



FELLOWSHIP SQUARE  
HISTORIC MESA

[www.fellowshipsquareseiorliving.org](http://www.fellowshipsquareseiorliving.org)

# The **JOYFUL** **INDEPENDENT**

3RD QUARTER 2022

## *Director's Message*

The distribution of our 3rd quarter newsletter finds us in the midst of the "dog days" of summer. According to the [Old Farmer's Almanac](#), this term traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere. In ancient cultures, the dog days were believed to be a time of drought, bad luck and unrest — when dogs and men alike would be driven mad by the extreme heat.



Rena Phillips



Living in our extremely hot desert southwest region of the United States, we sometimes feel like we can indeed go mad from having to stay indoors so much during the summer. With this in mind, we'd like to share a few tips to help seniors get through this challenging period of the year.

**Stay hydrated** — Most of us know that drinking water is good for us and prevents dehydration. But why is that important? Did you know that dehydration can cause confusion, mood change, constipation and kidney stones and can contribute to life threatening heat illness? So how much water should you drink? The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is about 15 and a half cups for men and 11 and a half cups for women. About 20 percent of this comes from food and the rest from drinks. Hot weather increases our individual need for water so be sure to drink more than usual, especially if you're feeling thirsty. A good way to know that you're drinking enough water is if your urine is clear or very light colored. For more guidance on this topic, visit the [Mayo Clinic website](#).

**Pay attention to the temperature and avoid being outdoors during hottest time of day and for prolonged periods** — The average daily temperature in Phoenix during the month of August is 105 degrees. The sun rises around 5:30 am and the few hours following represent the coolest time of day. Take advantage of this period and complete your activities that require you to be outdoors early. If you decide to exercise outdoors, try swimming! It's fantastic exercise, easy on your joints and helps you stay cool!

**Watch for signs of heat exhaustion and heat stroke** — Heat exhaustion is the body's response to excessive loss of water and salt, generally from profuse sweating. Symptoms can include headache, nausea, dizziness,

weakness, irritability, thirst and heavy sweating. If you experience these symptoms, get to a cool place immediately and drink plenty of cool water. If you're still feeling unwell after 30 minutes, you may be experiencing heat stroke. Other symptoms of heat stroke may include lack of sweating while still feeling hot, a high body temperature, fast breathing or shortness of breath or loss of consciousness or unresponsiveness. These symptoms can represent a medical emergency and 911 should be called.

**Use the indoor time to be productive and tackle things that you have been putting off**

— A sense of accomplishment and organization can really help one's mindset. Closet cleaning, organizing old photos or filing stacks of paperwork are some examples. Bigger projects can be broken down into little pieces so they don't seem overwhelming. Take it one drawer at a time or limit time spent on decluttering to 30 minutes per day. Remember, the hardest part is usually just getting started.

**Use the indoor time to learn something new and enjoyable**

— Read a book, try a new hobby like painting or practice [activities to maintain brain health](#). With your physician's approval, you could start exercising indoors doing chair yoga or Thai Chi. There are lots of wonderful instructional videos available on YouTube. Simply go to Youtube.com and search something like "beginning acrylic painting." If you live in our Fellowship Square Historic Mesa community you can take advantage of a wide array of activities like these and more. See our latest [Independent Living activities calendar](#) for examples.

**Reconnect with loved ones and friends**

— Sometimes we don't call or write because we don't want to be a bother or it has been so long that we don't know what to talk about or what questions to ask. Don't let that stop you. Chances are that the person on the other end has been wanting to talk to you too but has hesitated for the same reasons. AARP has some great [tips for reconnecting](#). Check them

out and reach out to someone you miss. Maybe the dog days don't have to be so bad after all!



Speaking of dogs (and other pets), here are some important heat safety tips for our four-legged friends from the [American Red Cross](#).

