

SQUARE TIMES

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Remember When: Wooden Sleds

For generations of children, the combination of a winter snowfall and a nearby hill made for a day of sledding fun. One of the most popular means of riding the snowy slopes was aboard a Flexible Flyer. The iconic wooden sled with its eagle logo, red metal runners and hardwood seat slats was famous for a revolutionary feature—a flexible front-end steering bar that allowed the rider to control their course. Created in 1899, millions of the sleds were sold up until the 1980s.

Healthy Choices at the Holiday Table

This is the time of year to eat, drink and be merry. It's possible to indulge in the flavors of the season and dish up a healthy holiday plate with a few simple food swaps. While ham and prime rib are popular holiday entrées, turkey is a healthier protein pick. Opt for a slice of lean turkey breast rather than a piece of dark meat, and you'll save about 70 calories per portion.

Instead of a roll with butter, reach for the fresh vegetables, which are lower in calories; plus, their fiber will help fill you up. Just be

wary of high-fat dips that often accompany a veggie tray. Yogurt-based dips or hummus are better choices. When selecting a side dish, sweet potatoes—packed with vitamins A and C and potassium—are a smart swap for traditional mashed potatoes or deep-fried latkes. For dessert, fresh fruit salad is the healthiest treat to satisfy a sweet tooth. If you saved room for pie, experts say pumpkin is one of the better options since the filling is high in nutrients. And because it only has a bottom crust, it's lower in fat and calories.

Stay a Kid at Heart

“The lovers of life, they are children at heart always in their wonder and delight.”
—Elizabeth Goudge





“SNOWBIRD”

Memorable Melody: ‘Snowbird’

When Anne Murray sang her 1970 breakthrough hit about a snowbird, she wasn’t referring to retirees who spend their winters in the warmer parts of the country. The easygoing tune, composed by singer-songwriter Gene MacLellan, is about a woman wanting to fly away from heartache with the winter bird. The song soared to No. 1, making Murray the first Canadian female solo artist to top the U.S. music charts and the first to earn a gold record.

Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home—not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

Wash your hands. With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

Dress warmly. Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf.

Watch your step. Wear boots or shoes with nonskid soles, and avoid walkways that are wet, icy or snow-covered. Always hold on to safety railings. After being outside, leave wet shoes by the door to prevent tracking water throughout your home, creating a fall hazard.



Fun and Functional Nutcrackers

Standing at attention with their tall hats and toothy grins, nutcrackers are a festive seasonal sight.

In the 1700s, woodworkers in Germany began carving nutcrackers in the shapes of soldiers and kings. Symbols of

good luck and protection, the dolls were traditionally given as gifts.

The march of nutcrackers into the U.S. was spurred by two factors. During World War II, many American soldiers stationed in Germany bought nutcrackers as souvenirs for their loved ones. Around the same time, Peter Tchaikovsky’s ballet “The Nutcracker” debuted in the U.S. and became a hit, making the character a beloved icon.

While traditional soldiers remain a popular design, figures of all kinds can now be found.



Laugh Lines: Holiday High Jinks

Q: What song do they sing at a snowman's birthday party?

A: "Freeze a Jolly Good Fellow"

Q: What is the best present in the world?

A: A broken drum—you can't beat it!

Q: Why did the turkey join the band?

A: Because it had drumsticks.

Q: How does good King Wenceslas like his pizza?

A: Deep pan, crisp and even.

Q: What do you get if you cross a bell with a skunk?

A: Jingle smells.

Q: What's green, covered in tinsel and goes, "Ribbit, ribbit"?

A: Mistle-toad.

Q: What do you call a group of chess players bragging about their games in a hotel lobby?

A: Chess nuts boasting in an open foyer.



Coping With Holiday Stress

The holidays can be wonderful, but they can also bring on stress. Follow these tips for truly happy holidays:

- Have a realistic plan. Doing so will reduce the strain of juggling tasks, duties, errands and appointments.
- Stick to your lists and your budget. Overspending is a common source of Christmas stress. Remember that the point of the season is to show care, not to simply consume.
- Learn how to say "no" to less important activities. Be selective. Don't overschedule. If you limit yourself to two social events per week, you won't run down your batteries.
- Plan parties or shopping trips with family and friends to cut down on the number of events and responsibilities.
- Schedule some downtime for rest and reflection.
- Keep your sense of humor.
- Establish your own standards, and don't be governed by others' expectations or demands.
- Don't skip meals or live on snacks because you are too busy.
- Don't sacrifice your exercise program as you get busier.



Wit & Wisdom

"What life expects of us is that we celebrate."
— José Eduardo Agualusa

"Don't fear the future or regret the past, but celebrate the present."
— Tim Mann

"The most beautiful things are not associated with money; they are memories and moments. If you don't celebrate those, they can pass you by."
— Alek Wek

"We reveal to ourselves and others what is important to us by the way we celebrate."
— Noël Piper

Any Dream Will Do

A Romantic story of redemption, of second chances, of learning from our mistakes, and of moving forward. Shay Benson made a serious mistake and ended up in prison. When she got out of prison, she was determined to start fresh and wandered into a church to escape from the cold. Pastor Drew Douglas 'wife died, leaving him with two children to raise by himself. He needed a fresh start. As he walked through his sanctuary, he found Shay sitting in a pew. The pair strike up a friendship. Drew helps Shay get back on her feet, and she reignites his sense of purpose- that, over time, turns into something romantic. Perhaps most important, Shay learns to trust again as she proves herself trustworthy to her community.'



Book Review by Ann Bartles

In November, residents at Fellowship Square-Mesa were given the opportunity to participate in a national program entitled "*A Matter of Balance*." The classes were held once a week at Fellowship Square-Mesa (building #5, 2nd floor) and were led by students from the Mesa, Arizona, campus of A.T. Still University. Every student teacher has attended over eight hours of training and is carefully supervised by A. T. Still University faculty and staff. Falls in older adults are a global community health concern and numerous reports have highlighted the extent of this problem. Arizona senior adults who have participated in the program report dramatic changes in their level of mobility and their attitude toward life. Typical are stories like the one shared by a Mesa woman who was afraid to leave her apartment after falling in the street. After attending the program she now reports, "My life is totally different. I feel like I am living again!!" Older adults are not the only ones benefiting from *A Matter of Balance*. Still University students who have delivered these classes report that the interaction with older adults has "changed their life" and given them invaluable insight into the sociological, psychological and economic challenges of aging. A.T. Still University of Health Sciences serves as a learning-centered university dedicated to preparing highly competent professionals through innovative academic programs with a commitment to continue its osteopathic heritage and focus on whole person healthcare, scholarship, community health, interprofessional education, diversity, and underserved populations. **Jon Scott Williams**