

# The JOYFUL INDEPENDENT

OCTOBER 2024



October is a fun filled month in the greater Phoenix area. The return of pleasant temperatures has a lot to do with it but October also brings the fun of football games, Halloween, fall festivals and more. We take full advantage of this time of year at Fellowship Square Historic Mesa. Check out our October Activities Calendar and see for yourself!

## THE GOOD NEWS

### TAKING THE MASK OFF - Chaplain Kurt Stromberg

The old saying goes something like this, "Time sure flies when you are having fun." So much truth in this statement as we find ourselves in the month of October. The leaves on the trees are starting to change colors, there is a crispness to the air and on the final day of the month adults get to dress up and pretend to be someone or something they are not. Halloween has become more of an experience for adults more than the kids it seems these days. Pretending is not just reserved for children anymore; it seems as if there are more adults participating in this weird day called Halloween. We are warned about this in 2 Timothy 3:13 about pretending, "But evil people who pretend to be what they are not will become worse than ever, as they fool others and are fooled themselves."

It seems to be dominating culture today, situations where things really are not as they seem. Artificial intelligence (AI) and Computer-Generated Images (CGI) make it hard to decipher what is truth/reality and what has been made up. Perhaps now is the time for us as believers to "take the mask" off so to speak. Instead of pretending to be someone that we are NOT, it is time that we start being honest with ourselves and others about who we really are and what is really going on.

*Fellowship Square is a non-profit Christian Care Community offering  
Independent & Assisted Living, Memory Care & Supportive Services  
35 W Brown Rd - Mesa, AZ 85201  
480-834-0600 , [www.fellowshipsquareshistoricmesa.org](http://www.fellowshipsquareshistoricmesa.org)*



## THE GOOD NEWS (continued)

Paul speaks to this in Galatians 6:3 where he says, "For if anyone thinks he is something when he is nothing, he deceives himself."

This is talking about TRUTH. How do you personally handle the truth? Are you truthful about things, situations and yourself or are you someone who exaggerates or pretends to be someone that we are not. Another words, are we capable of finding fault and judgement with someone else's behaviors but justify our bad behavior. Truth may be easier to handle when dealing with someone else's situation and or troubles than it is to be honest with your faults and troubles.

Jesus deals with this situation on Matthew 7:3 when he says, "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?"

Whenever Jesus speaks and teaches it is often difficult for us personally to put the mirror up and look internally. Too often we do not like what we see in ourselves, so we make things up, exaggerate the truth and lie. We become "posers", someone we are not.

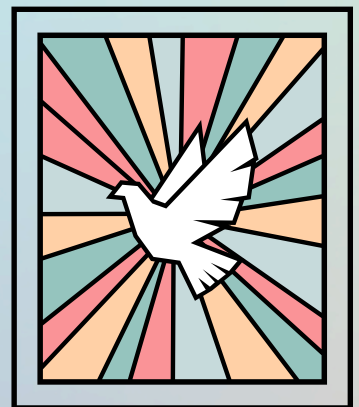
Paul gives us an example on how to approach these situations when he pens in 1 Corinthians 11:31, "For if we would judge ourselves, we would not be judged." The simple meaning of this goes like this: If we would be honest with ourselves and hate our sin as much as we hate others' sin, this would be a great place to start concerning our personal wellbeing.

Our Creator in Heaven loves us, and He so desires for us to be in personal relationship with Him. His mercies, grace and love will endure forever, this is truth. Lamentations puts it this way, The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness." Hallelujah, amen.

You are a beloved child of the Creator and you are loved. Remember this as you take off the mask and dwell in His presence.

Blessings,

Chaplain Kurt





## Health Tips in Honor of Breast Cancer Month

According to the Susan G. Komen® website, October has been recognized nationwide as National Breast Cancer Awareness Month for nearly four decades. “It is a time annually devoted to educating everyone about breast cancer — including metastatic breast cancer (MBC) — and the importance of early detection and access to timely, high-quality care.”

In honor of Breast Cancer Awareness Month, Fellowship Square Historic Mesa offers data and information to help seniors understand their risks and how to protect themselves. With one in eight women receiving a breast cancer diagnosis in her lifetime, breast cancer impacts one person in the U.S. every two minutes.

Senior women need to know that the risk of breast cancer increases with age. According to WebMD, “About 80% of women diagnosed with breast cancer each year are ages 45 or older, and about 43% are ages 65 or above. In women ages 40 to 50, there is a one in 69 risk of developing breast cancer. From ages 50 to 60, that risk increases to one in 43. In the 60 to 70 age group, the risk is one in 29. In women ages 70 and older, one in 26 is at risk of developing the disease.”

