

The JOYFUL INDEPENDENT

THE GOOD NEWS

MAY 2025



Meditation and Prayer Equals Personal Communication with our Creator

- Chaplain Kurt Stromberg

One of the main ingredients of having a successful and fruitful personal relationship with the Father in Heaven and others is through our communication with Him/them.

What is the secret to engaging in a personal relationship with the Creator of heaven and earth?

Effective communication through meditation and prayer is the secret. Prayer and talking with the Creator is essential in most of the religions of the world including Christianity, Islam, Hinduism, Judaism, and Buddhism. In America, on the first Thursday of each May, we acknowledge the National Day of Prayer. Paul gives some amazing advice when it comes to prayer, "Do not be anxious about anything, but in everything by prayer and supplication with THANKSGIVING, let your request be known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6)

I know that in my own personal journey and relationship with the Father in Heaven, I am very good at praying and making my petitions and requests known to him. The part of this two-way relationship that I need help with is the LISTENING part. I am very much like so many other folks who have this side of communication somewhat figured out. Joshua gives some amazing insight as to what it is like to meditate when he says, "This Book of Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your ways prosperous, and then you will have good success." (Joshua 1:8)

*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.fellowshipsquarehistoricismesa.org*



THE GOOD NEWS - Chaplain Kurt Stromberg (continued)

Joshua of course is referring to “The Word” of God, The Bible here. The scriptures are where the Father reveals Himself to us. The way to meditate on it day and night is study/read it, and in prayer, ask the Father to reveal Himself to you. The definition of meditation is: “to think deeply or focus one’s mind for a period.

The current world is a bustling place where there are so many distractions for our attention that many times, we neglect getting quiet to be able to hear directly from Creator. In Deuteronomy we are told to, “Love the Lord your God, listen to his voice, and hold fast to him.” (Deuteronomy 30:20)

How can we hear from the Father with so much noise and so many distractions? We need to emulate Jesus and find a quiet refuge (Jesus went into the garden/wilderness) where we can hear directly from the Father in Heaven, void of distractions. In today’s culture, so many of us are so busy that setting aside prayer time is difficult. Setting time aside to hear from Father regarding our prayer requests is even more difficult.

As with Elijah, who was expecting God to speak to him in a mighty way, God’s response came to him “in a gentle whisper.” (1 Kings 19:12)

Meditation is waiting to hear from the Lord and praying is offering up our intercession and supplication to the Father. We must not grow weary (Galatians 6:9) or lose our faith and hope that He does answer ALL our prayers. He does answer ALL prayers, maybe not the way we desire.

God has three answers to prayer: Yes, No, and Wait. As soon as the believer prays, the prayer is HEARD in heavenly realms and the angels are dispersed. There is confirmation of this in Daniel when it states, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, I have come in response to them.” (Daniel 10:12)

What a promise? Hallelujah, praise Him. So, Father in Heaven, we come into your presence with a humble heart and ears, heart and mind that desire to hear from you directly. We pray for peace as we quiet ourselves to receive from the one Who created it all. We thank you for all the answered prayer and we give you praise as you answer our prayers and petitions according to Your will. We ask this in Jesus’ name. Amen.

Gentle reminder that the **first Thursday in May** (May 1 this year) is the **National Day of Prayer**. Keep your eyes open for what may be going on during that specific day.





Stargazing Opportunities in Celebration of International Astronomy Day

There are typically two official Astronomy Day observations annually—one in the spring and one in the fall. This year, the spring Astronomy Day is observed on Saturday, May 3. International Astronomy Day is usually observed on the Saturday closest to the first quarter moon. This is an ideal time for stargazing due to optimal visibility.

According to the Farmers' Almanac website, Astronomy Day (the two observances being referred to as Spring Astronomy Day and Fall Astronomy Day) was first created in 1973 by Doug Berger, a California astronomer. An article on the site states: "During the first observance, Berger set up telescopes in busy urban locations, such as street corners, parks, and malls, as a way to bring astronomy 'to the people.' Since then, the event has grown to international proportions, with amateur astronomy clubs, planetariums, observatories, and other science organizations throughout the world hosting special events twice each year in honor of Astronomy Day."

