



THE GOOD NEWS

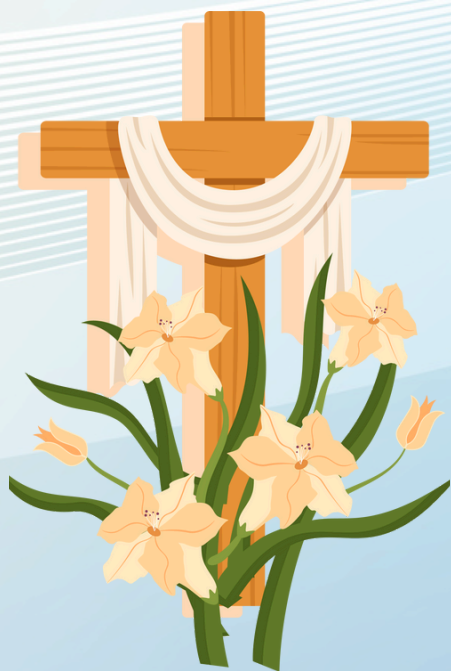
God Is Interested In A Personal Relationship With You

- Not Your Rituals or Religion

Chaplain Kurt Stromberg

Easter Blessings

We find ourselves walking through the Easter season, as we make our way to Resurrection Day. The day that our Lord and Savior Jesus, conquered the grave giving us hope, peace, and joy concerning our eternal existence. We are studying Isaiah in Bible study and God says this through the prophet, "The multitude of your sacrifices— what are they to me?" says the LORD. "I have more than enough of burnt offerings, of rams and the fat of fattened animals; I have no pleasure in the blood of bulls and lambs and goats. Bring no more futile sacrifices." (Isaiah 1:11-12)



God is very clear here. He has become fed up with their rituals and sacrifices due to the fact that the people of Israel were sinning but not repenting. They were not walking away from their sin. There is nothing new under the sun, and what the people of Israel were indulging in is what we find taking place in our culture and society today. In other words, the people were going through the motions, giving God lip service, so to speak. They were required to offer a sacrifice when they had indulged in sin which they were eager to do. Just like many of us today they were reluctant to repent. Their insane way of thinking was exposed in Romans where Paul says this, "What shall we say, then? Shall we go on sinning so that grace may increase." (Romans 6:1)

THE GOOD NEWS - Chaplain Kurt Stromberg (continued)

Their thought process was something like this. God's grace is greater than our sin, so if we keep on sinning, God's grace will be sufficient to cover us. This is so wrong and could be considered depraved thoughts. The people of that time had grown so accustomed to sacrificing an animal to the Lord that they became comfortable with this ritual and instead of repenting they simply sacrificed another animal. They did nothing to change the condition of their hearts. God tells us that our relationship with Him is more than religion and rituals when He says, "If you love me, you will obey my commands." (John 14:15). This is a relationship.

What is the difference between being in a personal relationship with God and indulging in rituals and religion? In religion/rituals, the thought is that through diligent service and works, we can work our way to heaven. In contrast, our personal relationship with our Creator/Savior means that we receive our salvation through the work Christ did on the cross and overcoming the grave. A wonderful description of a relationship with God comes from John 15:5, where Jesus says, "I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, apart from me you can do nothing."

We engage in our personal relationship with Father in heaven through talking to God through prayer, and hearing from Him by getting quiet and meditating. We worship through songs and hymns, and we engage with others by serving. By confessing and repenting, we are relational. We emulate Jesus' characteristics by forgiving others, serving each other and living in peace and harmony with God and each other. "Love the Lord with all your heart and with all your soul and with all your strength and with all your mind: and, love your neighbor as yourself." (Luke 10:27)





New Fall Reduction Technology Making A Difference!

HelpAny provides an innovative fall mitigation system featuring “Paul.” Paul is a radar-based motion sensor that is designed to monitor residents’ movements without compromising their privacy. To preserve residents’ dignity, Paul doesn’t use cameras or microphones, but instead, Paul utilizes radar technology that detects even the slightest of movements.

How Does it Work?

Paul provides 24/7 around-the-clock observation by delivering real-time wellness information and identifying potential fall risks. Paul preserves residents’ privacy by detecting frequency shifts that are caused by movement without the utilization of visual or audio recordings.

