



The JOYFUL INDEPENDENT



DECEMBER 2024

It's the most wonderful time of the year (at least Andy Williams thought so) and though we may not have kids jingle belling or caroling in the snow, we try hard to make it the hap-happiest time of the year! See for yourself via our December activities calendar. Residents and family/friends can enjoy two choir concerts, school children caroling, a candlelight worship service, Santa night with hot chili and cocoa and a resident window decorating contest!

All celebrating aside, we sincerely wish you joy and peace this Christmas season. Remember, you'll find it in the giving - the simple gift of a smile, an encouraging pat on the back, a meal with a friend, some freshly baked cookies or a helping hand for a neighbor.



THE GOOD NEWS

New Beginnings and Babies— Chaplain Kurt Stromberg



For me personally, it is extremely hard to understand how and why time is literally flying by. Here we are once again finding ourselves in the Christmas season. For many, this is their most favorite "time of the year", and for others this time represents extreme loneliness, isolation and struggles. How we walk through this season is very much contingent on how we view and perceive things. One of the most cherished pieces in most of our lives is the birth of a new family member, the little infant child. Jeremiah shares these thoughts in Lamentations that sums this up perfectly, "The steadfast love of the Lord never ceases, His mercies never come to an end; they are new every morning; great is your faithfulness." (Lamentations 3:22-23)

The Holy, Heavenly/Eternal Scriptures provide a foundation and basis for our morale, ethical and values system as they provide a DIRECT message and information regarding all things, including things that are NEW. The prophet Isaiah puts this thought very eloquently when he says, "Forget the former things; do not dwell on the past. See, I am doing a NEW THING. Now it springs up; do you perceive it? I am making a way in the wilderness and streams in the wasteland." (Isaiah 43:18-19) Each day that the Father in Heaven blesses us with is just that, a NEW DAY.

*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.fellowshipsquareshistoricismesa.org*



THE GOOD NEWS (continued)

What makes the newborn babies so precious to the Creator is their innocence, purity, as well as a willingness to have faith and trust in those things that adults will NOT.

This wonderful season we are in means so many things to so many different people. The acknowledgement of the Creator in the form of a human being, born into the world a little baby, just like you and I. To countless folks this hope and promise of peace are what is so intriguing and captivating about a newborn baby. Jesus spoke in this manner, "Very truly I tell you, no one can see the kingdom of God unless they are born again." (John 3:3) Each and every one of us can consider ourselves new each day.

The main idea here is that we can choose how we are going to perceive things and walk through the day. Each of us can make the conscious and deliberate decision to live according to the new you, as we receive mercy and grace regarding the past from the Father in Heaven. "The old is gone, the new is here." (2 Corinthians 5:17) Understanding that each day that we have life and breath in our lungs, is a new day and the Creator in Heaven has a purpose and a plan for you. Its called your assignment and calling and the Father has made each of us unique allowing us to fulfill our purpose.

Another piece for us to understand in all of this is: "To everything there is a season, A time for every purpose under heaven: A time to be born. And a time to die: A time to plant, And a time to pluck what is planted." (Ecclesiastes 3:1-3) What is so amazing and awesome about being in a personal relationship with the Creator/Father in Heaven is that we can choose (freely) to consider ourselves new each day. Every hour if we want to. This is achieved by doing a couple of things that allow us to be in alignment with the Father.

This wisdom is penned in the Proverbs where it says, "People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy." (Proverbs 28-:13) It is because of God's mercy and grace that we can experience the benefits of our NEW personal relationship with Him. Let this love, mercy and grace that the Father in Heaven extends to us be present in the way that we treat those that we are in personal relationships with.



THE GOOD NEWS (continued)

So, during this amazing time of the year keep in mind that we can cherish the newness of a newborn baby (Christ), while at the same time understanding that the Father in Heaven sees us in righteousness. He sees the new you, the one that both you and I can become. Creator does not see the old, He sees you as a new Creation, just like baby Jesus.

Prayers go out to every resident that calls Fellowship Square of Historic Mesa home during this holiday season. Prayers also for those that struggle during this time as well. A heartfelt thank you for ALL that intercede on my behalf. I appreciate, feel and receive those prayers.

Free Holiday Festivities

Residents, Staff, Family, Friends & Neighbors Welcome!

