

# INSPIRED LIVING

at



FELLOWSHIP SQUARE

Our residents are the reason for everything we do.



## The Gift of Music and Its Impact

The idea that music can improve all aspects of health goes as far back as ancient times. After the World Wars, community musicians began playing in hospitals to entertain the wounded soldiers recovering. Once medical providers began noticing the profound improvement in both their patient's physical and emotional health, a movement for more research and formal training for these musicians began, resulting in what we now know as Music Therapy. In more recent years, studies have shown the tremendous impact music can have on those living with Alzheimer's and similar conditions. It's these principles that have been put into action by the Musical Instrument Museum's (MIM) AARP Memory Care and Music Series in Phoenix.



The Musical Instrument Museum opened in 2010 and is the only global instrument museum in the world. It has a collection of over 7500 instruments from over 200 countries and territories worldwide. It includes visual and audio demonstrations at each exhibit so visitors can not only see but hear the instruments as well. By combining music and culture, visitors gain a global experience that explores many parts of life, and their mission to touch every community possible continues to grow.

Thanks to the Arizona Community Foundation and their generous grant of twenty thousand dollars awarded to Fellowship Square, all five of our community's residents and their guests were able to visit the museum and participate in MIM's program free of charge. Each trip began with a forty-five-minute tour designed to accommodate each group's needs and focused on one region's music. Residents were educated on that

Continued on Page 2





## HAVE YOU EVER WISHED YOU COULD HELP?

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### There is good news!

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Please contact us to learn more about these types of charitable gifts and how you can help further our mission.

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## The Gift of Music and Its Impact (Continued)



country's music and instruments and encouraged to dance, clap, or sing along by the volunteers guiding them. After a short break, the residents were taken back to a private room where the music-making session began with licensed Music Therapists. The grant also provided special on-campus music therapy sessions for both assisted living and memory care residents unable to visit MIM.

The stories are countless on this program's tremendous impact on our residents. When we spoke with MIM Group Sales Specialist Ida Jones, who was an integral part of the grant and program for Fellowship Square, she shared how one visitor, a music theory major, was inspired to return home and begin playing the piano again. A memory care resident who is mostly non-verbal was speaking after her tour. Another resident, usually reserved and quiet, took the bells during the music-making session and began playing them with wild abandon. One assisted living resident scooped up the accordion and began playing it instantly, starting the music-making session on her own; her joy was contagious to the other residents, who began singing and dancing with her.

The grant is now over, but its impact will be lasting. Some of our communities are even exploring the possibility of continuing on-campus music therapy for residents so they can continue to benefit from what this program has shown us it provided for them. Again, we thank the Musical Instrument Museum and the Arizona Community Foundation for giving Fellowship Square residents this opportunity and for giving them an impactful gift.

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## Fellowship Square Historic Mesa Truly Independent Suites

Thanks to several generous donations from Christian Care board members, renovations have been made at Historic Mesa for the Truly Independent suites, which are the campus's answer and solution to the growing crisis of cost of living for the older generation.

While the costs associated with aging and life in general continue to rise, it has become increasingly more difficult for people to find affordable living situations in their golden years. As a result of this, all the studio apartments at Historic Mesa are not only rented but have a long wait list for them since they are the most cost-effective, while many one and two-bedroom apartments have been left empty due to their higher price which is more difficult to manage when living on a fixed income. With the Truly Independent program, potential residents can



now rent one of these larger apartments at a discounted rate while still having the benefit of community and a safe place to live. The meals and transportation package are not included in this program, but the basic safety services still come with affordability for more people so long as they meet the qualifications to be successful in this program.

This donation received by Historic Mesa allowed for renovations in these larger apartments to make them move-in ready, as normally any repairs or remodels do not happen until after a space is rented, which can delay move-in dates. So far, the program has already helped 27 individuals and couples have an affordable and comfortable place to live. Our heartfelt thanks go out to the board for this gift and enabling us to complete renovations quickly.

## Fellowship Square Historic Mesa Raised Gardens

Historic Mesa has another place in the spotlight thanks to a generous sixteen-thousand-dollar grant awarded by Banner Health for their memory care's outdoor patio and garden renovations. The previously unused space is getting a new and inspired look for our residents, which will be enjoyable and beneficial.