Key Features

Paul can detect motion in real-time and create historical activity logs.

Families and caregivers can receive weekly summaries detailing sleep behaviors, daily activity levels, and movement pace. Paul automatically lights up when motion is detected at night, which helps residents navigate safely in the dark.

This technology will help us care for our residents while giving families peace of mind. Our sister campus, Fellowship Square Mesa, has been utilizing Paul and has seen a reduction in falls. With the help of Paul, they reduced falls by 70% in just 3 months! **Watch for more information on how PAUL is helping our Oasis residents in a future issue!**



Community Garden Week

This year, Community Garden Week is recognized from Monday, March 31 through Sunday, April 6. This is a time for people to celebrate school and community gardens and honor how these lush spaces can help foster community, support access to fresh produce and help the beautification of communal outdoor spaces.

Community gardens can enhance schools, cities and neighborhoods in many ways. According to the National Library of Medicine, “Community gardens enhance nutrition and physical activity and promote the role of public health in improving quality of life. Opportunities to organize around other issues and build social capital also emerge through community gardens.”

Citing the California Healthy Cities and Communities’ (CHCC) community-based nutrition and physical activity programs in multiple cities, in which successful community gardens were developed, the article states that, “The community garden is exceptional in its ability to address an array of public health and livability issues across the lifespan.”

While community gardens build and nurture community capacity and the CHCC’s participating cities had unique approaches to their gardens, each found that key elements were integral to their efforts, including commitment of local leadership and staffing, involvement of volunteers and community partners, and availability of skill-building opportunities for participants.

Many can benefit from a community garden. According to an article on the Tulane University Celia Scott Weatherhead School of Public Health and Tropical Medicine website, “Gardens that gather the community together can offer several personal and public health benefits.” These can include:

- Increased vegetable and fruit intake
- Access to local food
- Community beautification
- Educational opportunities
- Enhanced sense of community



Community Garden Week - continued

Getting involved in a community garden is a great way to volunteer, to help a cause, to meet new people and to find renewed purpose. Fellowship Square Historic Mesa encourages residents to get involved... in our Garden Club, a garden for the community! There are several garden areas throughout the Independent Living community that residents help manage. Ursula and Lane Garret helped start the Fellowship Square Historic Mesa Garden Club a few years ago and now it is flourishing. As of mid-March, Ursula reported the tomato plants were bursting with fresh cherry tomatoes that were harvested and made available to the residents. It even needed to be cut back due to its robust growth.



Oasis Assisted Living Residents who are able, are welcome to visit the garden. The garden is located in Independent Living on the east side of Building R.



Eggplant was also starting to grow, and Ursula (shown on right) predicts as the weather warms up, the plant will produce more. The garden also features a nice oregano bush, which she recently harvested and delivered to some residents for use. While green beans were planted, Ursula giggles as she calls them “a bust” —they unfortunately died. And though she wants to try planting peas, she fears that due to heat they will go the way of the green beans. Ursula is looking forward to planting some yellow summer squash, watermelon, cantaloupe and, of course, flowers as the weather continues to warm up.

She says the Garden Club is a great activity for residents and that it is always in need of some help, particularly with watering in the summertime.

Ursula emphasizes that no gardening skills are necessary. Sometimes, it’s just a matter of getting one’s hands dirty—whether fertilizing, harvesting, trimming and pulling plants out.

“Help is always wanted and it gives us something to do,” Ursula says, adding, “Everyone enjoys being outside and eating what we grow.”



Go Fly A Kite Day

Take Flight on “Go Fly a Kite Day” this April. The third Saturday in April is dubbed, “Go Fly a Kite Day.” While this phrase can have both a literal and a, well, not so literal meaning, Fellowship Square Historic Mesa shares some fun facts about kites and tips on how to fly a kite in honor of this spring pastime.

Fun facts about kites

- While it is unclear exactly when kites were invented, many scientists believe the origin of kites dates back more than 2,000 years.
- According to the American Kite Fliers Association, famous Chinese philosopher Mo-tse “spent three years carefully crafting a wooden bird to fly on a tethered line.” However, the article states that “there is some debate on whether this reference is considered a kite.”
- Still, China seems to be the most likely origin of the kite. The article says, “The earliest written account of kite flying is in China in 200 BC, supporting China’s claim to the origin of the kite. The Chinese General Han Hsin of the Han Dynasty flew a kite over the walls of a city he was attacking to measure how far his army would have to tunnel to reach past the defenses.”
- Early kites were likely made with bamboo and silk.
- While many of today’s kites are for recreation purposes, early kites were often used to measure distances and for signaling. Early kites were also even used in military applications.



