



FELLOWSHIP SQUARE
HISTORIC MESA

www.fellowshipsquarehistoricmesa.org

The JOYFUL INDEPENDENT

MAY 2024

A COMMUNITY THAT THRIVES WITH PURPOSE

INTERVIEW WITH CHAPLAIN AND VOLUNTEER COORDINATOR, KURT STROMBERG

Chaplain Kurt has been a beloved part of the team at Fellowship Square Historic Mesa since 2017. And as of April, Chaplain Kurt's role at our community has become even more comprehensive. Chaplain Kurt is now also Fellowship Square Historic Mesa's Volunteer Coordinator.

Participating in activities, events, clubs and volunteer opportunities is a large part of the enrichment here at Fellowship Square Historic Mesa. It is a goal here to help engage our senior community. Here, Chaplain Kurt tells us more about his new role and the volunteer program at Fellowship Square Historic Mesa.



"Every single person has a purpose and an assignment or calling, regardless of their age," says Kurt. "Through the volunteer program, we hope to match residents up with their purpose, calling or assignment. Our motto is "Meet people where they are at, not where you think they should be or expect them to be."

In Isaiah it plays out like this, "Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here I am, send me."" (Isaiah 6:8)

Chaplain Kurt says that his role as volunteer

coordinator will intersect perfectly with his role as Chaplain. "As the chaplain at Fellowship Square, we are responsible for the spiritual well-being of the community. One of the main things that seniors need to understand that regardless of how old they are, God, Father in Heaven, still has a purpose for them. Having purpose can have healing effects on a person not only in their physical health but also in their mental, emotional, spiritual health. Our community will be known as a place where folks go to find purpose and heal."

Chaplain Kurt says the resident volunteers are essential to the overall well-being of Fellowship Square's communities. The volunteers provide support and services that so many of the residents need but, in many cases, cannot afford. Having purpose and meaning enriches the community and the volunteers lives in so many ways. They are able to show Christ Hands In Action (CHAs) as they serve each other with various activities like a dog walker or pet sitter. This allows a resident to feel comfortable that their pet is being taken care of.

Having resident volunteers supports Fellowship Square Historic Mesa's mission to help residents have thriving, purposeful lives, thus matching and aligning with the company's value and values. "Every person is so important in the Father's eyes and through volunteering there is an opportunity to serve others while serving the Kingdom," he says, adding that purpose and sense of community are such vital benefits of volunteering for residents at Fellowship Square Historic Mesa. Other volunteer jobs include, but are not limited to, Building Captains, Activity Leaders, Country Store, dog walking, etc. Whether you are a resident or not, and are interested in volunteering, please call Chaplain Kurt at 480-290-7904.



AMERICA'S GREATEST RACE - HISTORY OF THE KENTUCKY DERBY



It's Derby month! The Kentucky Derby takes place on Saturday, May 4, at Churchill Downs in Louisville, KY. Here, crowds of approximately 150,000 equine lovers will gather (not counting the millions watching from home) to experience this iconic horse race.

The longest continually held sporting event in the country, the Kentucky Derby is considered to be one of the most prestigious horse races on the planet. According to the organization's website, the Kentucky Derby's roots date back to 1874 when Colonel Meriwether Lewis Clark Jr. formed the Louisville Jockey Club and acquired land for the racetrack from his uncles John and Henry Churchill. The first race took place the following year on May 17, 1875.

1883 was the year in which the name Churchill Downs became associated with the Kentucky Derby's racetrack. A decade-plus later, attendance began to outgrow the facility so a 285-foot grandstand was constructed to accommodate growing crowds. In 1895 the Twin Spires were added.

In 1896, Ben Brush received a floral arrangement of white and pink roses upon his win. This was the first documented Garland of Roses, which became synonymous with the Derby. In 1904, the red rose was dubbed the official flower of the Kentucky Derby.

In 1925 Bill Corum, a sports columnist for the New York Evening Journal and the New York

Journal, American, coined the phrase "Run for the Roses®".

While held consistently during the month of May since its inception, in 1931, the Kentucky Derby was permanently scheduled for the first Saturday in May.

In 1939, infield seating admission was just .50 cents and the Mint Julep became the Kentucky Derby's official drink.

The 75th Kentucky Derby took place in 1949 and is locally telecast for the first time. A few years later in 1952, the first national live television coverage of the derby took place. It is believed that 10 to 15 million viewers tuned in to watch the event.

In 1970, Diane Crump became the first female jockey to ride in the Kentucky Derby, coming in 15th out of 18.