The Susan G. Komen site advises women to learn about their family health history, which can help them learn about their risk for breast cancer. “Even though you cannot change your genetic makeup, knowing your family health history can help you reduce your risk of developing health problems,” according to the site.

Early detection is vital when it comes to breast cancer. That is why it is important for women at average risk to have an annual mammogram. Finding breast cancer and treating it early could be lifesaving.

The Susan G. Komen organization also touts the importance of “knowing your normal.” This refers to women paying close attention to any changes to their breasts — visibly and physically (such as any pain), lumps, swelling or change in size or shape. Additional changes that are not “your normal” such as a prolonged cough or new persistent headaches “should be discussed with a doctor if they don’t go away within a few weeks.”

Leading a healthy lifestyle can also be essential to breast cancer prevention. The Mayo Clinic offers the following healthy habits that can help lower breast cancer risk.



## Health Tips in Honor of Breast Cancer Month (continued)

Limit or avoid alcohol — “It’s safest not to drink alcohol. But if you do drink it, enjoy it in moderation.” The Mayo Clinic states even small amounts of alcohol raise the risk of breast cancer.”

Maintain a healthy weight — “If you need to lose weight, ask your health care professional how to do so.” Simple steps such as managing portion size, eating fewer calories and increasing exercise (with doctor’s approval) can help.

Get physical — “Most healthy adults should aim for at least 150 minutes a week of moderate aerobic exercise.” The Mayo Clinic reiterates the importance of staying at a healthy weight, which can be achieved through physical activity combined with proper nutrition.

Quit smoking — “Some research suggests that smoking tobacco raises the risk of breast cancer.” Smokers who need help quitting should speak with a member of their health care team for tips.

Fellowship Square Historic Mesa encourages women to mind these lifestyle tips and schedule their yearly mammogram in honor of Breast Cancer Awareness Month.



## Fire Prevention

According to the National Fire Protection Association (NFPA), Fire Prevention Week occurs from Sunday, Oct. 6 through Saturday, Oct. 12. This is a time to help educate the public about various aspects of fire prevention.

This year’s theme is “Smoke alarms: Make them work for you!™”

The organization’s website states, “The goal of this year’s campaign strives to educate everyone about the importance of having working smoke alarms in the home.” This is especially crucial for seniors, as their risk of dying in a fire increases with age.





## Fire Prevention Tips (continued)

On its website, the U.S. Fire Administration states, “Overall, the trend in the fire death rate per million population for older adults (ages 65 and over) increased 23% from 2013 to 2022. In 2022, the fire death rate for people in this age group was 34.7 deaths per million population — the highest fire death rate for this age group over the 10 years. The older adult population faces the greatest relative risk of dying in a fire.”

Other sobering stats include:

Ages 65-74 had 2.3 times the risk of dying in a fire. The 10-year (2013-2022) fire death rate trend for this age group increased 45.4%.

Ages 75-84 had 2.8 times the risk of dying in a fire. The 10-year (2013-2022) fire death rate trend for this age group increased 6%.

Ages 85 and over had the highest relative risk among the general population of dying in a fire.

When it comes to fire safety, seniors are encouraged to follow NFPA’s tips for smoke alarm use and guidelines, including:

- Installing smoke alarms in every room where people sleep as well as outside each separate sleeping area, such as a hallway, as well as on each level of the home (including the basement).
- Testing smoke alarms every month.
- Replacing smoke alarms when they stop responding when tested or when they are 10 years old.



The organization also encourages seniors and their caretakers to develop an evacuation plan in the case of a fire. Seniors should conduct their own regular fire drills to ensure they know exactly what to do in a fire emergency at home. When performing a drill, seniors should ensure they can open all windows and doors, including security bars.

Fellowship Square Historic Mesa holds a drill in a different area of the community each and every month so that staff are continually trained and residents are regularly reminded of procedures.



## Fire Prevention Tips (continued)

Because the “majority of fatal fires occur when people are sleeping, and because smoke can put you into a deeper sleep rather than waking you, it’s important to have a mechanical early warning of a fire to ensure that you wake up,” the organization states. This is why a smoke alarm is so essential.



However, for seniors who are deaf or whose hearing is diminished, NFPA recommends installing a smoke alarm that also employs flashing lights or vibrations to alert seniors of a fire emergency.