- European explorer Marco Polo references kites in his 1295 book, detailing their man-lifting capabilities after witnessing Chinese merchants using kites to determine if a voyage would be prosperous or not.
- Kites were even used in WWI. British, French, Italian and Russian armies all had kite units used for enemy observations and signal corps.
- Kites led to the development of modern hang-gliders and sports parachutes.
- Kites were even briefly considered by NASA to serve as an alternative recovery system for the Gemini space capsules.
- It wasn’t until the early 1970s that kites began being used for fun and sport. According to the American Kite fliers Association, “In 1972, Peter Powell introduced a toy dual-line stunter, and the public began to fly kites not only for fun but also for sport. Millions of his kites were sold, and flying steerable kites became a craze in the mid-’70s.”



Go Fly A Kite Day (continued)

Following that phenomenon, large-themed kites and traction sport began to shape the modern kite field in the mid-1980s with large inflatable theme kites and the first practical three-wheeled kite buggy, developed by Peter Lynn of New Zealand. By the 1990s kite surfing had emerged as a legitimate extreme sport and it continues to be one today.

Types of kites:

There are literally hundreds of different types of kites and kite families, though there can be quite a bit of overlap among the categories. Depending on the kite, it can look and fly differently and be used for different purposes. According to the AKA, "Kites have many possible purposes. They can be used for artistic displays or performances, aerial photography, lifting and propulsion, military observation, leisure and family fun, competition, education, science, fishing and other purposes. Some kites are designed to be flown in no wind at all. Some of these purposes require kites with very specific capabilities."

Tips for flying a kite:

When someone says, "Go fly a kite!", it's not always as easy as it sounds! Even flying a kite for fun requires a little skill (and typically some wind). Here are some tips from Popular Mechanics on "How to Fly a Kite (And Keep it Soaring in the Air)":

- Aerodynamics are at work when launching a kite, according to the article. "To launch a kite into the air, the force of the initial lift must be greater than the kite's weight."
- Next, once the kite is airborne, the four forces must be kept in balance to keep it flying. "That means lift must equal the weight of the kite, and thrust by the wind must be equal to drag, the kite's resistance to movement through the air."
- Flying a kite takes some trial and error based on the "feel of the tautness in the line, the jerk of the kite as it struggles to maintain its orientation in an uncertain wind, and the sight of kite tails pointing in the breeze." These factors should serve as indicators of what to do next to keep your kite airborne!

This Go Fly a Kite Day, pray for wind, get out there and have some fun with this classic outdoor entertainment that is fun for all ages!



National Jazz Appreciation Month and International Jazz Day

The entire month of April is National Jazz Appreciation Month and International Jazz Day is observed on April 30. In honor of this designation, Fellowship Square Historic Mesa explores the history of jazz and its impact on the world of music since its inception. According to the National Museum of American History website, Jazz Appreciation Month (referred to as “JAM”) was created at the museum in 2001 to recognize and celebrate the extraordinary heritage and history of jazz for the entire month. The website states, “JAM is intended to stimulate and encourage people of all ages to participate in jazz—to study the music, attend concerts, listen to jazz on radio and recordings, read books about jazz, and more. Furthermore, according to the Jazz Observer website, International Jazz Day was “created in 2011 by UNESCO to help highlight how jazz is able to bring unity across the world.”



History of Jazz

The National Museum of American History states that jazz was developed in the U.S. in the “very early part of the 20th century.” New Orleans is believed to be the birthplace of this type of music. The area “played a key role” in the development of this musical movement, due to the diversity of the city,...people of African, French, Caribbean, Italian, German, Mexican, and American Indian, as well as English, descent interacted with one another. African-American musical traditions mixed with others and gradually jazz emerged from a blend of ragtime, marches, blues, and other kinds of music.” Jazz initiated dancing and its evolution was led by legends such as Louis Armstrong, Duke Ellington, Charlie Parker and Miles Davis. Jazz encompasses a variety of styles—swing, bebop, cool jazz, jazz-rock and more. Though initiated in America, jazz music has spread to many parts of the world.