In 1985, the Kentucky Derby Museum opened on the ground of Churchill Downs with the mission to engage, educate and excite people about the derby.

The Churchill Downs Racetrack was placed on the register of National Historic Landmarks in 1986.

In 2015, the 141st Kentucky Derby set a record for the most highly attended derby, with 175,513 fans in attendance.

In 2020, the Kentucky Derby was postponed until September as a result of COVID-19. This was the first time in history that the event was run without fans in attendance. In subsequent years, the derby returned to its usual date of the first Saturday in May.

Derby hats and fascinators have become widely synonymous with the Kentucky Derby, which has become as much about fashion as it is about the race. So this Derby day, grab your fancy hat, dress to impress, sip a Mint Julep and get ready to watch one of the most iconic horse races in the world!



Skin Cancer Awareness Month

May is Skin Cancer Awareness Month, a time to raise awareness about the dangers of skin cancer and how to prevent it. In recognition of this designation, Fellowship Square Historic Mesa shares some education and sun safety tips.

According to the [Skin Cancer Foundation](#), "Skin Cancer Awareness Month is a time for us to speak up about the dangers of skin cancer and share the facts about sun protection and early detection to help save lives." Annually, there are more than 5 million cases of skin cancer diagnoses in the U.S. However, the good news is that skin cancer is one of the most preventable cancers.



It's important to be aware of the dangers of unprotected exposure to the sun as well as to have regular skin checks. These simple efforts can be lifesaving.

The [American Academy of Dermatology Association](#) (AAD) reports that "UV is the root cause of most skin cancer." The organization stresses the importance of taking precautions when spending time in the sun.

The [American Cancer Society](#) states that avoiding spending extended time in the sun between the hours of 10 a.m. and 4 p.m., when UV rays are the strongest, is one of the best ways to avoid UV damage. That includes cloudy days too. During the summer months, when rays are stronger and can even reach the ground — and the skin — it's even more important to be proactive about skin protection.

Damage from UV rays can occur in just 15 minutes, so it's important to wear sunscreen or

UV-protective clothing every day and even when running errands or when you plan on being exposed to the sun for short periods.

Consider applying sunscreen as well as wearing light clothing, hats, sunglasses or even gloves. Don't forget to reapply sunscreen often, particularly if you are in and out of the water.

While everyone is at risk for skin damage, the Skin Cancer Foundation reports more than half of skin-cancer-related deaths occur in those over the age of 65 and that skin cancer "strikes one in five people by age 70." So seniors need to be particularly vigilant about skin protection.

The Skin Cancer Foundation also recommends paying attention to your skin for early detection of symptoms. The organization suggests checking your skin from head to toe to look for anything new, changing or unusual. Furthermore, the [American Cancer Society](#) says, "If you have skin cancer, finding it early is the best way to make sure it can be treated successfully."

With "your eyes and a mirror" you can do a self-check over your entire body. The organization states, "The first time you examine your skin, spend time carefully going over the entire surface. Learn the pattern of moles, blemishes, freckles, and other marks on your skin so that you'll notice any changes next time. Be sure to show your doctor any areas that concern you."

Do a thorough exam of your entire body and if you find something suspicious, it's important to have it checked by your doctor. In recognition of Skin Cancer Awareness Month, consider these skin protection efforts and commit to self-checking your skin on a regular basis.



FEEDING YOUR EMOTIONS: DISCOVERING THE POWER OF MOOD FOODS

Researched and Written by Jayne Reynolds, BCHN®

When you're feeling down, what's your go-to? Binge-watching a beloved series, connecting with a trusted friend, catching some z's or reaching for comfort foods? Each can provide a temporary mood lift. But did you know that adopting a certain way of eating not just during tough times can lower your risk of developing depression? And, get this new clinical trials have discovered it can even help alleviate bad moods after they've set in. Intriguing, right?

Let's delve into the fascinating realm of "nutritional psychiatry," which offers a new way to safeguard your mental health. One dietary pattern that consistently stands out for its link to lower depression rates is the Mediterranean diet. Based on the traditional eating habits of the Mediterranean region, this diet is abundant in fruits, veggies, olives, olive oil, whole grains, nuts and lean proteins such as chicken or fish while limiting red meat and dairy.



But here's the exciting part - recent research from the Food and Mood Centre at Deakin University in Australia shows that eating in line with the Mediterranean diet may not just prevent depression, it could also help improve symptoms of depression that have already surfaced. In their clinical trial called SMILES (Supporting the Modification of Lifestyle in Lowered Emotional States), participants who followed a modified

Mediterranean-style diet experienced a significant reduction in their depression symptoms after 12 weeks.