Astronomy Days are cause for celebration among nature lovers, stargazers, and photographers. Many organizations even host star party experiences.

For example, on the evening of Saturday, May 3, the Arizona Science Center presents Astronomy Family Night from 6-10 p.m. This free event promises to be an evening of stargazing, discovery, and cosmic fun. For more about this experience, visit <https://www.azscience.org/visit/events/astronomy-weekend/>.

Since February of this year, Mesa Community College (MCC) has been presenting Astronomy Night events at its state-of-the-art planetarium at its campus located at Southern and Dobson. These events are held on the first Friday of the month through December (except June, July and August). The MCC Astronomy Nights include planetarium shows and telescope viewing of the moon, planets and other celestial sights. Shows run from 5-10 p.m. and start every hour.

The May 2nd show is titled "Tour the Universe with Pink Floyd." For more information or to purchase tickets, visit <https://www.mesacc.edu/departments/physical-science/astronomy/planetarium/astronomy-nights>.



Stargazing Opportunities in Celebration of International Astronomy Day

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National and state parks and NASA are also excellent sources of information for upcoming Astronomy Day events and stargazing opportunities all year round.

What to look for on International Astronomy Day

There's no need to attend an event or festival to enjoy spring Astronomy Day. Those interested in the celestial world can view some incredible constellations and wonders of the sky with a great pair of binoculars or their own home telescope.

There are a few unique viewing opportunities for those in the Phoenix area on the evening of May 3. The moon and Mars will be in close proximity. The moon will be visible above Mars. The Beehive Cluster, a cluster of stars in the Cancer constellation, is another one that will be visible on this night.

EarthSky recommends looking high in the west about 60 minutes after sunset to view “the waning crescent moon hanging next to Mars. Just below the red planet will glow the dim Beehive star cluster in Cancer the Crab. Binoculars will help you spot the dim cluster. In this one scene lies the 240,000-mile-distant moon sitting by the 135 million-mile-distant Mars, with both appearing near the 577 light-year-distant Beehive.”

Luckily, stargazing isn't just a hobby reserved for international observances. Stargazing is a serene hobby that puts people in touch with nature—and the world beyond planet Earth. In honor of International Astronomy Day, grab a pair of binoculars and look up to see some of the most sparkling gems of the universe.



Write for Wellness

May is Mental Health Awareness Month, and the 13th of the month is recognized as Writing for Health and Healing Day. Writing, and specifically journalling, can be therapeutic for one's well-being. In honor of these observances, Fellowship Square Historic Mesa explores the benefits of writing for wellness and offers tips for journaling in the name of one's well-being as well as other suggestions to boost mental health.

According to the National Alliance on Mental Illness (NAMI), since 1949, "Mental Health Awareness Month has been a driving force in addressing the challenges faced by millions of Americans living with mental health conditions."

NAMI's theme, "In Every Story, There's Strength," focuses on the resilience and diverse experiences that shape mental health journeys within the community. Everyone has a story to tell. In fact, writing about one's experiences can often be a therapeutic way not only to work through them but also to connect with others and help them heal in their own ways.



In fact, May 13, 2025, marks the second "Writing for Health and Healing Day." According to the Writing for Health and Healing Day website, "It's becoming widely accepted and appreciated that writing is a powerful form of self-expression, and can be invaluable in helping to process thoughts, feelings, emotions and experiences. Writing for health and healing is wonderful therapy, it's free, accessible, and requires nothing more than a paper and pen at its most basic level."