Jazz - continued

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A PASSION FOR MUSIC & TRAVEL JAZZ OBSERVER

According to the Jazz Observer website, “Jazz has many characteristics, some that it shares with other genres and others that are generally unique to the genre, at least during the origins of jazz. Improvisation is one of the most classically defining traits. However, syncopation, polyrhythms, and irregular rhythms are potential hallmarks, too. Solos are also a traditional part of the jazz genre. Most early jazz also featured calls and responses, where one musician in a band would offer a phrase, and another would essentially reply to it.”

The site goes on to explain, however, that overall, jazz is a genre that embodies musical freedom. Certain subgenres have a distinct sense of melody, harmony and rhythm. However, others highlight “unexpected elements as a form of expression.” And though some may believe that the heyday of jazz has come and gone, The Young Musician Music Institute has something else to say about that! The organization’s website says that jazz is making a mainstream comeback. It states, “Jazz has inspired many top musicians and artists over the decades, and now it is becoming popular once again.

Jazz musicians and artists are becoming mainstream, while popular mainstream artists are fusing jazz in their music. For example, Thundercat is an up-and-coming Grammy-winning musician, who dabbles in acid jazz and won a Grammy for his Progressive R&B album in 2021. Even top artists like Kendrick Lamar and Esperanza Spalding are fusing their music with jazz.”



This month, revisit jazz music and take some time to appreciate its roots and evolution!



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.*

Celebrate National Volunteer Week by Getting Involved

National Volunteer Week 2025 is Sunday, April 20 through Saturday, April 26 and this time serves as an opportunity to consider the many benefits of volunteering.

Fellowship Square Historic Mesa shares how volunteering can improve seniors' lives and offers an update from resident Gary Smith on Back to the Garden. This resident volunteer program provides an abundance of opportunities to get involved and help your community and neighbors.

Volunteering doesn't just feel good—it's good for your health! According to the Mayo Clinic, volunteering has proven health benefits including improving physical and mental health, providing a sense of purpose and teaching valuable skills, and nurturing new and existing relationships.

An article on the Mayo Clinic Health System website states, "Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health. Volunteers report better physical health than non-volunteers.

Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older. "Volunteering releases dopamine, thereby reducing stress and increasing positive, relaxed feelings. It also helps people experience a sense of meaning and appreciation—"both given and received, which can have a stress-reducing effect." The article also states "The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time and talent in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem."

Volunteering also creates social opportunities and allows volunteers to meet new people and foster their existing relationships. According to the Mayo Clinic: "Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity."

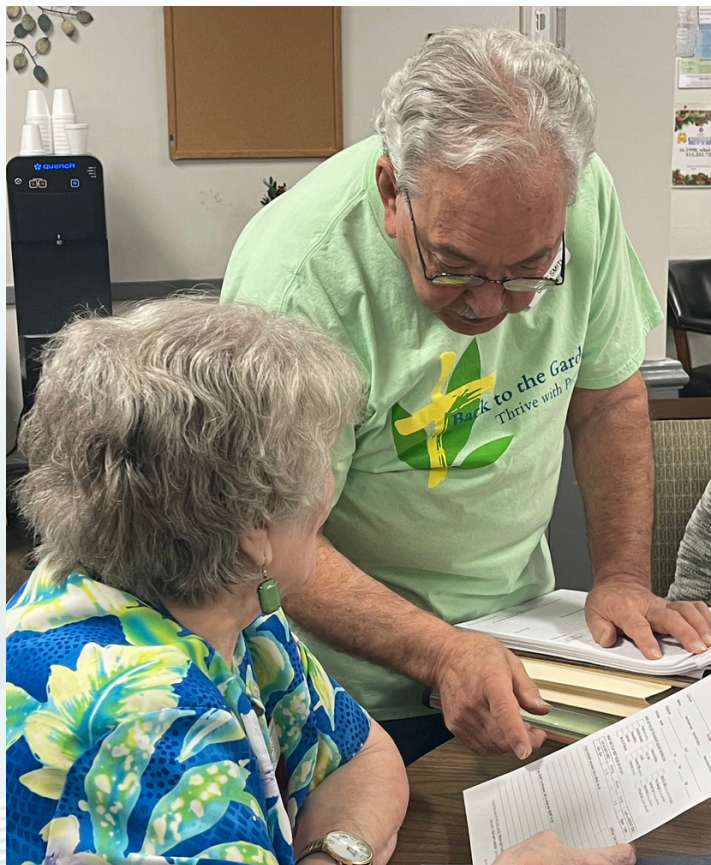


FELLOWSHIP SQUARE
HISTORIC MESA

Our Mission:

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

National Volunteer Week – continued



Gary Smith has been dedicated to helping grow Fellowship Square Historic Mesa's volunteer program for the past five months and counting. There are a variety of resident-led roles that are needed in various aspects of the community. Residents who are interested in getting involved with volunteering may wish to serve in a good neighbor assistance or companion visit role. Foodie types may want to help in the dining room with menu preparation, for example.

There are plenty of operational opportunities from helping with the care and upkeep of the Fellowship Square Historic Mesa campus to answering phones and even neighborhood watch. Event coordinator types can help with planning, organizing and schedule activities, lead and teach crafts, and coordinate card and table games and group activities such as book clubs and karaoke. Several residents are volunteering at the Oasis as well. Of course, faith-led volunteer efforts are prevalent on campus in many ways with support gatherings, bible studies, choir practice, concerts and other music ministries and more. Assisting the garden club or becoming a volunteer librarian are other options—the choices seem endless!

The opportunity for residents to teach and learn from other residents is ongoing at Fellowship Square Historic Mesa and a large part of creating a true community among residents. Those that are interested in helping out are encouraged to reach out to Gary Smith to learn more about the many ways in which they can get involved.

There have been many updates since Gary began spearheading the resident volunteer program. Gary says some of the biggest developments that have occurred within the program include the newsletter, "which is having a big impact on campus," as well as telephone answering service for maintenance, housekeeping, activities, employee appreciation by residents and more.

National Volunteer Week - continued

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The program currently has 123 volunteers and continues to grow, but Gary's goal is to have 50% of residents volunteer. "Volunteer priorities impact 100% of residents," he says.

The biggest need is currently for program operating volunteers, which he calls a "full-time job!" He adds that volunteering can truly enhance the experience of seniors living here, saying "purpose, purpose, purpose and making a family of staff and residents" are some of the key benefits.

He also adds if there isn't currently a program, it can be added... "Literally, the sky is the limit," he says, adding, "Anything you can think of - someone who lives here has done it, and done it well. We just have to harness that knowlege!"



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 Vision

A world where all people thrive and live with purpose.

New Staff Member Spotlight – Community Advancement Officer



We are pleased to introduce Kristen McFadzen, our new Community Advancement Officer.

What is a Community Advancement Officer?

Kristen's role is driven by Christian Care's mission and vision to help residents "thrive and live with purpose". She works within the community to create opportunities that enhance programs and services for residents. By fostering relationships and sharing the impact of Christian Care's work, she helps ensure that Fellowship Square Historic Mesa continues to grow and provide excellent care for those who call it home.

Kristen is an Arizona native, born and raised in Scottsdale, with a deep passion for helping others. She began her career in impact research for nonprofits, developing a strong foundation in how programs create meaningful change in their communities. Through this work, she gained valuable insight into measuring program effectiveness and using data to drive decision-making, ensuring that resources and efforts were making the greatest possible impact. This experience fueled her dedication to nonprofit work, leading to roles where she could directly contribute to community well-being.

Kristen is deeply committed to enhancing the well-being of those she serves, and she envisions even greater support for residents through the implementation of a benevolent fund. This initiative would provide crucial assistance to individuals in times of need, reinforcing the strong sense of community that makes Fellowship Square so special.

Kristen believes that every person deserves to thrive, and is dedicated to creating opportunities that enrich the lives of residents. When not working, Kristen enjoys spending time with her dogs or at a local rock climbing gym in Tempe. Whether tackling a difficult climbing route or building connections within the community, she is always looking for ways to push boundaries, grow, and make a lasting impact.





FUN FELLOWSHIP FOTOS!