Children Caroling from New Horizons School

Dec 4th, 4:30pm

Resident Choir Concerts "Remember & Rejoice"

Dec 12th, 10 am, Grand Community Room

Dec 13th, 10 am, Center Community Room

Santa In The Square (pictures, chilli, cocoa)

Dec 18th, 5:30 pm, Quad 4

Candlelight Worship Service

Dec 23rd, 5:30 pm Center Dining Room



Honoring International Day of People with Disabilities

Annually, December 3 is recognized as International Day of People with Disabilities. Though this is one single day of the year, the intent of the observation should be recognized every other day throughout the year.

According to the International Day of People with Disabilities (IDPWD) website, “Since its inception in 1945, the United Nations (UN) has outlined and reiterated its commitment to calling for the creation of inclusive, accessible and sustainable societies and communities — most notably with the adoption of the Universal Declaration of Human Rights in 1948.”

The UN has since then honed its focus to promote the well-being and welfare of people living with disabilities. In 1992, there was a call designate an international day of celebration for people living with disabilities. December 3 became the day.

The site states: “International Day of People with Disabilities is one day on the international calendar, yet it symbolizes the actions we should take every day, in order to create diverse and accepting communities.”

There are four pillars associated with IDPWD: celebration, learning, optimism and action.

Celebration — First the day is intended to “recognize and value the diversity of our global community, and to cherish the role we all play, regardless of our abilities.”

Learning — Next, IDPWD helps people understand and learn from the experiences of people with living with a disability.

Optimism — This day also encourages “a look toward the future and the creation of a world where a person is not characterized by their disabilities, but by their abilities.”

Action — This final step encourages all people, agencies, organizations and charities to show their support for the day and take on a commitment to create a world defined by equal human rights.

In addition to IDPWD’s advocacy of equal human rights, the Americans with Disabilities Act (ADA) takes this a step further. According to the U.S. Department of Labor, the act “prohibits discrimination against people with disabilities in several areas, including employment, transportation, public accommodations, communications and access to state and local government programs and services.”



Honoring International Day of People with Disabilities (continued)

The [ADA.gov](https://www.ada.gov) website offers a number of educational resources, such as the Guide to Disability Right Laws to help people living with disabilities and their caregivers. According to the site: “To be protected by the ADA, one must have a disability or have a relationship or association with an individual with a disability. An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment. The ADA does not specifically name all of the impairments that are covered.”

Fellowship Square Historic Mesa embraces and celebrates all of its residents at the community who live with disabilities. Many residents are thriving within the Fellowship Square Historic Mesa’s Independent Living. In honor of International Day of People with Disabilities, Fellowship Square celebrates those living with disabilities and encourages their caregivers to ensure they are advocated for and protected through the rights and resources that are available to them.



Handling Grief Over the Holidays: How to Find Support

Grief is a difficult emotion. Whether experiencing a recent loss or still grappling with the loss of a loved from long ago, grief knows no time. Grief can come and go; it can appear when least expected. It can also feel heavier during special times of the year — including the holidays.

For those experiencing grief of any kind, Fellowship Square Historic Mesa's own Chaplain Kurt encourages people to work through their grief through the support of others. Here, he offers advice and suggests a resource available to residents of Fellowship Square Historic Mesa.

"Each individual processes loss or grief differently. There are no time limits. Every person does not process in the same way. There will be good days and bad days as the person learns to live without someone or something," he says. "Grieving does not only include the loss of someone, it also can be the loss of something like the ability to drive or consolidating a lifetime of memories and belongings into a smaller space."

While it's important to take these aspects into consideration, he also emphasizes that at some point, the emotions and feelings that grief bring about are going to have to be dealt with. Chaplain Kurt suggests residents get involved with a program such as GriefShare.

GriefShare is a group setting program offered at Fellowship Square Historic Mesa. This program, which has been proven to help many individuals, is a 13-week professional curriculum that includes a workbook and weekly video presentations. It is led by individuals who have processed grief on many levels.

"The resident leading GriefShare here at Fellowship Square of Historic Mesa has lost two precious children that she has had to process," he says. "Talking about things is healthy and so is accepting the fact that anger, shame and confusion are just some of the emotions that one will feel. In any emotional setting, the worst thing to do is suppress those feelings and emotions and not deal with them."