Write for Wellness

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The organization celebrates and honors the power of writing for health and healing. Regardless of the type of writing one does, it can be helpful and therapeutic. Journaling can be an excellent start for those interested in writing for their own wellness in honor of these observances. Here are some tips for inspiration:

- Start by just journaling for a few minutes a day.
- Write out three to five things you are grateful for.
- Write out three to five things you wish to accomplish.
- Write a “rant”—something you wish to get off your chest or something that has weighed heavy on your mind. This can even be addressed as a letter (that never has to be sent to the recipient).
- Don’t “edit” yet—write first, get it all out on paper, and then proceed from there.

Those who like to write or are interested might join a writing club or visit their local library regularly to utilize the vast resources and connect with other written word aficionados. This can also be a great way to make a social connection through shared stories. Socialization does wonders for one’s mental wellness.

Whether journaling, or writing a memoir or story that you wish to share with the world, it begins with a single word. Whether putting pen to paper or typing it out, the physical act of writing is also a great hobby.



EMS Care for Everyone

May 18 through May 24, 2025, is National EMS (Emergency Medical Services) Week, a time to recognize the amazing and dedicated EMS professionals who care for everyone.

According to the [EMS Week website](#), “Our dedication and lifesaving skills are put to the test every day. We’re called to care in big cities and in small towns, in private homes, businesses, schools and on our nation’s roadways. Whether it’s saving a young victim of a motor vehicle crash, helping an elderly patient who’s forgotten to take her medication, stabilizing a construction worker experiencing chest pain on the jobsite, or treating an overdose on a city street, we’re trained and ready to deliver a range of medical interventions and support because we care for everyone.”

EMS Week was first authorized in 1974 by President Gerald Ford to celebrate EMS professionals and the important work they do in the nation’s communities. “National Emergency Medical Services Week brings together local communities and medical personnel to honor the dedication of those who provide the day-to-day lifesaving services of medicine’s frontline,” the website states.



This year, EMS Week has a dedicated theme for each day, including:

Sunday—Health, Wellness and Resilience Day
Monday—Education Day
Tuesday—EMS Safety Day
Wednesday—EMS for Children Day
Thursday—Save-A-Life Day
Friday—EMS Recognition Day
Saturday—EMS Remembrance Day

EMS professionals make an important difference in the lives of seniors in the community every day. Seniors may struggle with when to call for emergency medical services. So, in honor of EMS Week, Fellowship Square Historic Mesa offers the following tips:



EMS Care for Everyone

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When to call 911:

There's no time to spare in the case of an emergency or life-threatening conditions such as severe bleeding, chest pain, difficulty breathing, loss of consciousness or confusion and disorientation.

According to an article on the Mayo Clinic News Network website, "If somebody is having chest pain; if they really can't catch their breath; if they're having signs or symptoms of a stroke, like weakness in one area of their body; certainly any sort of bleeding that might not be controlled, such as in your stool — those are all reasons to seek emergency care."

If someone is concerned that they may be having a medical emergency, calling a nurse triage line to help choose the best way to get the care they need is essential.

Preventative care is a big part of not having to resort to emergency care. It is suggested that patients keep up with their routine doctors' appointments and screenings to catch any issues before they reach the emergency level. Preventative care is typically preferred over emergency care—for everyone involved.

In honor of EMS Week, Fellowship Square Historic Mesa wishes to thank its amazing staff and the countless supportive EMS professionals (firefighters, EMT's, Doctors, Nurses, Police Officers) who service the community. Seniors, remember to give thanks to these hardworking members of the community. They do this work out of a deep passion for caring for others, which can often be a stressful and thankless job.



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.



Fellowship Square Historic Mesa is Abuzz over World Bee Day

May 20 is World Bee Day! While some people may fear bees (can you bee-lieve it?) or may even be allergic, bees are amazing little creatures that help the environment. It's essential to protect these petite pollinators. In honor of World Bee Day, Fellowship Square Historic Mesa is abuzz over all things bee, with some fun facts and safety tips.

Fun facts about bees in Arizona—and “bee”-yond

According to an article in the Arizona Republic, there are approximately 1,300 types of bees in Arizona, about 4,000 known species in the country and roughly 20,000 species worldwide.

