

SQUARE TIMES

FELLOWSHIP SQUARE-MESA

March 2020

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

Welllderly Week

Celebrating seniors who are young at heart, Welllderly Week begins March 16th.

A Figure of Speech

Phrase: Don't let the grass grow under your feet.

Meaning: Act now; don't waste time.

Origin: This proverb has been around since the 1600s, and brings to mind the image of a person standing in one place for so long, grass begins to grow beneath them. The phrase is meant to inspire one to take action and seize opportunities instead of doing nothing.

Fall Prevention-Gain Confidence and Reduce Fear of Falls

As people age, the fear of falling becomes more common. Here are a few tips to help prevent another fall.

Keep your body moving.

Consistent exercise strengthens muscles and keeps your joints flexible.

Get your eyes and ears tested. Slight changes in your vision and hearing can cause seniors to fall.

Know side effects of medicine. Certain medications may make you dizzy or sleepy. If so, talk to your doctor.

Get enough sleep. Sleep

is so important for several reasons, but you're more likely to fall if you're tired.

Take your time standing up. When standing too fast, your blood pressure drops, which is why you may feel wobbly.

Wear appropriate shoes. Make sure they are low-heeled, supportive, non-skid shoes.

Always tell your doctor if you have fallen, even if you didn't get hurt. Aimee Olsen Wellbeing Program Specialist

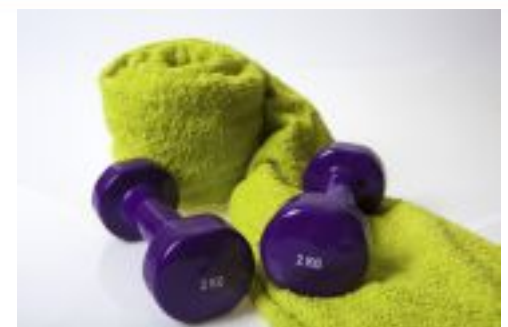


March Madness

The 82nd annual NCAA Tournament is set to begin March 17th. A total of 68 teams will hit the hardcourt to compete for the men's college basketball championship next month.

An Irish Wish

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long." — Irish saying





Trivia Whiz

Seasonal Symbol

The evergreen plant known as holly is a familiar symbol of winter.

There are over 400 species of holly, ranging in size from small shrubs to 70-foot trees. Most varieties feature spiky, dark green leaves with a glossy appearance.

Holly bushes and trees produce white flowers during spring and bright red berries in the fall. The berries can also be blue, black, white, orange or yellow, and they are an important winter food source for birds and other wildlife.

Mobile Dentistry of Arizona

Mobile Dentistry of Arizona provides comprehensive dental services with a personal touch! This practice caters to individuals who find it problematic to leave their home due to mobility challenges, or find it hard to take time off of work. Bringing dental care directly to our residents also allows them to age in place. We know from experience that many people who have difficulty obtaining dental care are often faced with tooth decay and gum disease. Mobile Dentistry staff includes professionals that are the very best in their field. Their practitioners are highly skilled in caring for patients with very

complex medical histories as well as behavioral and cognitive concerns. They pride themselves in providing comprehensive care both in the mobile unit as well as at the bedside. The fully equipped mobile dental office is complete with a lift for mobile scooters, wheel chairs, and ambulatory devices. Please join us Monday, March 2nd at 10am. We will have Mobile Dentistry of Arizona for a lecture on Oral Health Program lecture in Building 5 Second Floor.

Brain Bender: Leprechaun Logic

Four young leprechauns—Bridget, Erin, Declan and Seamus—are going to a St. Patrick's Day party. Each is taking a treat—shamrock cookies, a rainbow cake, Irish stew and soda bread. Use the clues to find out the name and age of each leprechaun and the food they're taking to the party.

- Bridget is the same age as the leprechaun who likes bread.
- The 8-year-old girl is not bringing a cake.

- Declan isn't taking the stew.
- Erin loves rainbows. She is younger than Seamus.
- Seamus and his twin sister are 8 years old.
- The youngest leprechaun, who is 6, isn't bringing cake or stew.
- Bridget isn't taking bread, and Seamus isn't taking cookies.