"I'm very happy we were awarded this grant to be allowed to create this for the residents," Executive Director of Historic Mesa, Rena Phillips, said when we asked her about it. The space was frequently unused and a missed opportunity to provide more benefits for the residents. With the funds, new benches were placed, a shade structure will be added, and misters will be installed to keep the residents cool and comfortable in the summer, while outdoor heaters will provide warmth for the cooler months for the residents to rest and enjoy the area year-round. Fragrant herbs and flowers have been planted in new raised garden beds, and vines such as lilac and passion fruit draw butterflies to watch. An outdoor xylophone will also be placed in the area for residents to play and enjoy. A mural, designed by Historic Mesa's very own Sales and Marketing Director, Tracey Biggerstaff, will



Continued on Page 5

## Inspired Resident

**Maria Cornelio** has always prayed for one thing most: *“to be guided to the place where I could be happy and make a difference...and have fun while doing it!”*

A native of the Dominican Republic and a lifelong New Yorker, Maria moved to Fellowship Square Phoenix in July of last year, 2023. She taught at Hunter College of the City University of N.Y. (CUNY) and ran the translation program for undergraduates between English and Spanish. Maria then helped develop the master programs for English, Russian, Chinese, French, and Spanish translation. Initially a medical translator, she helped in clinical trials at Columbia University. This experience gave her a first look at the world of music therapy and what it could offer to the health and well-being of people. She helped translate lyrics and research protocols into other languages for their program to be used in the U.S. and different countries. During her time at CUNY, she set up internships for her translation students to gain real-life experience and college credit, all while helping those in their communities. This exposure and her first trip out after moving to Fellowship Square sparked the idea for Maria’s newest project for the community.



The first outing Maria enjoyed here at Fellowship Square Phoenix was one of the trips to MIM, generously funded by the Arizona Community Foundation Grant for our residents. With her previous background, she was instantly interested and decided she wanted to see firsthand what music therapy could do for residents. As Maria recounted her trip, she vividly recalled a woman in a wheelchair, head down, hands balled into fists, and unresponsive to anybody. Maria wondered how much the woman could benefit from a place like MIM and the music therapy portion of the trip. But it was with awe and wonder that Maria watched the therapist place a harmonium in front of the woman as the song “Hound Dog” by Elvis Presley came on. The woman immediately opened her hand, placed her fingers on the keyboard, and began playing the

(Continued on Pg 14)

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You contributed to and saved your IRA all your life. Do not let taxes spoil it. Use your IRA’s RMD to support the cause you love. Replace the disappointment of taxes with the delight of helping others.

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## Raised Garden at Historic Mesa (Continued)



span across one of the patio's walls. With the team effort of several integral staff members and the independent living art club members, a

beautiful mountain scene with live waterfalls (created by water fountains to be installed into the mural) cascading down them will provide an added layer of beauty to the area. The whole space will be a sensory-filled area providing "a lot of opportunities for the residents to experience the sights and smells and touch," Rena said.

The mural is about a quarter complete, and all elements have been purchased and delivered to be installed and finished as soon as possible. In the meantime, the residents are already enjoying the space, sitting amongst the fragrant garden beds, watching the butterflies, and enjoying watching the artists paint the mural. The impact of these renovations on the residents' well-being and quality of life is already evident, and we are grateful for your support in making this possible.

We extend our gratitude to Banner Health for their very generous donation. Their support has made this beautiful and beneficial space for the memory care community of Historic Mesa possible, and we are truly appreciative of their contribution.

## Fellowship Square Tucson Oasis Medical Suite

We understand that there is always room for improvement, so we're dedicated to consistently improving each campus' facilities, ensuring we provide the best experience and care possible for our residents. Thanks to the Arizona Complete Health Grant, which awarded ten thousand dollars to our campus in Tucson, we were able to take another step forward. Renovations have now been completed on a brand-new Medication Suite in our Assisted Living facility there.

Before this, several areas were used for medication management, which were outdated and did not provide a very efficient flow for the care staff who use the space daily. Now, with one updated room to manage all medications, caregivers have more ease of access to our residents' medical needs, improving safety and efficiency for staff and community members. The medical suite has all new cabinets and counters and has been redesigned to be more functional for the nursing staff. With the new setup, our LPNs and caregivers have more time with the residents to provide companionship and attend to their other needs.

We thank Arizona Complete Health for awarding this grant to Fellowship Square, which made the new medical suite possible and allowed us to continue our mission of providing the best possible care and home for our residents.



# Fellowship Square Giving Clubs



## Saguaro Society—Legacy Donors

Becoming a member of the Saguaro Society does not require documentation, amount or type of gift, only a statement of establishment or intent to leave a gift in one's estate plan. If you choose to do so, members may remain anonymous. Some types of qualifying gifts may include provisions in a will or trust, insurance policies, beneficiary designation on banking or investment assets (IRA's, stocks, bank accounts), and gift annuities.