Arizona, specifically the Sonoran Desert, is home to at least 15% of bee species. It is believed to be the “most biodiverse [bee] region on the planet.”

Bees are both social and solitary... depending on the species. For example, honey bees and Africanized honey bees are social bees. They both exist in Arizona and serve as crucial pollinators for the state. Solitary bees nest independently and care for their own offspring. More than 90% of bees in the state of Arizona are solitary.

A swarm of bees refers to the natural process of a honey bee colony reproducing and splitting into two colonies. The original queen and some of the worker bees leave the hive to establish a new home. Typically, swarming happens when a colony has grown too large, and thus, this process serves as a way to ease overcrowding and discover new resources.

According to a University of California San Diego study titled “Analysis of Honeybee Aggression” by Dylan Voeller and James Nieh, honeybees “generally attack only to defend their colony, but will also attack if they are seriously disturbed outside the nest.” The study goes on to list common sources of “attack stimulus” as “alarm pheromone, vibrations, carbon dioxide, hair and dark colors.”

According to this research, Africanized honeybee venom is not worse than general honeybee venom; however, one may typically experience many more stings from Africanized bees.





Fellowship Square Historic Mesa is Abuzz over World Bee Day

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“Bee” safe around bees (aka – bee safety tips)



There is no need to fear bee stings, as bees will often only sting if threatened or in defense of their hives.

It's important never to disturb a hive or colony. If a hive is on one's property, it's best to call experts to have it safely removed and relocated.

When hiking or working in the garden, wear light-colored clothing and avoid wearing scents of any kind, such as lotions or perfumes, to avoid attracting bees to these odors.

Bees can also be attracted to vibrations, so take caution when using outside machinery such as a lawn mower or weed eater.

If hiking with or walking pets, ensure they don't get into brush and bushes, where they could disturb a colony.

If you encounter an aggressive swarm, run and seek shelter. According to the U.S. Department of Agriculture website, use clothing to protect the face, especially the eyes, nose, and ears. Don't flail or swat at the bees. Seek safety in an enclosed shelter and avoid jumping into a pool or trying to wait them out underwater.

If stung, avoid pulling the stinger out. “Instead, scrape the stinger out sideways using your fingernail, the edge of a credit card, a dull knife blade, or other straight-edged object,” the article states.

Ultimately, bees are a part of “the biodiversity on which we all depend for our survival” according to the UN Environment Programme website. Rather than be afraid of them or harm them, it's best to live in harmony with them.



Missionary Gathering



Missionary work is the act of sharing the Christian faith and helping communities in need. Missionaries may work in their own country or in other countries.

How do missionaries share their faith? They act like Jesus and love like Jesus. Traditionally, they taught people about Jesus Christ, preaching the Christian faith and administering sacraments. However, these roles are now carried out by the indigenous church influenced by missionaries many decades ago. Today, missionaries build community through acts of service. Consider the missionary in a Muslim environment or in China, where Bibles are forbidden.

We have a number of residents at Fellowship Square Historic Mesa who were missionaries. Many of them continue service here through volunteering in our community.

A new social group of former missionaries and ANYONE interested in missionary work, gather monthly. The purpose of the group is to share stories, discuss how their experiences have impacted lives and receive updates. Do you know what “unreached people groups” are? And how far has Bible translation progressed? Come and find out! And we always pray, for each other and for worldwide issues. **Join us – you are welcome!**



Next Meeting:
May 10th at 10 am
Grand Dining Room

For more information about the group, you may contact Dorothy Hanson at 502-432-4198



FELLOWSHIP SQUARE
HISTORIC MESA



Back to the Garden
Thrive with Purpose

VOLUNTEER PROGRAM

Thrive by
enjoying
a fulfilling sense
of purpose.



Maintain your independence
by staying active.

Make a difference
to your senior neighbors.