- Never leave your pet in a hot vehicle, even for a few minutes. The inside temperature of the car can quickly reach 120 degrees even with the windows cracked open.
- Limit exercise on hot days. Exercise in the early morning or evening hours.
- Walk your pet in the grass, if possible, to avoid hot surfaces burning their paws.
- If your pet is outside, make sure they have access to shade and plenty of cool water.
- Watch for signs of heat stroke such as:
  - Heavy panting and unable to calm down, even when lying down
  - Brick red gum color
  - Fast pulse rate
  - Unable to get up
- If you suspect your pet has heat stroke, take their temperature rectally. If the temperature is above 105 degrees, cool the animal down. The easiest way to do this is by using the water hose. (Make sure water is running cool from the hose before you put on animal.) Stop cooling the animal when the temperature reaches 103 degrees. Bring your pet to the veterinarian as soon as possible as heat stroke can lead to organ dysfunction and damage.



## RAISE A GLASS TO NATIONAL LEMONADE DAY



Lemonade is a classic summertime beverage that even has its own national observance! Saturday, Aug. 20 is designated as National Lemonade Day and that is the day in

the year 1630 lemonade first debuted in Paris, France. Legend has it, according to [How Stuff Works](#), this traditional concoction was initially made with sparkling water, lemon juice and honey and vendors sold it straight out of tanks that were attached to their backs.

Lemonade became wildly popular in Europe but it didn't appear in the U.S. until the 1700s with the arrival of European immigrants. In America, lemonade was touted as an alternative to alcohol. Variants of the beverage have their own interesting backstories — including pink lemonade being invented by accident when a concession worker dropped red-colored candies into a vat of regular lemonade and served the drink despite the error... which really seems to be the epitome of "making lemonade out of lemons."

In honor of this delicious drink, which has become synonymous with summertime, Fellowship Square Historic Mesa invites residents to whip up a batch of homemade lemonade and sip in the season!

Give this simple recipe a try.

### Fresh Lemonade Recipe

#### **Ingredients**

1 ½ c. freshly squeezed lemon juice  
5 c. cold water  
1 ½ c. sugar

#### **Directions**

Combine all ingredients into a pitcher and stir well with a whisk until sugar is dissolved

Serve over ice with a mint leaf for garnish, if desired  
Enjoy!

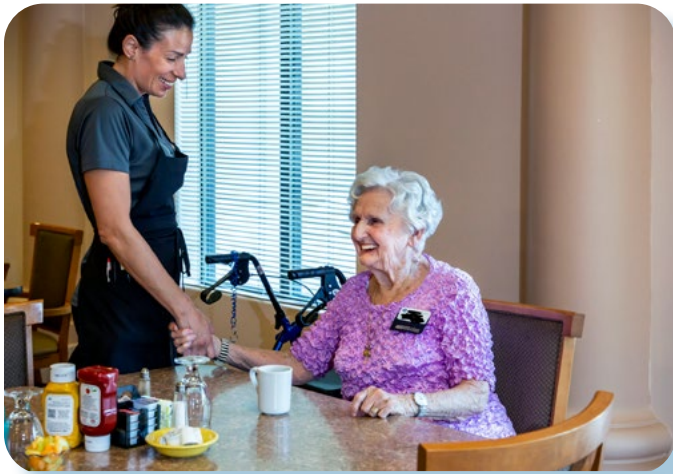


## NATIONAL ASSISTED LIVING WEEK

Taking place from Sunday, Sept. 11 through Saturday, Sept. 17, National Assisted Living Week was first initiated in 1995 by the National Center for Assisted Living (NCAL). Fellowship Square Historic Mesa delves into the history and purpose for this national observance.

According to a statement by the organization made this spring, the annual national observance "provides a unique opportunity for residents, their loved ones, staff, volunteers and local communities to celebrate the individuals who live and work in assisted living and learn more about this sector of long-term care." At that time, NCAL also announced the theme for this year's National Assisted Living Week — "Joyful Moments."