Handling Grief Over the Holidays: How to Find Support (continued)

GriefShare is held at FSHM on Wednesdays at 4 p.m. in Chaplain Kurt's office (Q Corner) and all are welcome. Currently, there are anywhere from two to seven residents that attend weekly. In addition, Chaplain Kurt can make arrangements to meet individually with those who may need it.

Fellowship Square Historic Mesa reminds residents they do not need to struggle through grief alone, especially during the holidays. It is important to handle and deal with grief as it arises, whether through a group format such as GriefShare or with a counselor or other trusted individual. To learn more about GriefShare, visit griefshare.org.

Tips for Handling Grief During the Holidays

Often a season of celebrations and gatherings with friends and loved ones, the holidays can be particularly difficult for those who are grieving. Here are a few simple tips to help:

- Connect with others who are grieving, such as through GriefShare
- Create new traditions
- Don't go it alone: Reach out to supportive family, friends and neighbors.
- Set realistic expectations
- Develop some coping skills such as breathing exercises or meditation, journaling, walking or practicing yoga.



Come “Back to the Garden” and Thrive with Purpose Resident Volunteer Program



Fellowship Square Historic Mesa is rife with opportunities for residents to get involved, get active, get social, start new hobbies, learn new skills and more. These elements are all crucial to helping residents live their lives with purpose in their senior years. Volunteering is another key aspect of Fellowship Square Historic Mesa’s offerings.

In fact, our senior living community has an entire resident volunteer program called Back to the Garden. Resident Gary Smith has been instrumental in helping to grow the program. Here, he shares a little about his own passion for volunteering, the cornerstones of the Back to the Garden resident volunteer program and why volunteering is so vital to living a purpose driven life at any age!



When Smith came to Fellowship Square Historic Mesa in June of 2023, he was very concerned about continuing his passion for volunteering. Chaplain Kurt was one of the first people he met upon moving here. “I said ‘I’m depending on you to find some purpose for me here,’” Smith says. “He took me at my word.”

Chaplain Kurt could clearly see that Smith’s volunteer spirit could be put to very good use here. And it has been. Smith says throughout his entire career, every paid job he ever had got “a whole lot of volunteer work” from him because that is where his interests lie. Introducing residents at Fellowship Square Historic Mesa to the many volunteer opportunities is an important part of what he does now.

Come “Back to the Garden” and Thrive with Purpose Resident Volunteer Program (continued)

“Having purpose for me really is the big thing. And I think it is for most people throughout our lives,” Smith says. “The hardest thing about aging is seeing your life telescoping down to fewer and fewer choices, including having some purpose. So to be able to offer something like this, it’s just huge to many people. We have a lot of choices here on what people can do to create some purpose in their lives.”

Smith shares his own thoughts on the cornerstones of the Back to the Garden Program:

1. It lifts residents above ‘tenants to receive care’ to ‘participating members of the family.’ And it enables those residents to partner with and support staff, whose responsibilities always outweigh their work hours and salary. Volunteers don’t replace staff; they support them.



2. It makes connections between residents and opportunities (we might call it work, or a ‘job’ if there was a salary, but there is not.)

So the opportunity is to give as much of ourselves as we choose. This is another cornerstone of volunteerism: Selflessness.

3. It provides evidence to potential funders that Fellowship Square is solidly supported by its residents through their volunteerism.

Significant donations are very difficult to obtain without that evidence. Giving multiplies. Giving promotes giving.

4. Back to the Garden (this is my favorite) is a nursery (as in plants), a ‘hothouse’, an incubator, where we have the enormous privilege to nurture new opportunities that benefit both residents and staff. Volunteerism is a great American tradition. It makes us better people who leave behind better places.

Smith, who works closely with Chaplain Kurt through the program encourages all residents to get involved. There are countless ways and opportunities in which residents can help out, meet neighborhoods and friends, and find new purpose.



New to the program? Stop into the Back to the Garden Volunteer Office to get started! It is located on the north east corner of Q building on the first floor, next to the mailboxes. The office is open and staffed by resident volunteers Monday through Friday from 9 a.m. to 3 p.m. and Saturday from 9 a.m. to noon.

