



SQUARE TIMES

FELLOWSHIP SQUARE-MESA

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

5 Things About: January

- January is the coldest month in the Northern Hemisphere and the hottest month in the Southern Hemisphere.
- Scholars say the name January derives from the Latin word for “door.”
- With the exception of leap years, January begins on the same day of the week as October.
- The birth flower for the month is the carnation.
- The third Monday of January is recognized as Martin Luther King Jr. Day.

In With the New

In **America**, New Year’s celebrations are a time for singing the old Scottish ballad “Auld Lang Syne,” sharing a kiss at midnight, and eating black-eyed peas.

Denmark. For Danes, it’s customary to throw old plates and glasses at friends’ front doors! The gesture is actually welcomed—a heaping pile of broken dishes on a home’s doorstep is considered lucky, because it shows those inside have many friends.

Philippines. Filipinos wear polka-dotted clothing and eat round-shaped foods

during their festivities.

Spain. In Spain, it’s tradition to quickly eat 12 grapes—one as each hour chimes at midnight—to bring good luck for each month of the coming year.

Japan. Celebrating in Japan often involves dressing as the New Year’s zodiac animal and attending the local temple, where bells ring 108 times, a sacred number in Japanese culture.

South Africa. Rather than party hats, revelers in South Africa should probably don hard hats due to the custom of throwing old furniture and appliances out windows onto the streets below!





New Year

All Eyes on the Rose Parade

Millions of people will take part in the New Year's Day tradition of watching the Rose Parade. Broadcast live from Pasadena, Calif., the event awes viewers with its elaborate floats.

Many are engineering marvels, with past entries featuring spectacles such as a working roller coaster and a water slide. Even more amazing is that every inch of every float must be covered with flowers or other organic material such as leaves, seeds and bark.

Arizona Talking Book Library

Who We Serve:

- Arizona residents with low vision, making it difficult to read standard print
- Those who find it hard to hold or handle print books
- Individuals who have a reading disability resulting from organic dysfunction

What We Provide:

- Lending Library: including audio books and magazines and movies and Braille books by postage-free mail
- Audio and Braille Book download

How to Apply:

- Eligibility- Visual Acuity is 20/200 or less- Physical impairments prevent you from holding a book or turning pages, and/or reading/learning disability
- Submit an Application- See Floor Reps or Linda Petty for an application.

Certification signature required from an M.D. or D.O.

How to Request Books:

Call our librarian at 602-255-5578 or search online catalog in large print.

Reasons to Read

Getting lost in a good book is an enjoyment for many people. More than just entertainment, reading has been shown to be good for your health. **Boosts brain power.** Much like exercise for the body, reading a book is a workout for the brain. Critical thinking is required to process the text, make connections between chapters and retain information. This forges new pathways in the brain, which can help protect against cognitive decline. **Increases empathy.** When immersed in reading,

especially a fiction story, we are likely to identify with the characters and their emotions.

Promotes sleep. A bedtime routine that includes reading with dimmed lights sends a signal to the body that it's time to wind down. Physical books work best at night since the glare from digital devices can disrupt sleep.

Reduces stress. A page-turner often transports the reader to another world, providing a break from worries. Participants in one study began to relax after just six minutes of reading. Come see us in our Library in Building 5.



Brain Bender: Happy 'New' Year

Each of the following clues describes a person, place or thing with a name that contains the word "new." How many can you answer correctly?

1. Scientist who developed the laws of motion and the theory of gravity
2. The most populated city in the U.S.
3. Type of publication this puzzle is printed in
4. Large dog, originally bred in Canada
5. 1992 film that became a Broadway musical in 2012
6. A just-wed bride and groom
7. Semiaquatic salamander
8. Connective tissue between muscle and bone
9. Island nation east of Australia
10. Star of the movie "Cool Hand Luke"

(Answers: 1. Isaac Newton; 2. New York City; 3. newsletter; 4. Newfoundland; 5. "Newsies"; 6. newlyweds; 7. newt; 8. sinew; 9. New Zealand; 10. Paul Newman)

The NFL's Pro Bowl

On the weekend before the Super Bowl, the NFL's top players take the field for the Pro Bowl, a faceoff between the league's two conferences, the AFC and the NFC.

The Pro Bowl tradition kicked off in 1939 with a showdown between that year's league champions, the New York Giants, and a team of all-stars selected by players and coaches. The game followed a similar format for the next few years, until World War II travel restrictions called a timeout on the event.

When the competition resumed in 1951, it featured two all-star teams representing each conference. The game has been played every year since then, with warm-weather locales Los Angeles and Honolulu often hosting the contest. Coaches, players and fans now cast votes for the teams' rosters of 44 players each.

The Pro Bowl used to take place after the Super Bowl, but in 2010, organizers moved it to the week before the big game to draw more TV viewers. To prevent injuries, players whose teams are in the Super Bowl do not compete in the Pro Bowl, and special rules of play have been enacted to protect the participating players.



Wit & Wisdom

"The way we spend our time defines who we are."
—Jonathan Estrin

"There's only one thing more precious than our time, and that's who we spend it on."
—Leo Christopher

"All we have to decide is what to do with the time that is given us."
—J.R.R. Tolkien

"There's never enough time to do all the nothing you want."
—Bill Watterson

"If you love life, don't waste time, for time is what life is made up of."
—Bruce Lee



Happy New Year! The Christmas decorations have come down and the nativity is packed and placed on a shelf. Did you know, though, that the Magi from the east came to worship the King of Kings and Lord of Lords after the birth of Christ? Christian tradition celebrates Epiphany (appearance) on January 6, 12 days after Christmas. In Matthew chapter 2 we read the account of the Magi: ***After Jesus was born in Bethlehem in Judea, Magi from the east came to Jerusalem and asked, “Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him.” On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh.*** Continue to celebrate Christ as the Magi did by giving Him your best in January and throughout the year. ***“Worship The King”*** -Chaplain Don

Tips for Getting Motivated to Achieve Goals in 2020

Fellowship Square offers tips to help seniors get motivated to achieve their goals in 2019. **Set a Goal** The first step toward achieving a goal is, of course, setting it. **Make a Challenge** Seniors should select a goal they want to achieve and then go about it with gusto... especially at the get-go. **Make the Goal Known** Motivation can be found in simply telling others about the goal. If a goal to say lose 20 pounds is known to friends and family, it's likely that they'll ask about how it's going — and that will motivate the goal-setter to want to achieve it. **Be Accountable** For many people, being accountable is a great way to achieve a goal. (Think about the weigh-in concept that has made Weight Watchers so successful for many people wanting to slim down, for example). **Reward Accomplishments, Big and Small** Setting big goals can sometimes seem overwhelming, but breaking them down into mini goals with rewards along the way can help provide the motivation to keep seniors going. Rewards should not be counterproductive toward the goal (for example, it doesn't make sense to award weight loss or fitness achievements with a cupcake), but instead offer the goal-setter something she enjoys without it setting her back from her initial goal.

It's great to have goals and do one's best to be their best self — not just at the beginning of a new year, but all year round!