The Volunteer Office

is located at the northeast corner
of Q Building, ground floor, next to the mailboxes.
The phone number is 480-290-7955.



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.*

The Fellowship Fund: Neighbors Supporting Neighbors

At Fellowship Square Historic Mesa, community is more than a word—it's the heart of who we are. From sharing a smile in the hallway to offering a helping hand, this is a place where neighbors truly look out for one another. It's that strong spirit of compassion and connection that makes our campus so special—and it's exactly what inspired the launch of the Fellowship Fund.

The Fellowship Fund was created in response to residents who asked for a way to support others in times of need. It is a charitable initiative that offers financial assistance to residents experiencing temporary difficulty paying rent. The goal is simple but powerful: to make sure everyone can continue to live in their home with dignity, comfort, and peace of mind.

Whether due to an unexpected life change or financial setback, anyone can face a moment where they need extra support. The Fellowship Fund helps ensure that those moments don't threaten the sense of security and belonging we all cherish at Fellowship Square.

This fund is not just about providing financial relief—it's about neighbors helping neighbors. It's a tangible expression of our shared values and our commitment to caring for one another.

When you support the Fellowship Fund, you're directly helping fellow residents stay in their homes and continue to be part of the community we all love.

How the Fellowship Fund Works:

Anyone—residents, family, friends, or community members—can donate to support residents in need.

Donors cannot designate funds for a specific individual.

Funds are used solely to help cover rent shortfalls during times of hardship.

Residents with concerns about rent should contact Rena for a confidential conversation.

How You Can Help

- Donate online at www.fellowshipsquareseniorliving.org/online-donations/
- Drop off a check with Kristen McFadzen, your Community Advancement Officer
- Contact Kristen directly at Kristen.Mcfadzen@christiancare.org or call 480-385-0066

Every contribution, no matter the size, helps meet the most urgent needs in our community. Together, we can continue building a place where everyone feels supported, secure, and truly at home.



Communities Making A Difference!

Citrus trees, shade and goodwill – that's what the team at IMEG Engineering of Scottsdale brought to our community on April 12th.



Their second service project at Fellowship Square Historic Mesa included the funding and planting of a variety of citrus trees that our residents will be able to enjoy fruit from for years to come.



In addition, they hung some shade sails, that were donated by a thoughtful resident, in our dog park area which will be much appreciated in our hot summer months.



Afterwards, the IMEG team and several resident volunteers enjoyed a nice brunch and a competitive trivia game with IMEG taking home the grand prize.

Communities Making A Difference!

We greatly appreciate the donation of time and money from IMEG for this project but even more, we are grateful for our growing friendship!



FUN FELLOWSHIP FOTOS!



April Resident Appreciation Event



FUN FELLOWSHIP FOTOS!

Our April resident appreciation event included meal and show at either 1 pm or 5 pm. Gordy and Debbie, a country western duo out of Branson MO, gave lively performances. BBQ chicken & pork, corn on cob, cornbread and apple pie were served. With 150 attending, our residents enjoyed line dancing and even practice leading up to the event!





On Site
Concierge:
623-305-0436

**She's Still Got It:
Celebrating Women's
Health Month
Celebrating Strength.
Supporting Wellness—
At Every Age.**

This May, in honor of Women's Health Month, we're recognizing the resilience of women 65+ and encouraging a focus on staying strong, vibrant, and informed throughout every stage of life.

Wellness Looks Different After 65—And That's Okay.

Health needs evolve with age, and that includes everything from breast and cervical cancer screenings to pelvic health, mental wellness, and sexual health. Aging brings change—and every woman deserves care that meets her where she is, with dignity and understanding.

Did You Know?

- 50% of breast cancer cases occur in women 65+
- 1 in 3 women over 65 experience osteoporosis
- Early detection and preventive screenings save lives

You Deserve Care That Understands You.