**MILESTONE:
100 Registered
Resident Volunteers
as of
November 20th!**

Reasons to Volunteer

Volunteering not only gives residents purpose, it has many other benefits! While giving back and making a difference, these efforts can have a positive impact on those who volunteer.

According to an article on the Mayo Clinic Health System [website](#), volunteer activities improve physical and mental health. “Research has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older.”

Furthermore, the site states that volunteering reduces stress and increases positive, relaxed feelings. “By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.”

Volunteering can also help people learn new skills as well as nurture new and existing relationships. The Back to the Garden program is the perfect way for residents to add purpose to their lives, gain a new skill, meet new people and even improve their mental and physical health.



Stay Proactive with an Annual Wellness Visit!

An Annual Wellness Visit is more than just a check-up—it's a proactive way to prioritize your health, catch potential issues early, and keep your care plan current. These visits are designed to support your long-term wellness and help you reach your health goals. Here's what you can expect:

Comprehensive Health Assessment: During your visit, your provider will review your medical history, current medications, and any recent health changes to ensure they have a full picture of your health.

Personalized Wellness Plan: Together, you and your provider will create a customized health plan, with prevention strategies and achievable wellness goals tailored to your needs.

Risk & Safety Evaluations: Identify potential health risks and discuss strategies for staying safe and independent.

Preventive Screenings & Referrals: If necessary, you'll receive referrals for essential screenings or specialty care to keep you on the best path for your health.

Preparing for Your Visit:

- Bring a list of all medications and supplements.
- Jot down any health questions or concerns you'd like to discuss.

Take advantage of an Annual Wellness Visit to invest in your health and keep your care plan in check.



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

Billing questions?

1-855-352-8472

**On-Site Clinic
Opening
Soon!**



nutritional nuggets

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Sugar Free, Hassel Free, Baked Hasselback Apples

As the holidays roll in, we're all looking for ways to enjoy seasonal treats that don't load us up with unnecessary sugars. These baked Hasselback apples are a naturally sweetened twist on a classic dessert—using a couple of dates to bring warmth and a hint of sweetness to the oats without reaching for sugar or syrups. This recipe even has options to make it grain-free, with unsweetened coconut standing in for oats, and is perfect topped with a dollop of non-dairy Greek yogurt or whipped coconut cream. A festive treat that's as nourishing as it is delicious!

Apples

Rich in fiber, antioxidants, and vitamin C, apples support digestion, immune function, and heart health, making them a delicious and beneficial choice for any treat.

Dates

Naturally sweet and nutrient-dense, dates are packed with fiber, antioxidants, and minerals like potassium, promoting heart health and steady energy.

Oats

Oats are a powerhouse of fiber, especially beta-glucan, which helps regulate cholesterol and blood sugar levels, supports digestion, and keeps you feeling full longer.

Spices

Cinnamon, cardamom, and ginger aren't just cozy spices—they're rich in antioxidants, aid digestion, balance blood sugar, & support immunity, adding flavor and health benefits.

Hassel Free Baked Hasselback Apples

Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

Calories 171.1

	% Daily Value*	
Total Fat	9.1 g	12 %
Saturated Fat	2.8 g	14 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	118.4 mg	5 %
Total Carbohydrate	22.2 g	8 %
Dietary Fiber	3.6 g	13 %
Total Sugars	11.8 g	
Added Sugars	0 g	0 %
Protein	1.7 g	
Vitamin D	0 mcg	0 %
Calcium	13.7 mg	1 %
Iron	0.6 mg	3 %
Potassium	162.1 mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com

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Hasselback Apples

A baked apple dessert, sliced in a fan like pattern, topped with sugar-free oat topping for a healthy winter treat.