In fact, those who made the most significant dietary changes saw the most substantial mental health benefits, with an impressive 32 percent of the diet group going into remission, compared to just eight percent of the befriending group. This means that adopting a Mediterranean-style diet can lower your risk for depression and improve existing symptoms too. A true game-changer!

So how can food affect your mood?

Food is often referred to as "fuel." But what and how you eat profoundly affects almost every aspect of your physical and mental health. On a basic level, calories provide fuel to give us energy to move, think, digest, breathe and more. Proteins also form the building blocks of all your neurotransmitters. These are chemical messengers for your brains and nerve cells to transmit messages to each other. Essential vitamins and minerals from whole foods combine with protein to form neurotransmitters. Fiber and some starches feed your friendly gut microbes. These have their own nervous system, communicate with the brain and make their own neurotransmitters.

Eating delicious foods for your moods

The Mediterranean diet includes fish, chicken, eggs, beans, lentils, whole grains, vegetables and fruit. It also includes some nuts and olive oil, as well as drinking plenty of fresh water. It's a holistic style of eating that involves enjoying a meal with others something else that's great for your mood.

Put these ideas to work for you with these simple strategies.

- Keep your blood sugar stable with meat or plant-based protein at every meal.
 - Choose seafood, lean poultry and legumes over red meat.
- Enjoy more fruits and vegetables.
 - Choose fresh or frozen over canned because they retain more nutrients.
 - Choose lots of colorful foods (spinach and other greens, peppers, cauliflower, pumpkin and lemon, for example).
 - Choose unsweetened fruits and

vegetables over juices.

- Get some fermented and probiotic-rich foods.
 - Examples of fermented foods include plain yogurt, kefir, sauerkraut, pickles, miso, kimchi and more.
 - When shopping, look for brined foods in the refrigerator section (not on the shelves at room temperature); they still contain live active cultures.
- Cut down on added sugars.
 - To reduce sugar intake, try using less and substituting with berries or cinnamon.
 - Avoid artificial sweeteners as they have a lot of serious side effects.
- Avoid pro-inflammatory foods as often as you can.
 - Highly processed foods high in trans-fat, saturated fat, refined flour and sugar are linked to higher levels of inflammation and depression.

The connections between what you eat and how you feel keep getting stronger. Eating whole foods can help prevent depression and may even alleviate some of its symptoms. The benefits go beyond better moods! They can also reduce your risks for heart disease, diabetes and some cancers.

If you are experiencing severe depression or other mental health issues, you may need additional help beyond food. See your licensed healthcare provider for additional treatment or management options.

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THE IMPORTANCE OF PHYSICAL FITNESS AT ANY AGE

INTERVIEW WITH JAIMEE SHAPIRA

In honor of National Physical Fitness and Sports Month, which is celebrated each May, Jaimee Shapira, Functional Pathways Wellness Coordinator and Fitness Instructor at Fellowship Square Historic Mesa, shares some important reasons why staying active at any age is important. She also offers some tips for adding fitness to your daily life.



“Regular physical activity is one of the most important things you can do for your health,” says Jaimee. “Being physically active can improve your brain health, reduce the risk of disease, strengthen bones and muscles and improve your ability to do everyday activities.”

While these benefits should be inspiring, getting motivated to exercise can be a little daunting. Jaimee offers the following tips to get and stay motivated to work out:

- Start off slow.
- Set realistic goals.
- If you haven’t been exercising for a while, try something new (and fun!).
- Start with just one time a week and then start adding workout days to your routine.

“Remember that some is more than none. If I give rules to this it takes the fun out of it and fun is my only rule!” Jaimee says. She suggests some exercises such

as balance activities, bodyweight exercises, functional fitness and mobility as well as low-impact activities like yoga, swimming or cycling. “Most importantly, make any of them that you choose fun!”

When it comes to staying the course, Jaimee says motivation is key. “It is the energy that drives you to complete a task or behavior,” she says, adding, “It’s the ‘wind in your sails’ that pushes you toward your goals.” She utilizes these strategies to help seniors get and stay motivated:

Find your “why” — To fuel your motivation, understand the deeper reasons behind your goals and aspirations.

Create a positive environment — Surround yourself with positivity, whether it’s through inspirational posters, uplifting music or encouraging friends.

Practice gratitude — Reflect daily on what you’re grateful for to foster a positive mindset and motivation.

