



FELLOWSHIP SQUARE
HISTORIC MESA

www.fellowshipsquarehistoricmesa.org

The JOYFUL INDEPENDENT

APRIL 2024

Director's Message

EARTH DAY

Earth Day is recognized each year on April 22. This designation serves as an important reminder that we each have a responsibility to care for our planet. We need to work together towards a future we can all enjoy. It is also a time to celebrate and appreciate the beauty and regrowth that comes with spring.



Rena Phillips

Fellowship Square Historic Mesa is cognizant of these themes on Earth Day as well as all year round. One of our main initiatives is to reduce the amount of Styrofoam containers that we use on a daily basis for delivering meals and to-go food.

We currently use approximately 400 daily, about 12,000 per month and a startling 146,000 a year. Styrofoam is non-biodegradable and non-recyclable, according to studies. It can take 500 years to decompose.

In an effort to become more environmentally conscious and to take action toward being a good steward of the Earth, Fellowship Square will be providing education to residents and providing them with a re-usable container to use for take-home foods, which will reduce our use of Styrofoam significantly.

We appreciate the efforts of our residents to do their part to help this initiative. We are also grateful for the time and efforts our volunteers put in to make our community, and our world, a better place.

We recently had a wonderful volunteer event on March 9 in partnership with IMEG Engineering. The firm

donated funds and volunteered their time to put together garden planters, plant trees and move gravel for our Garden Club's garden beds. In addition, a composter has been donated to our garden club.

The Garden Club is excited to start composting and will even be utilizing some of our kitchen scraps for composting. The Garden Club currently has a successful garden and they share the bounty of fresh vegetables — including celery, Swiss chard and tomatoes — with all residents. Read on in our newsletter for more about the volunteer event and our Garden Club.



VOLUNTEERING MAKES THE WORLD GO 'ROUND

Volunteering and resident participation in a multitude of activities are big facets of the community feeling at Fellowship Square Historic Mesa. After all, volunteering is not only good for altruistic reasons, it makes volunteers feel good

about donating their time, energy and funds and helps them connect with others.



Recently, Fellowship Square Historic Mesa was pleased to partner with [IMEG Corp](#) to host a volunteer day event. Approximately nine team members from IMEG Engineering volunteered their time (as well as donated funds) to help enhance our garden. In addition to IMEG members, residents and staff and even a young couple from nearby Gilbert, who love volunteering their time to local efforts, pitched in to help out.



Ursula and Lane Garret, who started and head up the Garden Club were thrilled for the help.

"Everyone who came to help was young and strong and very willing to help," Ursula said.

IMEG donated funds to help Fellowship Square Historic Mesa purchase planter boxes, trees and supplies. During the event, everyone helped out planting trees, painting patio furniture, shoveling and hauling gravel and assembling new garden planters in which residents could plant vegetables for the season.



"IMEG believes that together we create positive outcomes for people, communities and our planet. We strive to positively impact our environments and communities through purposeful volunteering as well as financial support," Angela Stensaas, EIT, mechanical project designer with IMEG says of their volunteer efforts. "Each of our 80 IMEG locations nationwide looks for local opportunities to support throughout the year. Our local IMEG Team here in Phoenix was fortunate to connect with Fellowship Square and find an opportunity where we could be of service."

After all their hard work, everyone gathered for lunch, game time and socializing, which Stensaas called the "cherry on top for the day as we all shared in good conversations and laughs."

Fellowship Square Historic Mesa is so grateful for IMEG's gracious donations of time and funds, as well as the enthusiasm of its staff and residents to make this volunteer event such a success. Tracey Biggerstaff, Fellowship Square Historic Mesa's Sales and Marketing director sums it up best: "We are so blessed!"



Painting a Passion: Art Club Ignites Talent at Fellowship Square Historic Mesa

Among many other things, Trisha Dreher, Life Enrichment Director at Fellowship Square Historic Mesa, leads the community's popular Art Program. It has been offered at Fellowship Square Historic Mesa for 13 years and counting. In that time, the club has inspired many residents to pursue their passion for painting.

The program features a multitude of classes including painting for both beginners and advanced artists as well as specialties such as Chinese Brush Painting, Diamond Art, Embroidery, Card Making and more. Many residents get involved in the Art Program in some way or another.



Dreher teaches Fine Art Painting, in which participants follow and learn the Masters and then recreate those works. Eventually, residents then create their own pictures.

Dreher believes the Art Program has many benefits for residents including purpose, open mindedness, relationships with family and friends, interesting topics, a healthy reason to look forward to the day and admiration from peers and family.

Dreher adds another important benefit is "that it gives residents the satisfaction of seeing

measurable improvement with time and effort being put into a respected hobby."

