

# SQUARE TIMES

FELLOWSHIP SQUARE-MESA

February 2020

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

## Memorable Melody: 'Isn't It Romantic?'

This enduring ballad, a standard in the Great American Songbook, is one of the most beloved compositions by songwriting duo Richard Rodgers and Lorenz Hart. It was written for the 1932 musical comedy "Love Me Tonight" and first performed by the film's stars, Maurice Chevalier and Jeanette MacDonald. It has since been heard in dozens of movie and TV show soundtracks and covered by numerous artists, including Ella Fitzgerald, Tony Bennett and Mel Tormé.

## Say It With Heart

With Valentine's Day and American Heart Month, February is focused on the heart. The universal symbol of love is also found in many common expressions.

**Home is where the heart is.** This means that your home is the place where you are the happiest, whether it's an actual location or simply being with people you love. **Young at heart.** An older adult who has a youthful outlook and a zest for life is said to be young at heart, no matter his or her real age. **Follow your heart.** Someone who makes a decision based on emotions

or intuition follows his or her heart. **Absence makes the heart grow fonder.** Being apart from someone special can strengthen your feelings for that person. **Wear your heart on your sleeve.**

People who express their emotions freely and openly are said to wear their heart on their sleeve. **Heart of gold.** Just as gold is valuable, a person who is kind and generous is valued and is described as having a heart of gold. **Have a heart-to-heart.** A conversation in which two people talk frankly or reveal their deepest feelings is called a heart-to-heart.

## Love Stories

Many readers go head over heels for romance novels. The genre attracts about \$1 billion in national book sales each year.

## Take a Leap

2020 is a leap year, when February has an extra day. Take inspiration from Leap Day on Feb. 29 to "take a leap" and try something new in your life, such as joining a club or taking a class.





## Laugh Lines

Q: Why do skunks like Valentine's Day?

A: They are very scent-imental creatures.

Q: What do you call two birds in love?

A: Tweethearts.

Q: What do owls say to declare their love?

A: "Owl be yours."

Q: What did the bat say to her boyfriend?

A: "You're fun to hang around with."

Q: What do pigs give each other on Feb. 14?

A: Valen-swines.

Q: What did one bee tell the other bee?

A: "I love bee-ing with you, honey!"

## Video Visits

The distance between you and your loved ones seems a whole lot shorter when you can engage in video chats.

Whether you have family and friends across town or across the country, video chat services such as Skype make electronic communication more personal than ever. Just as telephones brought the joy and excitement of hearing a loved one's voice, video chatting takes it one step further and lets you see one another, too. Just because you're far away doesn't mean you have to miss out on one another's lives.

Most newer computers have

cameras built in. If yours doesn't, you can purchase an add-on webcam.

Then simply log in through a computer, tablet or smartphone, and you can catch up with the family or enjoy a cup of coffee with a friend. Imagine visiting with a grandchild and reading them a bedtime story, or showing a friend the craft you made. Video chatting makes it possible, without ever leaving your favorite chair. Give it a try!

## Who Are You REALLY?

Most of your fellow residents and friends only know the person they have experienced the last few years of your life. There is far more to you than that!

If you have a portable device capable of word processing, such as laptop, iPad, tablet, etc., it is time you focused on preserving your heritage. Many deserve to know the REAL you - your successes, the mis-steps you overcame, the adventures of your life. Your family will forever treasure the time you took to let them know more about your life.

We will start the process by spending a Friday morning reviewing general word processing techniques. Most of our time will be spent one Friday a month gathering tips and triggers to help stir our memories. **Don Messenger**

Watch InTouchLink for more information.



## ALLE Learning

Focus on the Journey,  
not the Destination!

No matter who we are or what our stage in life might be we can all benefit from adopting a growth mindset. But what is it and how can it help us achieve a higher quality-of-life *later in life*? The lifelong learning growth mindset begins with curiosity and moves down a path of wanting to know more. All our lives, we never stop learning. Once a person is out of the work force it is generally up to the individual to continue to participate in learning opportunities. Consider how powerful this attitude is if it is a part of everyday life. Lifelong learning helps residents feel happy, encouraged and determined to know even more. The journey becomes a cycle of positive outcomes; residents engage and participate not just for their own success but also for that of their peers or fellow residents. Join us on **Saturdays at 1PM- Building 5 Second Floor.**

## Unplug and Unwind

It is no surprise that society has become addicted to technology. Many people rely strongly on their cell phones, tablets, computers and other electronic gadgets for working and socializing. While these innovations make life convenient, checking them can become a compulsion, and too much screen time is unhealthy.

Here are some ways to take technology breaks to disconnect and enjoy the non-electronic wonders of life:

**Schedule breaks.** Some individuals have specific times of day during which they avoid technology. For example, many people switch off their electronic devices after 7 p.m. to enjoy alone time or to socialize face-to-face with people.

**Take a tech vacation.** Vacations can be enjoyable, but do you really get the full benefit if you spend all day texting? On your next vacation, try logging off during the day, then making a quick message check in the evening if necessary.

**Find alternatives.** Reading, knitting and outdoor activities are excellent options for an offline weekend. Constructive, hands-on activities engage your mind in ways that staring at a screen simply cannot.



## Wit & Wisdom

“Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.”  
—Joseph Addison

“Be healthy and take care of yourself, but be happy with the beautiful things that make you, you.”  
—Beyoncé

“A healthy outside starts from the inside.”  
—Robert Urich

“I do try to eat lots of salads and healthy foods. But cakes are healthy, too; you just eat a thin slice.”  
—Mary Berry

## “This Tender Land” By William Kent Krueger



Book Review with Colleen Clampitt

In the summer of 1932, on the banks of Minnesota’s Gilead River, the Lincoln Indian Training School is a pitiless place where Native American children forcibly are separated from parents then are sent to be educated. It is also home to Odie O’Banion, a lively orphan boy whose exploits constantly bring him to the wrath of the Superintendent. Odie and his brother, Albert, are the only white kids in school. They eventually are forced to flee for their lives. Moses, a mute young man of Sioux Heritage, and also a brokenhearted little girl, go with them.

Over the course of the Summer, the four orphans have an unforgettable adventure. This is a stand alone book by Krueger, not part of the Cork O’Conner Series.

Fiction, Regular Print.

### Reasons and Ways to Connect with the Lord in the New Year

**God Walks With His Children** — Those who need a reason to connect with God might consider the peace of mind they will feel knowing that God loves all his children and never leaves them to suffer alone. Turning to God in challenging times or in times of loneliness or illness can help people feel more connected to God and can find strength in faith and God’s will. **Building Strength** — The more people strengthen their bond with God, the more likely they will see and feel his power in everyday life. **Disconnect to Connect** — Sometimes it takes disconnecting from the hustle bustle of society to connect with the Lord. Take some time away from the news (which can be filled with stories that can add stress, concern and sadness to anyone’s life), social media and simply the information people are barraged with every single day. **Pray** — During this “unplugged” vacation, reach out. God is always there. It’s okay to reach out to him at any time, anywhere. He is always ready to listen and forgive. When it comes to how to pray, simply start with a conversation. Give thanks for the gifts God has already provided, then ask for support and guidance in areas where help is needed. **Listen and Look** — When people are connected with God, they tend to see his work in everyday life. Through subtle signs, God will make himself known. People that are hoping to reconnect with God in the new year should take time to listen and look for the signs that God is there, walking alongside and offering his sometimes-silent love and support.