## The Golden Torch Circle—\$10,000+ Lifetime Donors

You will automatically become a member of the Golden Torch Circle, when you have donated \$10,000 over your lifetime.



## Joshua Tree Circle—\$1,000+ Annual Donor

You will automatically become a member of the Joshua Tree Circle, when you have donated \$1,000 or more per calendar year.



## The Ocotillo Club—Monthly Donors Club

You will become a member of the Ocotillo Club when you sign up to be a monthly donor either by Credit Card or through a monthly donation with your rent each month.

Become a Giving Club Member today and you will enjoy the following:

- The satisfaction of making a gift that will help bring new programs and facilities at Fellowship Square that might not be otherwise implemented.
- The opportunity, if you agree, for your gift to be publicly recognized, and inspire others.
- Invitation to events for your Club.



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# "You have not lived today until you have done something for someone who can never repay you" —John Bunyan

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Please let us know if you have included Christian Care Fellowship Square in your estate plan so we can include you in the Saguaro Society. Thank you for your legacy.



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# Prayer Garden at Fellowship Square Surprise

As a testament to our community's tireless work, dedication, and many generous private donations over the past three years, we are pleased to announce that the Prayer Garden is almost done. This beautiful new space is a result of our collective efforts and will soon be ready to be used by our community for prayer, restoration, and many other opportunities.

We spoke with Chaplain Dan Brookey, who has been with Fellowship Square for over eleven years and became the chaplain of the Surprise campus six years ago, about the new space. He shared with us that he had wanted to build something outdoors for



The garden is self-contained in a quiet spot, accessible from both the library and foyer. Palm trees grace the grounds, and three carefully selected Hong Kong orchids will provide a beautiful fragrance. Other plants, like lantana, cover the ground and provide exquisite accents of color, and a wooden cross hangs on the wall to remind all of God's nearness. Park-style benches will be located throughout the garden so visitors can enjoy the space comfortably, and lighting has been installed for nighttime visits.



prayer and meditation, as the indoor space was limited, and to provide everyone with a quiet, peaceful place for prayer and meditation. The project had its challenges, however. Each part of the planning required multiple meetings with many people involved and setbacks like the fountain being cracked upon delivery and having to be repaired before installation could take place. They had initially hoped to have the garden done in time for a sunrise service this past Easter, but they pressed on ensuring the space would be completed as soon as possible and beautifully.

"Everything at Fellowship Square is interdenominational, imparting God into the organization and the fellowship of the community," as Chaplain Dan said, and all are welcome



(Continued on Pg 13)



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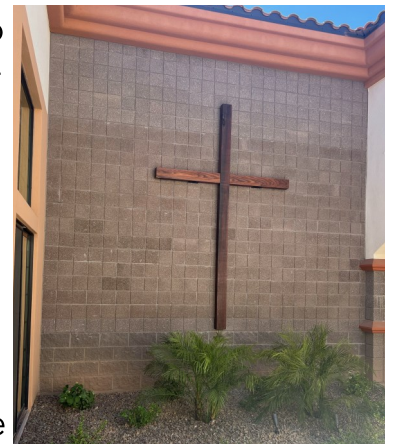
## Prayer Garden at Fellowship Square Surprise (Continued)

to come and enjoy the garden. "The main thing we are looking for is to bring people to God," Chaplain Dan explained, and he is glad the residents of Surprise will soon have a sacred space where they can come and enjoy the quiet area. He hopes the space can be used not only for a peaceful place the residents can enjoy, but also for bible studies, ser-

vices, prayer times, and private memorials that will accommodate thirty to forty people.

A grand opening will be announced later when the temperatures are more agreeable, but all residents will soon be welcome to enjoy the garden, and we hope you will.

Thank you to all who were involved in making this space, and to the many generous donors who made it possible.



## Inspired Resident (Continued)



harmonium while singing the lyrics with perfect accuracy. She saw many other examples of the power of music for people that day and on subsequent trips to MIM. She thought of all those who physically could not come and benefit from a trip to the museum and have an experience such as this. She thought, "There's no reason why we can't have music therapy at Fellowship for all our residents." And so Maria's next project, to bring music therapy to our Phoenix campus, began.

Drawing on her experience at Columbia and CUNY, and being aware that there are currently no funds available for music therapy in our communities, Maria has begun looking at local universities and reaching out to see if there are any music therapy programs. As she works to develop relationships, she hopes that music therapy programs will want to partner with Fellowship and that students will be interested in the opportunity to come and offer music to our residents. With her many years of experience creating internships for college students, she would be the perfect liaison between Fellowship and local colleges.