Look for care that offers:

- ✓ Regular wellness check-ins
- ✓ In-room or on-site visits
- ✓ Education and guidance to stay in control
- ✓ Early support to help avoid hospital visits

Take the First Step Toward Better Health—Because You Still Got It.



CURANA HEALTH:
**Personalized,
On-Site Care
for Seniors**

**Healthcare where
you live – No travel
required!**

WHY CHOOSE CURANA HEALTH?



On-Site Primary Care –
Regular check-ups and urgent
visits in your home



Comprehensive Services –
Chronic disease management,
lab work, medication support,
and palliative care



24/7 Access to Providers –
Quick response to urgent
health needs



Fewer Hospital Visits –
Proactive care to
prevent complications



Consistent, Relationship-Based Care –
Reliable provider schedules

nutritional nuggets

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Memorial Day Meals That Love Your Heart and Mind

May brings warmer weather, family get-togethers, and the smell of something tasty on the grill. But if you're managing your blood pressure or watching your digestion, traditional cookout fare can feel off-limits. Good news: you don't have to skip the picnic! With a few smart swaps, you can enjoy delicious foods that are good for your heart and support your mood. Let's make Memorial Day meals that make you feel as good as they taste.

Eat Well, Feel Better

Ever feel a little foggy after a heavy meal or irritable when you're hungry? That's your gut talking! The connection between your digestion, blood pressure, and brain is stronger than you might think. A sluggish gut can lead to mood swings, poor sleep, and rising blood pressure. Choosing real, whole foods—especially ones low in salt and high in fiber—can help you feel lighter, brighter, and more balanced.



Beet and Bean Burgers

- 4 small beets, washed and peeled
- 1/2 cup oats (GF if necessary)
- 1/4 cup flax meal
- 1 cup pepitas, raw (pumpkin seeds)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp rosemary, dried
- 1 Tbs soy sauce
- 1 white beans, canned, drained and rinsed

Grate the beets, then pulse oats, flax, and pepitas in a food processor with spices. Add the beets, soy sauce, and beans and pulse until a thick batter forms. Scoop into patties, place on a baking sheet, and bake at 400°F for 20 minutes per side.



Power Up With Potassium

Beans are an excellent source of potassium, a mineral that helps your body get rid of excess sodium and eases tension in your blood vessel walls—two key steps in managing blood pressure. That means they are a tasty way to support heart health. So whether you toss them in a salad or form them into a plant-based burger, beans are a smart pick for your plate.

Want delicious plant-based burger recipes? Go To:

www.bit.ly/mayburgers

MAY 2025

To reserve a time slot call 480-290-7012
Indoor Class Max: 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1st 9:00am Mindful Movement	2nd 9:00am Wii Bowling 11:00 Friendship Garden (\$12) plus Lunch Outing	3rd 
5th 9:00AM Wii Bowling 11:30AM Dancing w/Mike \$5 CTR-CR	6th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	7th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga #207A	8th 9:00am Mindful Movement	9th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	10th 
12th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike \$5 CTR-CR 12:30pm Enhanced Mobility	13th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	14th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga (Apt. 207 A)	15th 9:00am Mindful Movement	16th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	17th 
19th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike \$5 CTR-CR 12:30pm Enhanced Mobility	20th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	21st 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga (Apt. 207 A)	22nd 9:00am Mindful Movement	23rd 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	24th 
26th MEMORIAL DAY 	27th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	28th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga #207A	29th 9:00am Mindful Movement	30th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	31st 

Independence Is Even Better With Friends



Refer a new resident and receive \$200 per month off your rent for up to a year!



Resident Referral Program

- Monthly rent credit of \$200 begins 1-2 months after the referred resident moves in and continues for 12 months or until lease is terminated (whichever comes first).
- Must not have been previously referred by another agency or party.
- Offer succeeds previous programs and is effective with move in's after 1/1/25.

Contact our Leasing Counselors with your prospective resident information:
480-290-7022 or 7023



TEACHING IS A
WORK OF HEART



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



Our Mission:

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