EMPLOYEE APPRECIATION DAY

It is no secret that the staff at Fellowship Square Historic Mesa and the Oasis love and appreciate our many residents. However, our residents took the time to show our staff how much they appreciate them on Employee Appreciation Day with a delicious breakfast, kind words, cheers and poetry for each department and even a performance by our resident choir. They also produced several bright and colorful banners and hung them around our community. As you can see, our staff enjoyed them very much. We want to express our gratitude to the resident volunteers who coordinated this meaningful event. One staff member noted that while it means a great deal to receive appreciation from our management, when it comes from the residents, it's especially sweet.





AWESOME OASIS FOTOS!



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Managing Stress for a Healthier Life



Stress is a natural part of life, but for seniors, prolonged stress can impact heart health, memory, sleep, and overall well-being. Fortunately, small daily changes can make a big difference!

UNDERSTANDING STRESS IN SENIORS

- **Common Causes:** Chronic health conditions, financial concerns, loss of loved ones, or lifestyle changes.
- **Symptoms:** Headaches, difficulty sleeping, digestive issues, anxiety, forgetfulness, and social withdrawal.

SIMPLE STRATEGIES FOR STRESS RELIEF

- **Stay Active** – Light exercise like walking or chair yoga releases endorphins and reduces stress.
- **Eat Well** – Nutritious meals support emotional and physical health. Avoid excess caffeine and sugar.
- **Prioritize Sleep** – Establish a relaxing bedtime routine and aim for 7-9 hours of sleep.
- **Stay Social** – Connect with loved ones and participate in community activities.
- **Practice Mindfulness** – Deep breathing, meditation, and relaxation exercises help calm the mind.
- **Explore Holistic Approaches** – Music, art, and pet therapy can enhance relaxation.

Curana Health is here to help! Our compassionate providers offer **on-site healthcare** and **stress management support** to help seniors thrive.

Contact us today to learn more! 623-305-0436



nutritional nuggets

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Spring Into Better Mental Health

Spring cleaning isn't just for your closets—your body could use a little refresh, too! Say goodbye to the heavy winter comfort foods and hello to light, fresh flavors that fuel your brain and body. The food on your plate has a bigger impact on your mood and energy than you think, so why not make it work in your favor? Let's dive into some delicious, seasonal eats that'll have you feeling renewed in no time!



THE GUT-BRAIN CONNECTION

Did you know your gut and brain are basically besties? What you eat has a direct impact on your mood! Load up on fiber-rich foods like leafy greens, whole grains, and fresh spring veggies to keep your gut bacteria happy—because a happy gut means a happier you. Fresh, colorful foods can help reduce stress, boost mental clarity, and keep you feeling your best. So why not grab some berries, munch on snap peas, crunch on a handful of nuts, or even roast some asparagus with a drizzle of olive oil today?



LEMON TAHINI CHICKEN SALAD

- Lemon juice, 1 Tbsp
- Olive oil, 2 teaspoons
- Garlic, 1 clove
- Tahini, 2 tbsp
- Salt and pepper, 1 tsp
- Asparagus, 1 cup
- Greens, 2 cups
- Broccoli florets, 1 cup
- Snap peas, 1 cup
- Chicken breast, 1 cup chopped or diced

Salad: In a large bowl, combine the mixed greens, broccoli florets, snap peas, and asparagus.

Dressing: In a small bowl, whisk together the tahini, lemon juice, olive oil, garlic, salt, & pepper. Toss with veggies & top with chicken.



ARIZONA SPRING FOODS FOR MENTAL HEALTH

Arizona has some great seasonal spring foods.

- **Asparagus** – High in folate and fiber, for brain and gut health.
- **Snap Peas** – Crunchy, refreshing, and loaded with vitamin C for stress relief.
- **Radishes** – Packed with antioxidants to fight inflammation.
- **Valencia Oranges** – A great source of vitamin C to support mood and immunity.
- **Fava Beans** – A plant-based protein rich in fiber and folate, for brain health and mood balance.

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

Attention Resident Writers:



In honor of World Poetry
Day on Friday, March 21,
Fellowship Square
Historic Mesa pays
homage to the written
word of poetry with some
fun poetry facts — plus a
resident poetry contest!

Details & Entry forms
available at the front desk.

**Entry deadline is
April 15th.**



From the Editor

We hope you enjoy this issue of the Oasis Herald! 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.