Executive Director of NCAL, LaShuan Bethea said of the chosen theme, "The communities where our residents live are so much more than that. They are places where caregivers, residents, family members and so many more come together as extended family and create joyful, happy memories. After the challenges of the past few years, this theme is the perfect way to honor those relationships and celebrate every special moment."



At Fellowship Square Historic Mesa, our Assisted Living community is called the Oasis and is located adjacent to our Independent Living community. Our assisted living community is ideal for those who can still enjoy their independence but need a little extra help in their day-to-day lives. This includes three meals per day, help with activities of daily living and access to certified caregivers 24 hours a day, seven days a week. Because socialization is so important, our staff enjoy creating joyful moments via a robust activities calendar including fitness classes, one on one fitness support, group games and crafts, a movie room complete with a popcorn machine, a library and a beautiful outdoor courtyard to enjoy some fresh air.

Our Oasis Assisted Living and Memory Care communities are ALTCS (Arizona Long Term Care System), our state's Medicaid

program, approved. We are honored to help our residents and their families navigate through this next phase of life and create an environment that feels like home.



## The History of Grandparents Day and How to Celebrate

Sunday, Sept. 11 is Grandparents Day, a time to celebrate the special and important bonds between grandchildren and their grandparents. This Grandparents Day, Fellowship Square Historic Mesa takes a look at the holiday and shares ideas on how to honor the occasion.

According to [The Legacy Project](#), Grandparents Day began as a "day for young and old to honor each other, and an opportunity for civic engagement for all generations." The effort was initiated not for commercial gain by selling flowers and cards but rather "at the grassroots level by West Virginian Marian Lucille Herndon McQuade, with the behind-the-scenes support of her husband Joseph L. McQuade."

McQuade, who "spent much of her life advocating for older adults," intended the day to serve as an opportunity for families to spend quality time together enjoying gatherings or family reunions and participating in community events. According to the site: "It is also a day of giving — giving of self; sharing hopes, dreams, and values; and setting an example and advocating for future generations. Generations United in Washington, DC encourages all ages to engage in intergenerational civic engagement for the entire week following National Grandparents Day."

In 1970, she started her campaign to create a day that honored grandparents. She worked with civic, business, church and

political leaders to launch the day in her home state of West Virginia in 1973. She continued to advocate for this day and in 1979 "President Jimmy Carter proclaimed the first Sunday after Labor Day each year as National Grandparents Day."



The proclamation includes this passage honoring grandparents: "Grandparents are our continuing tie to the near-past, to the events and beliefs and experiences that so strongly affect our lives and the world around us. Whether they are our own or surrogate grandparents who fill some of the gaps in our mobile society, our senior generation also provides our society a link to our national heritage and traditions."

This Grandparents Day, everyone can come together to celebrate the matriarchs and patriarchs of their family tree. With something as simple as a thoughtful handwritten card, a phone call or a text message, grandchildren can make their grandparents' day. For those that live in close proximity, plan a day to spend together doing fun things that will certainly become special memories for all involved.

Grandkids and their grandmothers or grandfathers can bake or cook together. Cooking a family recipe is a wonderful way to pass down a legacy and share a tradition. Grandparents might spend the day teaching their grandchildren a new skill or hobby (or vice versa!). Active families could get together for a round of golf or a family hike;

those that love culture might want to take in a day of sight-seeing around a nearby town or visiting a local museum together.

When McQuade set out to create Grandparents Day, "she saw it as a day of celebration involving the whole family, a day to connect the generations. It's just as much a day to honor grandparents as it is a day for grandparents themselves to confirm their loving legacy to the generations that follow them."

The McQuades were married for more than 60 years. Mr. McQuade passed away in 2001 and Mrs. McQuade followed in 2008. Together they had 15 children, 43 grandchildren, 10 great-grandchildren, and one great-great grandchild. Beyond family, they left behind a legacy to honor grandparents everywhere!