The NFPA also advises people to keep a phone nearby and a list of emergency phone numbers “so that you can communicate with emergency personnel if you’re trapped in your room by fire or smoke.”

In recognition of Fire Prevention Week, Fellowship Square Historic Mesa encourages seniors to enact these fire safety precautions.



Since 1994, October 5 has been designated as World Teachers’ Day, a time to celebrate teachers around the globe.

According to UNESCO, this day “commemorates the anniversary of the adoption of the 1966 ILO/UNESCO Recommendation concerning the Status of Teachers, which sets benchmarks regarding the rights and responsibilities of teachers, and standards for their initial preparation and further education, recruitment, employment, and teaching and learning conditions.”

On this day and all year long, educators deserve to be honored and recognized for their efforts to transform education.





## World Teacher Day (continued)

According to UNESCO, it is also a time to “reflect on the support they need to fully deploy their talent and vocation, and to rethink the way ahead for the profession globally.”

The organization states that the 2024 World Teachers’Day“ highlights the need to address the systemic challenges teachers face and to establish a more inclusive dialogue about their role in education.” This year’s celebrations focus on “valuing teacher voices: towards a new social contract for education.”

Most people will agree that teachers are instrumental in the development of youth in their formative years. They serve as role models, mentors, guidance counselors and even friends. By the time students reach high school or college, they may credit a teacher or professor with helping them discover their passion and career path. Seniors today may even be able to fondly recall a favorite teacher or a special moment in time when an educator helped shape the trajectory of their lives.

Seniors who wish to honor World Teachers’ Day might want to reach out to a former educator who impacted their lives.

Receiving a note of thanks or appreciation can go a long way in making a teacher’s day and reinforcing the truly irreplaceable work they do. Another way seniors can support teachers and show their gratitude is through donations. Some teachers have Amazon wish lists or other donation needs for basic supplies to help stock their classrooms. Others may benefit from donations of gently used books that are age-appropriate for the grade levels of students they teach. Seniors can ask how their grandchildren’s classrooms may need assistance. Volunteers are often more than welcome to lend a hand in elementary-grade classrooms, whereas middle and high school classes could potentially use volunteers for field trips. Every school district will vary in its requirements for these much-needed volunteers, so be sure to check on their policies before popping into the classroom. Fellowship Square Historic Mesa believes in the invaluable efforts and powerful impact of teachers, not just in school settings but educators of various capacities. A robust approach to lifelong learning is an excellent way for seniors to stay engaged in the world and maintain their brain power as they age. So why not thank a teacher and get interested in continued education on a topic of interest?



## Additional Breast Health Information from Curana Health

Breast cancer is the most common cancer among American women. Globally, it accounts for one in four cancers in women, according to the Breast Cancer Research Foundation.

According to the American Cancer Society, the 5-year relative survival rate for women with breast cancer who are diagnosed early is 99%.

Here are a few ways to help with early detection:

**Mammograms:** Talk with your doctor about how often you should receive a mammogram.

**Self-breast exams:** Adult women are encouraged to perform self-breast exams at least once per month, but they should NOT take place of a mammogram!

**Wellness visits:** Regular visits to your healthcare provider can help detect abnormalities early. If you have any health concerns, don't wait for your next annual appointment—follow up with your provider right away.

**On-Site  
Clinic  
Grand  
Opening  
Soon!**



**Meet Curana Health, our on-site healthcare team geared to residents like you who are living their best lives. Curana providers will visit you in your residence!**

Curana Health provides primary care, sick visits, medication refills, and more!

Call us to schedule an appointment or learn more, at

**623-305-0436**

How to perform a self-breast exam:

- Use light, medium, and firm pressure to feel for any new lumps in the breast tissue, including the collarbone and armpit areas.
- It may feel soft or hard, like a knot.
- Look for any changes to the shape of your breasts, dimpling, swelling, or any skin changes to the breast or nipple.
- Squeeze the nipple to check for discharge.
- Perform a self-exam at least once per month – you can do this while showering, lying down, or in front of a mirror.



# Meet your Curana Health care team!

**On-Site  
Clinic  
Opening  
Soon!**

Curana Health is here for your convenience, offering on-site primary care services so you don't have to leave the comfort of your home to see a doctor. Gone are the days of coordinating transportation and medical appointments! Curana Health Clinic is on-site. Walk-ins are welcome, or you can call to schedule an appointment at the clinic or in the comfort of your room. We'll also coordinate with your specialists, including physical, occupational, or speech therapists.