Set deadlines — Assign specific deadlines to your goals and tasks to create a sense of urgency.

Embrace challenges — See challenges as opportunities for growth rather than obstacles, which can boost your motivation to overcome them.

Reward yourself — Treat yourself to small rewards when you accomplish tasks or milestones to stay motivated.

Stay flexible — Be adaptable and open to change as your goals and circumstances evolve.

Track progress — Keep a journal or use apps to monitor your progress and see how far you’ve come.

Stay inspired by role models — Study the lives and journeys of people who inspire you to maintain motivation.

Practice visualization — Picture yourself succeeding in your goals in vivid detail to increase motivation.

Eliminate negative influences — Minimize contact with people or situations that drain your energy or enthusiasm.

Set personal challenges — Challenge yourself with new experiences or hobbies to stay engaged and motivated

Find accountability partners — Share your goals with someone who can hold you accountable and offer support.

Stay curious — Cultivate a sense of curiosity and wonder about the world to stay motivated in your pursuits.

Whether just starting on a fitness journey or needing a little inspiration to continue a current one, stay the course with these tips. And remember to make it fun!

Jaimee Shapira, BS, CPT, ERYT, is a psychoneuroimmunologist and movement specialist.



STUPENDOUS STRAWBERRIES

Researched and Written by Jayne Reynolds, BCHN®



Who doesn’t love a sweet juicy strawberry? While they are delicious, did you know that these tasty treats have some pretty amazing health benefits, too?

These bright red berries are packed with flavonoids, which help protect your body against inflammation, heart disease and even cancer! Studies have shown that if you eat plenty of strawberries, you’re much less likely to develop this disease. Strawberries are also COX inhibitors, which means they may be able to help block certain inflammatory conditions like arthritis, asthma and atherosclerosis.

For those of you who are more mature in age,

take note: strawberries topped the list of eight foods that were linked to lower rates of cancer deaths in the elderly. Next time you're looking for a snack, reach for a handful of fresh strawberries! Not only will they satisfy your sweet tooth, but they'll also help your body stay healthy and strong. Here is just one way to enjoy strawberries:

Avocado Strawberry Spinach Salad

Salad Ingredients

- 5 oz. spinach
- 8 oz. strawberries, sliced
- 1 avocado, diced
- 1/2 red onion, sliced
- Protein of choice

Dressing Ingredients

- 1 c. strawberries, fresh, green tops removed
- 1 Tbsp. maple syrup
- 1/4 c. balsamic vinegar
- 1/4 c. olive oil
- 1/2 lemon, juiced
- 1/4 tsp. salt and pepper, to taste

Directions

Salad Prep

1. Remove green tops from strawberries and slice.
2. Dice avocado and slice red onion.

Dressing Prep

1. Cut the green tops off the strawberries.
2. Combine dressing ingredients in a blender and blend until smooth. (Or you can use a Nutribullet; it's smaller and easier to clean.)

Make

1. In a large bowl, toss spinach, strawberries, avocado, and onion, then drizzle with strawberry dressing.
2. Serve with your protein of choice.

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PRAYING, WALKING, TALKING AND LISTENING

by Chaplain Kurt

As spring transitions into the dog days of summer, the days get very long and the nights are short. The longer days allow us who reside in Arizona to take advantage of the cool mornings and evenings. During this time, I indulge in one of my favorite things — walking my dog Stewart (a pug). If you know me, you will understand that these walks are not just to get exercise and appease my little friend. No, the walks I take have a deeper more meaningful purpose beyond exercise. These walks are my personal time with the Creator. During these walks, I am in constant communication with the Creator through prayer, worship and listening.

The psalmist put it this way, "O Lord, in the morning you hear my voice; in the morning I plead my case to you and watch." (Psalm 5:3)

In fact, anytime I am walking around the beautiful campus here at Fellowship Square Historic Mesa I am usually engaged in some type of communication with the Creator. Communication involves two or more people who are both involved in conveying and receiving information. Many times, I am guilty of remembering that this is the case — that communication is both expressing yourself as well as receiving an incoming message.

James offers this advice when communicating with the Father in Heaven, "My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry." (James 1:19)

The National Day of Prayer falls on Thursday, May 2. This day offers an opportunity to consider the importance of prayer when it comes to our personal relationship with our Father in Heaven.