## **FELLOWSHIP SQUARE HISTORIC MESA RESIDENT SPOTLIGHT: MARGOT E. TANNER**

Margot E. Tanner never intended to write a book. But in her 93 years of life she has experienced enough to fill thousands of pages. An unwaveringly positive woman despite the challenges she has been faced with throughout her life, Tanner credits God for seeing her through it all.

"God is All: Stories from the life of a German WWII survivor" penned by her daughter-in-law Ruth Wiebe-Tanner, recounts the unbelievable experiences Tanner encountered as a non-Jewish girl growing up in Germany where she was forced to join the Hitler Youth. She said that is where she was "taught all about hate."

Separated from her mother and sister, Tanner experienced war time tragedies as she fought to be reunited with her family. She admits she did not know who God was at that time but looking back she knows it was “my heavenly father that kept me going.” She adds that even before she knew it, she believes God put her here and has used her to show people about love, compassion and acceptance.

“He is still alive with all of us,” she says of God. “We just need to recognize it.”

Throughout her life and continuing today, Tanner uses her faith and love to connect and help all people. She has lived and traveled all over the world with her husband who was in the service. She adds that she continued to learn about hate in all of her journeys, but she has always responded with love.

Tanner found that she always wanted to stick up for people and groups that were hated upon or discriminated against. Throughout her life she has been inspired by God to love everyone and help them when she could.

“We are all God’s children. I am here to clue people in on that. But some people don’t ever want to learn that,” she admits. However, she refuses to judge or hate anyone for their opinions — and she never allows others’ opinions to dampen her spirit.

Throughout her life, Tanner has given countless talks about her experience in Nazi Germany including for the Jewish Holocaust Education Committee and the New Frontiers for Learning at universities. She has been speaking about her experiences since 2000 and says she still keeps in touch with many of the teachers of the classes she spoke in.

Tanner has shown and shared God’s love in so many ways in addition to her book and her speaking engagements including singing in the choir for 40 years and giving her

drawings and paintings away to people that “need love.”

She continues to live a robust life today. She translates German bibles for a Mexican pastor in Alabama (where she lived for many years).

She adds, “I serve my church well and serve my God well. I try to do the best I can.”



Despite the hate and tragedies she witnessed in her life (including long walks home late at night alone as a 13 year old girl in Nazi Germany at the end of the Hitler Youth school day and seeing explosions of trains on which sick people were being housed), Tanner is brimming with joy and love. She even credits those awful experiences for her strength and ability to get through any challenge.

“It’s all about love, self-reliance, persistence,” she says. “I’ve learned a lot from my experiences and I believe everything is possible if you let it be.”



## TECHNOLOGY FOR SENIORS

Technology is ever changing and it can be so beneficial for seniors, and society in general, in so many ways. With so much to take in, it can oftentimes be intimidating for seniors to grasp new technological advancements. However, the good news is there are also many resources to help seniors understand and embrace technology for their benefit.

It appears that many older adults are now using technology more to stay connected, for entertainment and for day-to-day living purposes. After all, Facetiming a family member in another state is a great way to catch up with a loved one, streaming movies is a great way to pass time and watching informational videos can help seniors learn new hobby or talent.

In its latest Tech Trends and the 50-Plus study, [AARP](#) reported, "Three in four people age 50-plus say they rely on technology to stay connected, with those in their 50s (76%), 60s (79%), and 70s (72%) all exceeding 70%." Further, digital communication use continues to rise: "Text remained steady at 92% in 2020



and 92% in 2021, video chat stayed fairly even from 70% in 2020 to 67% in 2021, and social media dropped slightly from 78% to 74%. An older communication option, email, remained more or less unchanged, from 90% to 89%."

Seniors are taking advantage of technology due to all the ways it can help make their life simpler and more convenient. For example, online banking, having groceries or meals delivered and tele-doctor appointments, in addition to many other needs, can all be done in the palm of one's hand through their smartphone or tablet. These everyday things that could take hours to get done and require driving to various locations can now be taken care of in a matter of minutes — and in the comfort of one's one home. This is a convenient option for seniors that no longer drive and a safe one for seniors with health issues who prefer not to come in contact with groups of people.