Ingredients:

- 3 tbsp butter or non-dairy spread, divided
- 2 fresh apples, halved & cored
- 1/4 tsp each cardamom, ginger, & cinnamon, divided
- 2 dates, finely chopped
- 4 tbsp gluten-free oats
- 1 dash Himalayan salt to taste

Instructions:

- Preheat Oven to 350 degrees
- Cut apples in half and scoop out the seeds
- With the cored side down, make cuts almost all the way through the apples at about 1/4-inch intervals.
- Place the apples, cut side down, in a parchment-lined 8x8 Pyrex dish or cookie sheet.
- Gently melt 1 tbsp of butter or Earth Balance Soy Free Non-Dairy Spread
- Add 1/8 tsp of ginger, cardamom, and cinnamon to the melted butter and drizzle over the slits in the apple.
- Place in oven to bake for 30-minutes.
- Meanwhile, gently melt the remaining 2 tbsp of butter or Earth Balance Soy Free Non-Dairy Spread.. Add in the remaining 1/8 tsp of ginger, cardamom, and cinnamon, a dash of salt, oats, and two finely chopped dates. Stir to mix and allow to stand until the apples are done baking.
- Pull the baked apples out of the oven. They should be soft and pliable.
- When cool to touch, stuff the cracks with the oat mix.
- Return to the oven and bake for a further 30 minutes.

@THEMENTALHEALTHNUTRITIONCOACH



FUN FELLOWSHIP FOTOS!

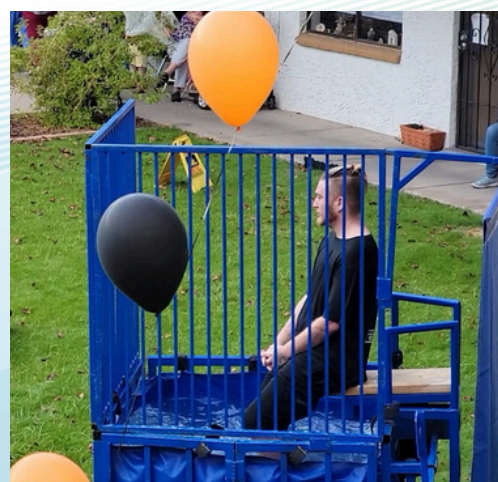
Halloween Carnival





FUN FELLOWSHIP FOTOS!

Halloween Carnival and Fall Craft Fair



Resident Christmas Window & Door Decorating Contest



FELLOWSHIP SQUARE
HISTORIC MESA



- **3 Winners per Quad, 3 Oasis Winners**

- 1st Prize \$75, 2nd Prize \$50, 3rd Prize \$25

- (Visa gift card or rent credit)

- **Windows/doors should be decorated between Thanksgiving and December 15th.**

- **Residents & staff may vote.**

- **Outside visitors invited to stroll community following Santa night and Candlelight service to vote for their favorites.**

- **Voting forms & boxes will be placed in each community room, Oasis lobby and at front office on December 16th.**

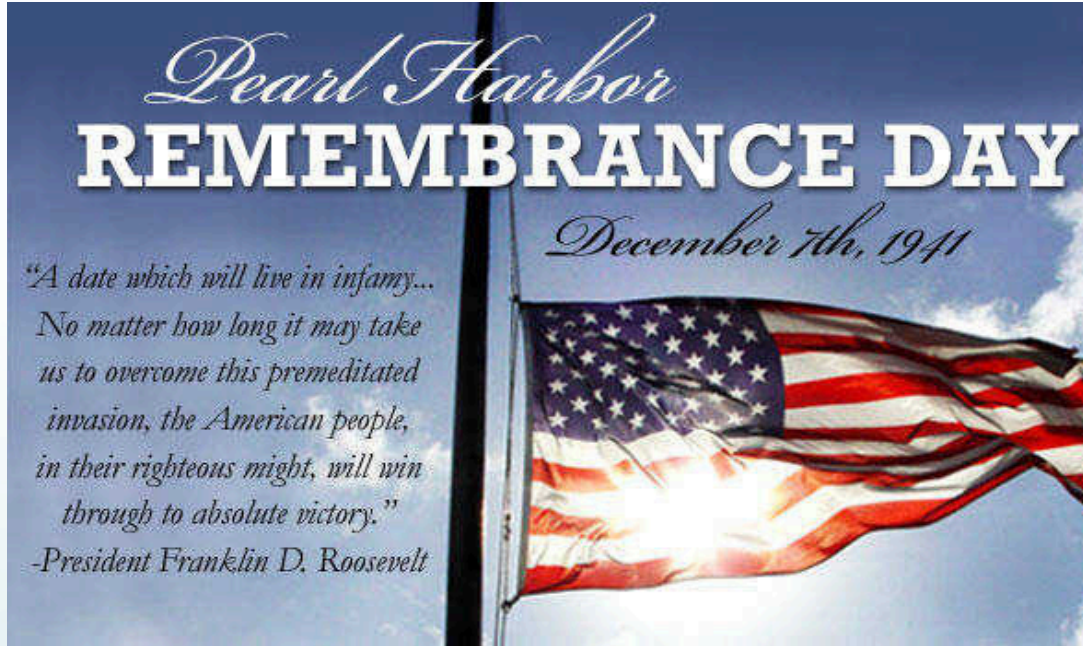
- **Winners announced between Christmas and New Year's.**