(Answers: Declan is 6 years old and taking cookies. Erin is 7 and taking a cake. Bridget is 8 and taking Irish stew. Seamus is 8 and taking soda bread.)

Great Courses

The Great Courses has teamed with the Smithsonian Institution's National Museum of the American Indian and Professor Daniel Cobb of the University of North Carolina. It offers a multidisciplinary perspective on the experience of American Indians in the five centuries that have passed since two worlds collided in 1492. From Complex interactions between Native communities and British colonists in Virginia and Massachusetts to the 20th -century court battles over tribal sovereignty and religious freedom, and tells stories of encounters, exchanges, negotiations, border crossings, accommodation and resistance. At its heart, though, it tells a story of Indigenous survival. This lecture recounts an epic story of resistance and accommodation, persistence and adaption, extraordinary hardships and survival across more than 500 years of colonial encounter. We meet each Thursday at 9 am and we cover one Lecture each week.

ALLE Learning

Isn't it refreshing to think about the individual life experiences that our residents have had? Just like this month's lifelong learning theme, Rivers of Life, each person has been on their own personal journey, and now, these journeys blend to create a new, shared life experience for residents and staff alike. Ralph Waldo Emerson is often credited with saying, "Life is a journey, not a destination." While living at Fellowship Square-Mesa, we are all sharing a new journey, one that is filled with amazing people, exciting opportunities to enhance our quality-of-life, and a never-ending quest to reach whatever is most important for each individual.

During the month of March, our lifelong learning program will host three classes about the history, culture and environmental impact of three different rivers: the Nile, the Amazon and the Mississippi. As one might think, these rivers have a lot in common, and they also have a lot that is unique. For example, did you know that one of these rivers has a newly discovered (2016) 600 mile coral & sponge reef off the coast? Or that another river provided a famous writer with his pseudonym? Classes meet on Saturdays at 1:00 P.M. Building 5 Second Floor.



Wit & Wisdom

"Great art picks up where nature ends."
—Marc Chagall

"In the mind of every artist there is a masterpiece."
—Kai Greene

"Sometimes with art, it is important just to look."
—Marina Abramovic

"If art doesn't make us better, then what on earth is it for?"
—Alice Walker

"Art helps us identify with one another and expands our notion of we—from the local to the global."
—Olafur Eliasson

The Power of Prayer



Chaplain Don

Jesus taught us to pray with faith and simplicity (Matt 6:7,8). Prayer is how we talk with our Creator, God. Prayer is the communication, communion and privilege of going before the Throne of God and pouring out our heart before Him. We pray because we desire to be in His presence. We also pray together for one another. Colossians 4:2 says ***“Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving.”*** We invite you to join our intercessory prayer group each Monday in the Saguaro room in Building 4 at 1:30 to pray. Now that the weather is nice, I want to remind you of our Prayer Garden on the south east of the Koi pond if you would like to spend some quiet time with God in prayer. God has given us all of the goodness in our lives. **Pray** to Him to give thanks, and He will never stop filling our lives with love!

The Power of Prayer

Some people don't pray because they don't like to ask for help — even if it's from beyond this earth. Ask for comfort, ask for ease of pain, ask for whatever one needs and God will provide. **Make Prayer Part of Every Day** — Much like meditation, people can take comfort in the regular act of spending a few quiet moments simply speaking to the heavens. Take some time every single day to pray, thank God for what he has provided, and ask for what is needed to find stability and strength during hard times. **Attend Mass** — Attending a mass or a Bible class can help seniors get used to the idea of praying on a regular basis. **Read the Bible** Within the pages of the Bible lies encouragement to ask the heavens for help when in need. Matthew 21:22 says, “And whatever you ask in prayer, you will receive, if you have faith.” Furthermore, Mark 9:29 encourages faith by saying, “this kind cannot be driven out by anything but prayer.” John 14:13-14 reads, “Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it.” **Have Faith** — In addition to the power of prayer is the power of positive thinking. For prayer to work, people need to have faith and believe that things will get better and that God has a plan for everyone. Just having a solid faith system and positive attitude. While things may be hard now, there is a light at the end of the tunnel.