Members of the Art Program have been showing their works in a local gallery on Main St. in Mesa. The club has also been accepted to show their latest exhibit in the Downtown Mesa's 2nd Friday Night Out Art Walk. They have a booth where residents' artworks are on display.

Peggy Stimson is an avid member of the club, though she just became a member last fall. While she has always enjoyed art, she didn't think she was good enough. That changed with her involvement in the club.

"Now I believe I do have some talent and I really enjoy it," she says. "Once I got confident enough, it was easier."

She has already completed 10 paintings since last October, seven of which were included in the recent Main St. Mesa Art Walk. She is currently working on two other pieces. She enjoys painting with acrylics and a little bit of watercolor. Stimson likes to paint flowers and still life.

"I'm 86 years old. I'm not getting any younger so I thought I may as well start now," she says, adding, "I really like it and it gives me something to do."

Suzy Inman is another Art Club member. She has been living at Fellowship Square Historic Mesa for two years and heard about the program very recently after she moved in. She has always been an artist in some capacity, so the first opportunity she got, she went to join.

"I enjoyed it so much, I decided I would go back as often as possible and stay as active as I can with the group," she says. "Sometimes I go a few times a week, sometimes too much is going on so I don't go. But it keeps us busy."

Inman has always loved to draw, but she started painting through the club. She has since done acrylics, oils and watercolors and has learned a lot of new things from Dreher.

"She is a wonderful teacher," Inman says. "I have gained a lot of good things from her."

Though formerly a drawer, Inman has been leaning more toward painting in her newer works. She has been painting people and, as a horse person, she loves to paint animals and landscapes, especially the southwest. She had three pieces on display in the recent art walk.

"I'm a California girl, but have been in Arizona almost 30 years," she says. "I am inspired by the sunsets and sunrises that I can see from my balcony. They get me up and wanting to paint."

Inman encourages other residents to join the club. "Come and try it," she says. "You never know how good you can do unless you try!"



THE GARDEN CLUB SPRINGS INTO SEASON



Spring is abloom at Fellowship Square Historic Mesa — especially when it comes to the property's gardens, thanks to the Garden Club. Spearheaded by Ursula and Lane Garret, with the help of other volunteer residents, the Garden Club is bustling this time of year. In honor of National Garden Month, read on for more about the Garden Club at Fellowship Square Historic Mesa.

The Garrets started the Garden Club a few years ago. They meet a few times a month and resident members are welcome to choose seeds from their collection and plant what interests them.

There are currently four new planters, three that the Garden Club recently filled with soil and produce seeds. So far, the club has planted Blue Lake Green Beans, zucchini, yellow squash and onions (both red and Walla Walla varieties). These three planters reside at the east end of Building R. The fourth is in Quad 6. By the way, Ursula and Lane are currently looking for a volunteer to water this planter, so please contact them if you can help out!

The most popular picks of the harvest are Sweet 100 Tomatoes. "You have to get there early if you want to get one," Ursula says, adding, "You can bring it home and let it finish ripening in your window sill."

Ursula has been enjoying the kohlrabi herself. She eats it raw so she doesn't have to mess with cooking. She plans to plant some carrots to enjoy in this same fashion.

The flowers are also in full bloom right now. The garden has a dedicated flower segment that is located in the patio area between Building Q and Building R. There are many flower varieties and the area is abloom with a burst of vibrant colors.

"The flowers are my favorite to plant and the residents really like the flower pathway," says Ursula, adding, "Right now the flowers are very happy."

That could be due to the recent rains. Lane notes with the recent 6/10-inch of rain they tracked with the gauge in the garden, the flowers are blossoming, some of which only grow this time of year. A new addition they are looking forward to this season is a composting element to the garden.

Ursula and Lane enjoy the Garden Club and getting involved with the community. Last year, they even participated in the market, where they sold pots and plants. She says if residents are interested in having a plant in their home to contact her. Ursula has been working on propagating plant cuttings to provide to residents.

On the other hand, if any residents have sick or dying plants or pots they no longer need, she and Lane are happy to take them. They reuse old pots and

will try to revive any withering plants and give them new life.

The garden areas recently enjoyed some renovations and new plantings thanks to a special volunteer day event held on March 9 in collaboration with IMEG Engineering. Read all about the details on page two!

Most importantly, Ursula invites any resident with a green thumb or an interest in gardening to join them. Lane and Ursula could always use the help watering the garden areas to keep them thriving — and gardening is good for soul, after all! Check out the sidebar for some benefits of gardening.