Independent & Assisted Living, Memory Care & Supportive Services

35 W Brown Rd - Mesa AZ 85201

480-834-0600

fellowshipsquarehistoricmesa.org



In loving memory ...

Kristie Larsen (1962-2024)

Many of you will fondly remember Kristie who served as Executive Director of Fellowship Square Historic Mesa from 2013-2020. Kristie worked for Christian Care for 37 years in a variety of progressive roles and was serving as Vice President of Operations at our Phoenix campus at the time of her passing on October 30th. She will always be remembered for her generous spirit, bright smile, infectious laugh as well as her dedication to resident welfare, her family and Jesus Christ. You may read more about her at [Dignity Memorial](#). We ask that you remember her family in your prayers.

Fellowship Square Historic Mesa Represented at Leading Age Senior Olympics Games



A big congrats to our 2024 Leading Age Games participants from Fellowship Square Historic Mesa!

We gathered a team of 8 athletes that competed in a variety of events that included wii bowling, an obstacle course, .5 mi walk and a basketball bounce.

Our athletes were Larry O'Neill who bowled a respectable 177, Toh (Wesley) Lim, who made a few friends along the way of his half mile walk. Bonnie Spicer, Dawn Ford and Norleen Lara who also competed in the half mile walk. Chris Ford won his heat in his walk category. Bill Eddings competed in the basketball bounce and a compilation of Lucky Sargent, Dawn Ford, Chris Ford, Norleen Lara and Bill Eddings all competed in the obstacle course. Everyone really did so good. Peggy Oliver joined us as our cheerleader! (We definitely need to give her pom poms for next year.)

There were 8 other communities competing along with us and a lot of fun and wonderful energy around the campus. We didn't come back with any trophies this time, but we did get the most compliments and photos of our team's name and t-shirts! The "Off our Rockers" team will be back next year! Let Jaimee know if you are interested in joining the team.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2nd 9:00AM Wii Bowling 11:00 Fitness w/ Friends 12:30pm Enhanced Mobility	3rd 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	4th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility 2:00pm Chair Yoga (Apt 207-A) RSVP Limited	5th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	6th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	7th 
9th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 12:30pm Enhanced Mobility	10th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	11th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility 2:00pm Chair Yoga (Apt 207-A) RSVP Limited	12th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	13th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	14th 
16th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 12:30pm Enhanced Mobility	17th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	18th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility 2:00pm Chair Yoga (Apt 207-A) RSVP Limited Space Available	19th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	20th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	21st 
23rd 9:00AM Wii Bowling 11:00 Fitness w/ Friends 12:30pm Enhanced Mobility	24th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	25th 	26th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	27th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	28th 
30th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 12:30pm Enhanced Mobility	31st 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)				

Independence is Even Better with Friends



RESIDENT REFERRAL PROGRAM

*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 Values:

*Guided by Christ's love, we believe in the immeasurable value of every person.
We are committed to joyfully serve with humility, integrity and respect.*

Did you know that you can reduce your taxes by making a gift from YOUR IRA TO CHARITY?

The IRA charitable rollover permits individuals who are 70½ to roll over up to \$105,000 from their IRA to charity free from federal income tax. An IRA rollover gift also may qualify for your required minimum distribution, permitting you to lower your income and taxes for this year while helping our cause.

Contact us to learn more about how you can redirect unneeded IRA income to charity, help further our mission and enjoy valuable tax savings this year.



Fellowship Square Office of Advancement
480-822-7373 | Advancement@ChristianCare.org

Romans 15:13: "May the God of hope fill you with all joy and peace in faith so that you overflow with hope by the power of the Holy Spirit."

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



FELLOWSHIP SQUARE
HISTORIC MESA

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