Jesus provides us an example of where and how to pray not only in the Lord's prayer but also in Mark: "Very early in the morning while it was still dark, Jesus got up, left the house and went off

to a solitary place, where he prayed.”
(Mark 1:35)



One of the things that I am guilty of is having a “potty mouth” when it comes to praying. In other words, I pray, pray, pray and then move on to something else. How can we know what the Father is instructing us if there is so much noise that we cannot hear what he whispers to us?

So, get out there and enjoy the fabulous weather. As you do, remember that we are in a personal relationship with our Creator in Heaven. This means that there is a two-way communication that takes place. We can always be coming to the Father in prayer, but to hear from Him we must get quiet and listen. Many times, we are so busy and consumed by the things of the world that we forget that Father speaks to us in gentle whispers.

Elijah learned this as stated in 1 Kings 19:11, “The Lord said, ‘Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by. Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord. But the Lord was not in the wind. After the fire, and the earthquake came the Lord was not in them. After the fire and earthquake came a gentle whisper.’”

As we acknowledge The National Day Of Prayer take time to not only thank and praise the Lord as you pray to Him, but also remember to find a place where you can get quiet and hear personally from the Creator of the universe and

you, our Heavenly Father.

God Bless, Chaplain Kurt



SHIRLEY KRAFFT — POETRY CONTEST WINNER

Shirley Krafft is March’s poetry contest winner! Shirley decided to enter the contest as an opportunity to return to writing, which she had not done in many years.



Shirley actually began writing poetry seriously when she was 60 years old. Up until then, her writing had been sporadic, but there was a 15-year period when she was really focused on it. During that time, she took a semester class on writing poetry at

Mesa Community College. She admits, “It takes a block of time when one can be totally immersed in the writing.”

Shirley’s poetry is mostly inspired by nature and spirituality, but she has written about other subjects. She was overwhelmed when she heard she had won Fellowship Square Historic Mesa’s poetry contest. “I know there is a lot of hidden talent among the residents living here,” she says, adding, “There are writers and I had no idea how many might be writing poetry.”

Shirley is a published poet, with three of her poems featured in the daily devotional booklet titled The Daily Word. She has also taken part in a self-published booklet. “A very good friend of mine helped to pair my poetry with the lovely photography by her spouse,” she says. “And

another friend did the formatting.”

Congratulations, Shirley! Your poetry has inspired us all!



Free Verse Winner

Thoughts at a Mountain Stream
By Shirley Krafft

The chill mountain stream

mesmerizes as I sit

on a flat-topped ridge – alert to

the clear water flowing by.

Bubbles of foam join

fine misty sprays along

the boulder strewn journey

I am privileged to behold.

The riverbed of stones and sand

speak loudly of the

passing of time –

eons of grinding and polishing.

I wonder about

the obstacles of rock and tree

felled by other forces –

some from the ancient past.

It appears a mirror of life:

One of nature’s infinite metaphors.

All of it as a journey

Seemingly clear to the Creator.



MEET KIM SULLIVAN, FELLOWSHIP SQUARE HISTORIC MESA'S ASSISTED LIVING SUPERVISOR AND LPN

Nurses may wear scrubs versus capes, but they are everyday heroes! Fellowship Square Historic Mesa is lucky to have one right in our community — Kim Sullivan, our assisted living supervisor. In honor of National Nurses Week, we learn more about Kim!

Kim has been with Fellowship Square Historic Mesa since 2019 but she has been working with seniors since she was just 17 years old. She initially wanted to go into the Accredited Records Technician Program.

However, at the time, the program was full so she looked into nursing. The program had openings — so she applied, passed testing and was accepted. She already had some experience working with patients so she followed the nursing path.



“I have learned a lot from working with seniors and I have had the opportunity to make a

difference in so many residents' and families' lives," she says. "I love what I do and love learning and growing while doing a job."

Throughout her career, Kim has worked in many capacities in various facilities, starting as a nurses aide and then becoming a CNA. She then moved into social service, designee, activities director, medical records designee and then moving on to nursing school to become an LPN. She has been working as an LPN since 1989.

While she admits there are challenges such as making residents and families happy and gaining their trust, Kim says her career has been so rewarding.

"With each capacity, I have learned, taught and helped a lot of people," she says. "I feel my favorite part would be the many, many times when a resident looked at me and said, 'thank you,' while holding my hand and topping it off with, 'I love you.'"

While she has had so many of these moments, each one brings her joy and everyone touches her heart. "I feel blessed to have my heart filled with those moments," she adds.

In honor of Kim and all the hardworking nurses that save lives and make people feel better every day, Fellowship Square recognizes National Nurses Week!



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.