Gardening for Good

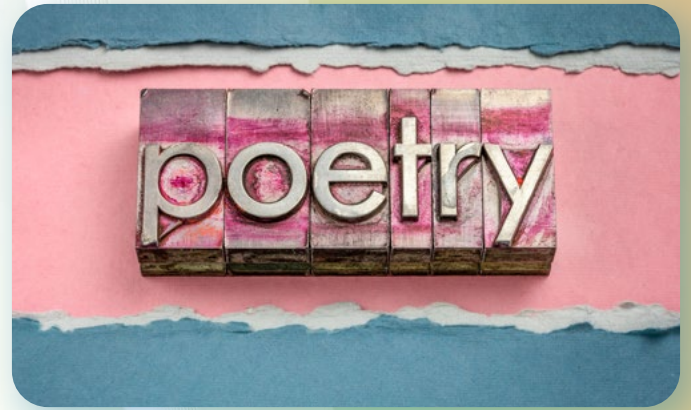
Getting your hands dirty through gardening can actually be beneficial to your health! A study featured on the National Library of Medicine website revealed some healthy aspects of gardening. The website states: "there is increasing evidence that exposure to plants and green space, and particularly to gardening is beneficial to mental and physical health."

Physical activity, social interaction and exposure to nature and sunlight seems add up to the trifecta that makes gardening such a positive activity for people. In addition, "Sunlight lowers blood pressure as well as increasing vitamin D levels in the summer, and the fruit and vegetables that are produced have a positive impact on the diet."

The article goes on to state that working in a garden can help restore dexterity and strength and gardening can even serve as an aerobic exercise, with caloric expenditure similar to what one might experience during a regular gym workout.

So this spring, get out and soak up the sun, meet some new friends and enjoy some physical activity—not to mention the beautiful and delicious fruits of your labor with the Garden Club!

WORLD POETRY DAY WIINNERS



In honor of World Poetry Day on Thursday, March 21, Fellowship Square Historic Mesa hosted a poetry contest for residents. Residents were encouraged to create their own poem in one of five styles — ballad, haiku, free verse, ode or limerick. One winner was chosen from each category. Winners were announced on March 21 and awarded prizes.

Winners:

Ballad – Marie Unterreiner, "My March Poem"

Haiku – Shirley Krafft, "Divine Music"

Free Verse – Shirley Krafft, "Thoughts at a Mountain Stream"

Ode – Ruth Von Neuman, "An Ode to my Great-Grandma's Imagination"

Limerick – none submitted

Overall – Shirley Krafft, "Thoughts at a Mountain Stream"

Honorable Mentions:

Gary Smith

Bill Rohan

Sarah Browning

Rebecca Reiss



EVERY DAY IS A NEW DAY GIVEN TO US BY THE FATHER IN HEAVEN

by Chaplain Kurt

Spring is the most amazing season of the year when it comes to noticeable transformation. Trees start to produce buds on the branches, flowers break the soil as they reach for and follow the trajectory of the sun. The long nights quickly succumb to the light as the days start early and end with the sun setting in the late evening.



Cecil, one of our beloved residents here at Fellowship Square of Historic Mesa, when asked how he is doing, responds by putting his fingers over his wrist. He makes the statement that if he has a pulse, it is a new day and a good day. He has found favor and purpose from his Father in Heaven.

We are told this in Lamentations 3:22-23: "The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."

Do you have a favorite season of the year and could it possibly be spring? In the spring, many things appear to be and are new. The plants certainly are responsive to the lengthening days and the abundance of new resources of food are available to feed the many new baby animals that arrive in the spring.

The wise Solomon penned this in Ecclesiastes 3:1-3, "For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted."

We can see the Heavenly Father's creation wherever we turn. In the spring season renewal is in abundance.

What season are you in when it comes to your spirituality and personal relationship with your Creator, Savior, Father in Heaven? Have you been intentional in making time for prayer, meditation and fellowship with brothers and sisters? Or have you found yourself in a season where Father in Heaven feels distant and not interested in you and or your daily struggles. We all go through seasons, even in our spiritual walk. At times we

backslide and indulge in the things of this world.

Isaiah 40:31 offers comforting advice regarding this: "But they that wait on the Lord shall renew their strength; they shall mount up wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

No matter what season you may find yourself in, it is vitally important to realize that no matter what the Father in Heaven will never leave nor forsake us. He is ALWAYS with us. How can the living God leave us when He is inside of us?

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own." - 1 Corinthians 6:19

This should bring us peace and joy regardless of the season of life that we find ourselves in. One thing that we can do to change the dynamics of the condition of our hearts, minds and souls is to be grateful and thankful for what we do have.

If you find yourself in an ugly season spiritually, take a moment to "RENEW" your mind and be grateful and thankful for what you do have.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will." -Romans 12:2

Being thankful is a condition of the heart and an amazing way to renew your perspective on things. Give praise to the Father in Heaven.

God Bless,

Chaplain Kurt

From the Editor

We hope you enjoy this issue of the Joyful Independent! Our newsletter is for 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.