

# SQUARE TIMES

**FELLOWSHIP SQUARE-MESA**

July 2018

6945 E. Main Street · Mesa, AZ 85207 · (480) 654-1800

## Memorable Melody:

### 'You're a Grand Old Flag'

A conversation with a Civil War veteran inspired the lyrics of this patriotic march, written by Broadway star George M. Cohan for his 1906 stage musical, "George Washington, Jr." The rousing tribute to the American flag declares, "Ev'ry heart beats true under red, white and blue," and uses familiar lines from other famous songs, including "Yankee Doodle Boy" and "Auld Lang Syne." During World War I, the tune's popularity soared, and sold more than 1 million copies of sheet music.

## ClearCaptions

Can't hear on the phone? Ensemble is for the 48 million Americans with hearing loss. Get your FREE Caption Phone! Nothing to pay for...EVER. Captioned phone conversations are displayed on the screen so you never miss what is being said. Captions are provided free of charge to the user via ClearCaptions (FCC Certified). Learn how you can qualify for a no-cost caption phone. People understand the weight and meaning of words. Ensemble is a captioned phone that displays text of conversations in near real

time on a large, color touchscreen so you can see and hear what callers are saying, with a built in answering machine and phone book. Your local ClearCaptions representative, Mark Nickel, will be on hand to explain this Federal Program that provides caption phone service to anyone who is hard of hearing at no cost with no income qualifications on Monday July 16th at 10am at Oasis Activity Room. Look forward to being able to hear and see your calls and connect with people again!

## A Cool Tip

To cool off in the summer heat, grasp a cold water bottle. Chilling your palms helps circulate the blood and lower your body's core temperature.



**Get the Whole Conversation**





## Trivia Whiz

### An Extraordinary Eagle

The bald eagle has been the national symbol of the United States since 1782.

Bald eagles live only in North America, with nesting sites in Canada, the U.S. and northern Mexico.

While hunting prey, the eagles can dive at speeds up to 100 mph. In normal flight, they travel about 30 mph.

Female bald eagles are bigger than males and can be 3 feet tall with a wingspan up to 8 feet.

Bald eagle pairs tend to stay together for life.

### Stay Hydrated in the Sun

In early summer, everyone likes to get outside and enjoy the sunshine. As fun as being outside is, it is still important to focus on your well-being, especially staying hydrated.

*Get your fluids.* Water is the best choice—it is inexpensive and contains no sugar—but you can also get fluids from juice, coffee and tea. Fruits and vegetables also contain water; watermelon and lettuce are especially high in water content. Find beverages, fruits and vegetables you love. Not only will you enjoy your meals, but you will get the health benefits, too.

*Know your risk factors.* As

people get older, their bodies' ability to conserve water diminishes; they don't feel as thirsty and their bodies don't respond as well to temperature changes.

*Know the symptoms.* When you are outside during warm weather, drink fluids even before you feel thirsty. Thirst is a sign that dehydration has already started. Other symptoms include dry mouth, sleepiness, headache and dizziness.

### Cool Summer Style

Stay fashionably cool this summer with these style tips:

*Think layers.* Dress in light layers so you can easily adjust from summer heat to air-conditioned offices and restaurants. Try a lightweight linen blazer or thin cotton cardigan over a crisp button-up shirt.

*Consider colors.* Light hues like white, cream and pastels are summer staples. Even light pink looks sophisticated when paired with structured cuts. For a bolder look, try bright shades of yellow,

red, green and blue; pair them with neutral white or black. Get nautical with navy and white stripes over cropped jeans.

*Go casual.* Men's dark, knee-length shorts look great with sandals or canvas shoes. Try loose-fitting tops with airy skirts, or tailored shorts with matching blouses.





### Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
  2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
  3. The man who caught the 8-pound fish didn’t catch the walleye.
  4. Mr. White didn’t catch the 6-pound trout.
  5. Nate caught the perch.
  6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.
- (Answer: Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.)*

### Independence Day Q&A

- 1) In July 1776, how many people were estimated to live in the newly independent nation? A) 575,000, B) 2.5 million, C) 5 million, D) 304 million
- 2) There is a law that says you can be arrested if you don’t salute during the national anthem. *True or false?*
- 3) What year did George Washington make his first Fourth of July address? A) 1776, B) 1777, C) 1784, D) 1791
- 4) Only one President, Calvin Coolidge, was born on the Fourth of July. Three Presidents died on that date. *Who were they?*

#### Answers:

- 1) *B.* About 2.5 million people populated the 13 colonies when America declared its independence. Today, the U.S. population is about 306 million.
- 2) *False.* But U.S. Code does dictate patriotic customs for the occasion, which state that when the song is played, all present should stand at attention facing the flag with the right hand over the heart.
- 3) *D.* That was the only time Washington ever gave an address on Independence Day. It took place in Lancaster, Pa.
- 4) *Presidents John Adams, Thomas Jefferson and James Monroe* all died on the Fourth.



### Wit & Wisdom

“Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us.”  
—Samuel Smiles

“How glorious a greeting the sun gives the mountains!”  
—John Muir

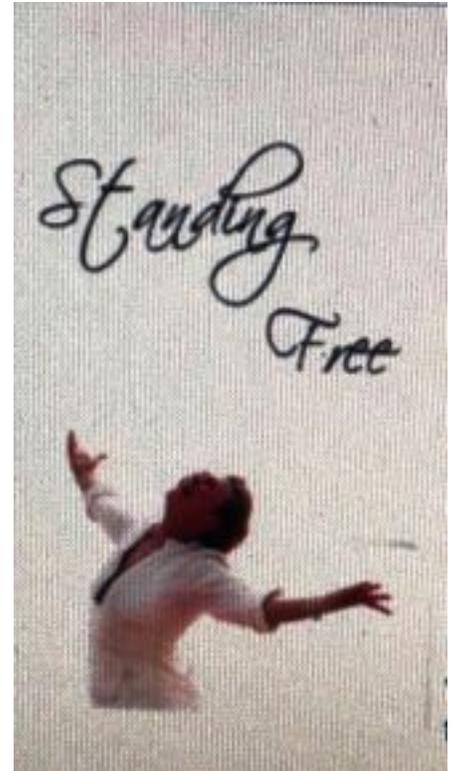
“The sun lay like a friendly arm across her shoulder.”  
—Marjorie Kinnan Rawlings

“Remember even though the outside world might be raining, if you keep on smiling the sun will soon show its face and smile back at you.”  
—Anna Lee

## Freedom in Christ

As our country celebrates this July 4 with food, fireworks and fun, let us remember what freedom means to us in the United States as Christians. We can gather together to worship our God freely without worry or fear. However, let us remember what Peter said, “Live as free people, but do not use your freedom as a cover-up for evil; live as God’s slaves.” We always need to love our God, our country, our family, our friends as well as our enemies. Paul said, “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is Freedom.” We also need to pray daily for the leaders of our country with all the different political issues that are changing around the globe.

Chaplain Don



Chaplain DON Chats

When it comes to moving into a new community, new residents may wonder how they are going to connect with their new neighbors. One of the strongest ways that Fellowship Square residents and staff encourage is through faith. With the common thread of belief and prayer, it’s easy to make a connection with new friends—young and old. Whether going to services together, reading scripture or simply starting a prayer circle, faith forms a strong bond.

When people connect through faith, a deep bond of loyalty and trust can be established simply through sharing in a similar belief system. When moving to a new community such as Fellowship Square, seniors should learn more about the community and surrounding neighborhood’s faith-based offerings. Once seniors establish a few “friendly faces” in their church routine, they can reach out to those new faces to see if they would like to meet regularly for outside activities.

As seniors age, many of them turn to faith as they lose loved ones and search for solace. While seeking this, faith can also be a place of love, comfort and support for seniors in their time of need. Fellowship Square offers a number of opportunities for residents to meet and bond through faith, such as bible study, worship hour, and a special prayer garden, in addition to traditional Catholic services. Also at meal times, one can recite a prayer to the group at the table, sometimes holding hands and heads bowed.

**Jon Scott Williams, Executive Director**