fellow elephant out of the mud or gently help a newborn to its feet. Elephant calves have even been known to suck their trunks much like a human newborn might suck its thumb!
- While their trunks are very handy in social situations, they’re also very useful for practical things like picking up objects, trumpeting warnings, drinking water and bathing, according to the WWF. Their tusks are also very functional. These “extended teeth” can be used to protect the trunk, lift and move objects, gather food and strip bark from trees and even for defense purposes. Elephants can be either left or right tusked, meaning they use one more than the other, such as a human can be right- or left-handed. The smaller tusk is generally their favored tusk and is smaller due to usage.
- It takes a lot of food to fuel an elephant! They can feed up to 18 hours a day and eat hundreds of pounds of plant matter — including grasses, leaves, fruits and roots — every single day. Depending on their habitat and in particularly dry regions and seasons, elephants will even eat the woody parts of trees and shrubs like twigs, bark and branches.
- Elephants are very intelligent, according to United for Wildlife. The site states elephants

can learn and feel emotions. For example, “if a member of their family group is injured, the rest of the group may come to help it.” Elephants are also known to grieve over lost family and friends.

- Elephants have the longest gestation period of any mammal — 22 months! Once born, baby elephants may stay with their mother up to 10 years.
- Depending on the species of elephant, they can live up to 70 years! Asian elephants can live up to 48 years while African bush elephants and African forest elephants’ lifespan ranges from 60 to 70 years.

Elephants are amazing creatures that need help to ensure their preservation. In honor of World Elephant Day, learn more about how to advocate for elephants through a variety of organizations dedicated to their protection.



JESUS WEPT

by Chaplain Kurt Stromberg

God Day and Hello. The prayer is that this finds you and yours doing well, as you walk through this blessed day that our Creator has bestowed upon us. For some the day will be filled with joy, happiness, and a grateful and thankful heart. Unfortunately for others this day that we find ourselves in can be filled with troubles, worries, concerns, and grief. Webster’s Dictionary defines grief as: deep sorrow, especially that caused by someone’s death.

As the Chaplain here at Fellowship Square of Historic Mesa, grief is something that each one of us deals with at some point in our life.



We all cope and deal with different situations and stresses in our life and grieving is no different. For those of us who engage in a personal relationship with our Savior/Creator these words from Jesus are very comforting, “Come to me, all who are weary and burdened, and I will give you rest. For my yoke is easy and my burden is light.” (Matthew 11:28, 30)

The dictionary definition of grieving points out that a lot of our grief stems from losing a loved one to death. One aspect to grieving that most people are not aware of is the fact that death is not the only thing in our lives that we will experience the feelings and emotions associated with grief. We can grieve over the situation of moving from one state to another, the loss of the ability to drive an automobile as well as many other things that we grieve over. One of my favorite verses in the Scriptures is a two-word statement, “Jesus wept.” (John 11:35)

The Creator and Savior of the world showed his emotions and wept. Jesus was grieving but He was not grieving over the death of his friend Lazarus, Jesus was weeping for the people as they displayed so little faith. So, in this simple story where the people are grieving the loss of a brother/sister, neighbor,

or close friend, Jesus is grieving for them. Proving that there are different things that we grieve over. In Revelation 21:4, John gives us confidence and hope stating, "and He will wipe every tear from their eyes, and there will no longer be any death; there will no longer be any mourning, or crying, or pain, the first things have passed away."

Invite Jesus into your grief as He will provide comfort and peace that surpasses all understanding. If you need assistance with grieving, I am available to help. We will be facilitating a 13 week "Grief Share" program starting in September to help those coping with the loss of a loved one or are grieving the loss of something else in their lives. Please contact us for help. I may be reached at 480-290-7050



Independent Living buildings getting a face lift with a new coat of paint. The east side of the property has been completed and work is in progress on the west side now!



From the Editor

We hope you enjoy this 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.



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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AROUND FELLOWSHIP SQUARE HISTORIC MESA

WOMEN'S APPRECIATION EVENT