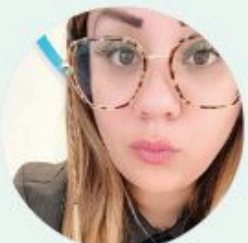
**Dr. Cody  
Guggenmos**



**Dr. Brittney  
McArthur**



**Danielle  
Garcia, NP**



**On-site care concierge,  
Stephanie  
Northup**

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Clinic open every  
**Tuesday, Thursday,  
and Friday 9 a.m. – 1 p.m.**  
Call to schedule an appointment  
or learn more.

**623-305-0436**



**CURANA**  
HEALTH CLINIC



# nutritional nuggets

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## Spilling the Tea on Coffee's Health Benefits

It's well-known that coffee ranks among the most loved beverages globally. As a tea-loving Brit, even I appreciate a cup! I'm not alone, over 2.25 billion cups are enjoyed each day. But here's something you might not know: coffee can also be beneficial for your health. Research indicates that coffee offers a variety of health advantages. It has been linked to a reduced risk of several conditions, such as Alzheimer's disease, cancer, and heart disease.

### Pour Me Some Joe!

- 1 Heart Health:** Studies have shown that coffee is good for your heart. In fact, coffee drinkers have a 20% lower risk of heart disease than non-coffee drinkers. So, if you're worried about your heart health, drinking coffee may help reduce your risk of heart disease.
- 2 Cancer Risk:** Coffee has been shown to reduce your risk of some types of cancer. In fact, one study showed that people who drank four cups of coffee per day had a 20% lower risk of cancer than those who didn't drink any coffee at all.
- 3 Alzheimer's Disease:** Alzheimer's Disease is the most common form of dementia and it affects millions of people worldwide. But did you know that drinking coffee can help prevent Alzheimer's disease and improve memory? Studies have shown that people who drink three or more cups of coffee per day are 65% less likely to develop Alzheimer's disease than those who don't drink any coffee at all.

**Savor Your Coffee the Healthy Way:** To enhance your coffee experience, skip the sugary extras and enjoy your brew before noon. (And stick to 1-2 cups per day.) Adding whipped cream and pumps of vanilla could increase the risk of heart disease, cancer, and Alzheimer's Disease. Instead, consider indulging in a rich, black organic coffee. (I love Purity Coffee!) Looking for a little twist? Try this client-favorite mocha latte recipe: combine 2 tablespoons of Vital Proteins Chocolate Collagen powder with 1 tablespoon of dairy-free half and half.

**Enjoy it hot, iced, or blended!**







**Back to the Garden**  
Thrive with Purpose

## Volunteer Program Update

Our garden is thriving! Our volunteer garden, that is and it is largely due to the efforts of our Volunteer Coordinator, Chaplain Kurt and resident Gary Smith. Gary has been using his professional expertise to develop a structure with procedures and forms to keep us organized and help us grow. We are so grateful for you!

**Total enrolled volunteers has gone from just 3 in May to 63 in August!**

**Total reported volunteer hours went from 318 in May to 769 in August!**



**Monthly Volunteer Meetings** are held in the Grand Community Room. All are welcome.

- Thursday, October 3rd, 1 pm
- Thursday, November 7th, 1 pm
- Thursday, December 5th, 1 pm



**Rose Tenders needed immediately!**  
Please contact  
Chaplain Kurt  
at 480-290-7904.

**Volunteer T-Shirts & Badges  
arriving soon!**

**New Volunteer Office located in  
Q Corner (next to mailboxes)**

## *Independence is Even Better with Friends*



### **RESIDENT REFERRAL PROGRAM**



**FELLOWSHIP SQUARE**  
HISTORIC MESA

## *Refer a new resident and receive*

# **\$2,000!**

- \$1,000 after they move in and \$1,000 after they renew their first lease.
- Reward will come in the form of a rent credit.
- Must not have been previously referred by another agency or party.
- Offer succeeds previous programs and is effective with move in's after 5/31/23.