AARP also states seniors are using technology to learn a new skill or pursue a passion. Continued education is a great opportunity for seniors to advance their personal development and the article notes seniors are not only engaged in current technology, but 64% of 50-plus adults interested in at least one type of upcoming advancement.

Fellowship Square Historic Mesa is hosting an on-campus "Geek Week" in August to provide one-on-one training for independent living residents to help them leverage technology to enrich their lives. Topics such as Search Engine Navigation (how to find what you really want), Android & Cell Phone usage, Community Computers and Wi-Fi, Personal Laptops/ Notebooks, Video Chatting and Cyber Security/Online Scams are to be offered.



## “GOOD GRIEF” TO GOD GRIEF

BY CHAPLAIN KURT STROMBERG



Good grief is an expression made famous by “Peanuts” character Charlie Brown in situations where the emotion or feeling was not necessarily describable. In the cartoon, Charlie would often think to himself “good grief” as it

pertained to the environment in which he found himself. The expression good grief was first printed in 1952 and quickly became tied to Charlie Brown and his buddies. It was used by them to indicate that they were bummed out, dismayed, sad, depressed or some other mostly negative emotion.

Many people associate grief with the loss or death of a loved one. This is certainly the case, but people tend to grieve much more than physically than losing a loved one. People may grieve over the fact that they have lost the ability to operate and drive an automobile. Grieving a transition from home ownership to downsizing and moving into a senior community can be another way people grieve. Transitioning from one season in life to another can cause grief. At the heart of grieving is loss and change. For those in a personal relationship with Jesus, He also grieved.

“When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. ‘Where have you laid him?’ he asked. ‘Come and see Lord,’ they replied. Jesus wept. Then the Jews said, ‘See how He loved him!’” (John 11:33-36)

The Lord and Savior wept in the presence of Mary and Martha as they grieved the perceived loss of Lazarus. Jesus, fully man and

fully God, wept. Everyone grieves different things at different times — and additionally in different ways.

The season of grieving for will last a different amount of time and will be set off under different circumstances for each person.

“To everything there is a season, and a time to every purpose under the heaven. A time to weep, and a time to laugh; a time to mourn, and a time to dance.” (Ecclesiastes 3:1,4)

Just like anything, healing takes time. This is the case for individual grieving. Some work through things (grieving) faster than others. This is okay. Everyone must be okay with feelings of sadness and loss.



God is one of restoration and healing and He is available in this season of healing. It’s okay to take time to process the loss, but not one should isolate himself or or build walls around herself either.

Remember this promise: “The Lord is close to the brokenhearted and saves those who are crushed in spirit.” (Psalm 34:18)

Father in heaven will meet those grieving right where they are at and those feeling lost and struggling should seek out assistance from a friend, a professional or a chaplain. Those feeling grief can experience “God Grief” if they just take the time to include the Creator in their struggles. Peace through coping with grief comes in the form of this scripture



passage, "He will wipe away every tear from their eyes." (Revelation 21:4)



## FELLOWSHIP SQUARE HISTORIC MESA RESIDENTS ARE THE BEST!

In an effort to show their appreciation for the many Fellowship Square Historic Mesa staff members who help them with their daily needs and entertainment, Fellowship Square Historic Mesa residents give generously to the Employee Appreciation Christmas Fund each year.



In December, as a bonus for a job well done, these gifts are divided up and distributed to the many employees who work to cook, clean, drive, serve and entertain them on a daily basis. The staff is honored and so appreciative of the generosity shown by each gift and blessed by a little extra income around the Christmas holiday.

Along with their gifts, residents included thoughtful notes to the staff.

"We have been so impressed with you all

since the day we arrived here. We appreciate your hard work and your kindness to us" remarked one grateful resident.

Another sent "Only a small way to say you are needed — wanted and loved — Keep up your good work!"