Since Maria is new to Phoenix, developing these relationships and researching will take time. Still, she's determined and excited to do it. When discussing her enthusiasm for the project, Maria shared, "I loved my job and had never planned to retire...but when Covid hit,

and everything became online, I knew this wasn't for me." Maria sought a sunny, warm place with friendly people to call home next and enjoy retirement. After finding nowhere that fit the bill in southern California, she came to Arizona to look. Fellowship Square Phoenix was the first place she visited on her list. After only three days and numerous encounters with people inside and outside the campus, all praising the wonderful community here, Maria knew she needed to look no further. She loved the campus with its many trees and friendly faces and signed her lease, returning to New York only long enough to pack and move into her new home here. Maria immediately began her first project of collecting personal testimonials from residents and family members of our community about why they love Fellowship Square. She is now working with staff to add those stories to our website. She hopes this will help our community gain even more interest from potential residents inside and out of the state.

When we asked what inspired Maria to jump in and find opportunities to help, she said,

"I think life is great, and I just feel so grateful to come to a place like this and help. I feel like I need to give something back and have fun while doing it!" Though she has been with us for less than a year, we are inspired by Maria's generous spirit and deeply moved by her love for life and her desire to help those around her. We are so grateful for all of Maria's efforts and that she chose our community to call home, and we look forward to working with her to make Fellowship Square Phoenix the very best it can be for the residents.



# Fellowship Square Mesa Residents Make a Difference

Fellowship Square Mesa Residents have been running their own Campaign for years to raise funds for the Mesa Employee Appreciation Fund, to show their gratitude and give the employees they love a bonus at the end of the year.

Each year, they select new chairpeople to run the campaign and raise funds throughout the year. As you know, Fellowship Square does not allow tipping, so this is the way that residents can tangibly show their appreciation. The staff loves the residents, and a thank you and a smile will always make their day, but receiving a financial gift before the holidays is so appreciated.

**We want to thank all of the Residents who give to this fund** at their own campus, and we wish to extend an extra bit of gratitude to the Residents at Fellowship Square Mesa who have gone over and above to really make a difference in the lives of our Mesa Staff. With great appreciation, we want to give a big '**THANK YOU**' to last year's chair people, **Les and Dale**, and we wish good luck and great success to this year's leaders, **Les and Larry**!



FELLOWSHIP SQUARE



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Show your appreciation by giving to the Employee Appreciation Fund today...

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Drop your gift at the front office on your campus or for questions call 480-822-7373.

## Looking for Residents to Make a Difference

We also want to thank all the **Villa Greeters at Fellowship Square Tucson** who have agreed to help us lead the way for a resident-led campaign on that campus.

**We are looking for Residents with a passion for the program to lead the charge on each campus.**

Please reach out if you think you might want to take on this challenge. We are happy to help with letters and materials for your use and assist you as needed. Please let us know if you want to help spread the word on your campus. Contact NiCole Anderson, Advancement Director, at [nicole.anderson@christiancare.org](mailto:nicole.anderson@christiancare.org) or call 480-822-7373.

Thank you for your heart and appreciation for the staff who care for you each day on your Fellowship Square Campus.





**FELLOWSHIP SQUARE**

**Office of Advancement**

2400 W Dunlap Ave, Ste 250  
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## A Letter of THANKS

Dear Fellowship Square Communities,

I want to offer my heartfelt thanks to all the residents, staff, and volunteers for everyone's continued support of the organization. It's great to be a part of an organization where both the residents and staff are more than willing to give back in a variety of ways, whether it's supporting one of our initiatives, volunteering, and all the ways the people of this community show their support and give back. Without your support and efforts, we would not be able to achieve all we do to make Fellowship Square the wonderful place it is. I have learned so much from all the residents, their extraordinary lives, and the fantastic staff I am privileged to work with. I am truly blessed to be in an environment such as this.

I am proud to say the generosity of giving is alive and well in our communities. Because of that, we continue to grow, improve, and have wonderful things to look forward to in the future. These gifts, whether financial donations, your time, or any of the many ways you give back, are not insignificant and collectively make our community the beautiful place it is. We could not do what we do and achieve our goals without your help. I am always available for residents and staff to answer questions and be of service, and I look forward to continuing to work with each of you to find new ideas and help Fellowship Square continue to be the fantastic group of communities that it is.

Thank you for your unwavering dedication,  
Dan Selby, Chief Advancement Officer  
480-822-7373