**Contact our  
Leasing Counselors  
with your prospective  
resident information.**

**480-290-7022 or 7023**



**FELLOWSHIP SQUARE**  
HISTORIC MESA

*Our Vision*

*A world where all people thrive and live with purpose.*

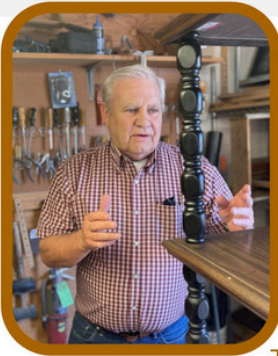


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>FELLOWSHIP SQUARE</b> HISTORIC MESA	<b>1st</b> 9:00am Mindful Movement  2:30pm Breath & Meditation (Apt 207-A)	<b>2nd</b> 9:00AM Wii Bowling  11:00 Fitness w/Friends  12:30pm Enhanced Mobility	<b>3rd</b> 9:00am Mindful Movement  2:30pm Breath & Meditation (Apt 207-A)	<b>4th</b> 9:00am Wii Bowling  11:00 Fitness w/Friends  12:30pm Enhanced Mobility	<b>5th</b> 
	<b>7th</b> 9:00AM Wii Bowling  11:00 Fitness w/ Friends  12:30pm Enhanced Mobility	<b>8th</b> 9:00am Mindful Movement  2:30pm Breath & Meditation (Apt 207-A)	<b>9th</b> 9:00AM Wii Bowling  12:30pm Enhanced Mobility	<b>10th</b> 9:00am Mindful Movement  2:30pm Breath & Meditation (Apt 207-A)	<b>11th</b> 
	<b>12th</b> 	<b>14th</b> 9:00AM Wii Bowling  11:00 Fitness w/ Friends  12:30pm Enhanced Mobility	<b>15th</b> 9:00am Mindful Movement  2:30pm Breath & Meditation (Apt 207-A)	<b>16th</b> 9:00AM Wii Bowling  12:30pm Enhanced Mobility	<b>17th</b> 9:00am Mindful Movement  2:30pm Breath & Meditation (Apt 207-A)
<b>18th</b> 9:00am Wii Bowling  12:30pm Friday Shenanigans Fun & Games	<b>19th</b> 	<b>21st</b> 9:00AM Wii Bowling  11:00 Fitness w/ Friends  12:30pm Enhanced Mobility	<b>22nd</b> 9:00am Mindful Movement  2:30pm Breath & Meditation (Apt 207-A)	<b>23rd</b> 9:00AM Wii Bowling  12:30pm Enhanced Mobility	<b>24th</b> 9:00am Mindful Movement  2:30pm Breath & Meditation (Apt 207-A)
<b>25th</b> 9:00am Wii Bowling  12:30pm The Airbase AZ Flying Museum Outing (\$17 & Lunch)	<b>26th</b> 	<b>28th</b> 9:00AM Wii Bowling  11:00 Fitness w/ Friends  12:30pm Enhanced Mobility	<b>29th</b> 9:00am Mindful Movement  2:30pm Breath & Meditation (Apt 207-A)	<b>30th</b> 9:00AM Wii Bowling  12:30pm Enhanced Mobility	<b>31st</b> 9:00am Mindful Movement  2:30pm Breath & Meditation (Apt 207-A)
					



FELLOWSHIP SQUARE  
HISTORIC MESA

## WOODSHOP



Have you ever ordered furniture only to discover it is in pieces? Did a favorite piece of furniture break, and you found yourself in need of someone to repair it for you?

Thanks to the dedication of several individuals, our woodshop is now a thriving hub for creative expression and community service. It's not just about repairing furniture but also about creating new, beautiful things like birdhouses and planter boxes for everyone to enjoy. We're thrilled that our residents have this opportunity to pursue their passion for woodworking and give back to our community. Improvements like a new roof, better insulation, improved cooling, and upgraded equipment will encourage year-round usage.

Thanks to the generosity of many, we've made significant progress with this exciting project. We're halfway to our goal of \$15,000 to make the necessary improvements and expand the woodshop's capabilities. With your support, we can make this project a reality.

To make this happen, we are asking our residents to consider a special gift to our 2024 annual giving drive to help support these initiatives. We are turning to those who share our passion for enabling their fellow residents to continue to use their skills in a meaningful way.

Thank you in advance for your support. The success of our community and the residents we serve would not have been possible without the generosity of our many friends.

You can donate by dropping off a check or cash at the front desk designated for the 'Woodshop.' You can also give by credit card or by adding it to your rent as a one-time gift, or monthly if you would like to provide continued support for this initiative.

If you have questions, call the Office of Advancement at 480-822-7373.



**[Donate Now \(fellowshipsquareseniorliving.org\)](https://fellowshipsquareseniorliving.org)**

## From the Editor



We hope you enjoy this issue of the Joyful Independent!

Our newsletter is for 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)



FELLOWSHIP SQUARE  
HISTORIC MESA

*Our Mission:*

*Through Christian love and excellence, we are dedicated to providing a fulfilling lifestyle and promoting independence to those we serve.*