Fellowship Square Historic Mesa is so grateful for the generosity and appreciation of others to help recognize their amazing staff. For more information about this program, please contact the Fellowship Square Office of Advancement at 480-822-7373.

My message to the staff:

*I am so grateful to our staff for their work, support and thoughtful recognition of the needs of our residents.*

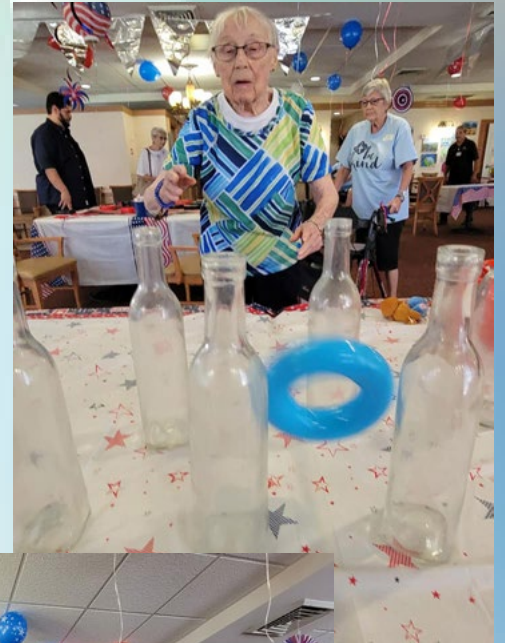
My message to the staff:

*Only a small way to say you are needed - wanted and loved - Keep up your good work!*

My message to the staff:

*I'M GRATEFUL TO BE HERE! THANK YOU SO MUCH FOR YOUR HELP WHEN NEEDED. God Bless!*

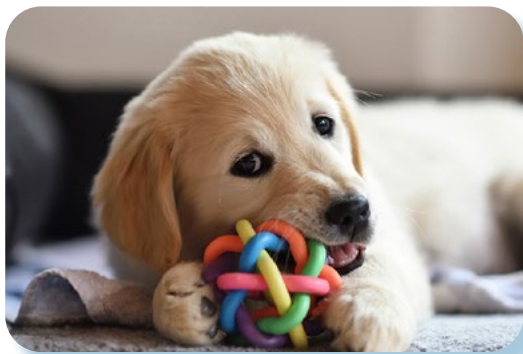
# SUMMER FUN AT FELLOWSHIP SQUARE HISTORIC MESA





## FELLOWSHIP SQUARE HISTORIC MESA RESIDENTS HELP HOMELESS PETS

Part of the mission of Fellowship Square Historic Mesa is to provide its residents with opportunities that can fill them with joy and purpose. Oftentimes, these opportunities come in the form of giving back to the community. With that in mind, this summer the assisting living community is participating in a homeless pet community project in honor of Homeless Animals Day on Aug. 20.



Throughout July and August, residents are making “doggie duffels” and “kitty quilts” filled with dog and cat treats. The pet goodie bags will be donated to Maricopa County Animal Shelter in Mesa and Paz de Cristo (for pets of homeless humans).

Fellowship Square Historic Mesa is also currently hosting a pet food and supply drive. Supporters are welcome to drop off donations of food and treats for dogs and cats in original, unopened packaging. Items can also be purchased via Fellowship Square



Historic Mesa’s Amazon Homeless Pets Registry

Check out [Fellowship Square Historic Mesa’s Facebook page](#) for photos and a recap of the events.



### *From the Editor*

We hope you enjoy our third issue of the Joyful Independent! Our new quarterly newsletter is for Independent Living residents and others who are interested in learning more about our community as well as important issues facing seniors and their loved ones. Our goal will always be to provide encouragement and solutions to relieve the stress of aging for seniors

and those who care for them.

If you have any comments or suggestions, I welcome you to email me at [Tracey.Biggerstaff@christiancare.org](mailto:Tracey.Biggerstaff@christiancare.org).

