

The JOYFUL INDEPENDENT

THE GOOD NEWS

JULY 2025



From Dependence to Independence, Back to Dependence on God

- Chaplain Kurt Stromberg

Many of the early settlers of America had fled their native lands due to religious persecution. They fled to America on the hopes and dreams of being able to practice and worship our Lord Jesus Christ. Under the oppression of their home countries they were dependent on not only God but also the oppressive, dictating government that would not stand for worshipping Christ.

So, many fled to America and many other places. From the pilgrims to all the others that settled this wonderful land, their number one goal was to be independent from the British government which had been controlling the land and what went on it for many years. One of the main objectives of the 13 colonies was to break free from any association to the British Empire. This led to the American Revolution.

At the core of the settlers' passion was to be able to freely worship and serve Jesus. "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty." (2 Corinthians 3:17) No wonder verbiage in the Declaration of Independence states our "unalienable rights" include, "life, liberty and the pursuit of happiness." Here in America we are free to pursue a personal, intimate relationship with Jesus without consequences of doing so. Although it feels like things are changing.

As a country we have many freedoms, and the most important one is to seek that relationship with our Savior Jesus, without suffering persecution. In Galatians 5:13-14 we are told, "For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead use your freedom to serve one another in love. For the whole law can be summed up in this one command, 'Love your neighbor as yourself.'" It is no wonder that America is one of the greatest, if not the greatest nation that has ever existed because of these freedoms.

*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)

So the new settlers had become independent from Britain but they were also now very dependent on God, Christ and the Holy Spirit. So folks, as we spend time with family and friends during this Independence Day, celebrating our freedoms, may we remember that we serve an amazing God. One who cares for every intricate detail of our lives, and a God who desires a personal relationship with you. He is calling you. If you don't have this relationship with Him here in America you are free to be engaged with Father God, Creator of everything: including America.

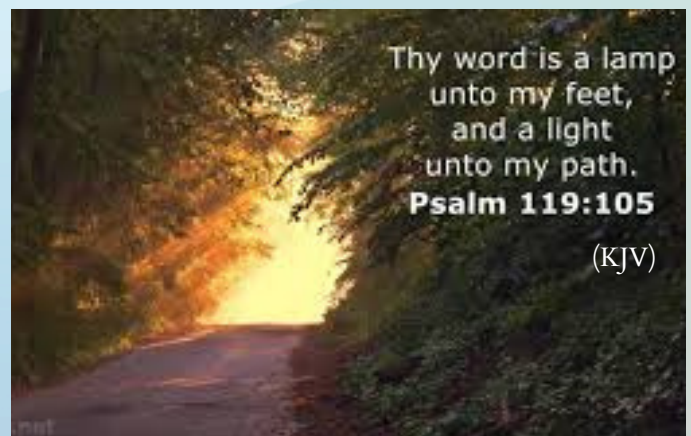
May we pray for our nation and understand the many blessings that we experience by living here. May we apply this Scripture to our nation. "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and forgive their sin and will heal their land." (2 Chronicles 7:14). God Bless each and every one of you.

The Digital Transformation of Bible Translation: A Look at How Technology is Spreading God's Word

Information Source:

David Ford, Wycliffe Bible Translators/SIL Ethiopia

Fifty years ago, the image of Bible translation was often a missionary couple living in a remote village, diligently working to translate the entire Bible themselves. Today, thanks to incredible advancements in technology, that model has been wonderfully transformed, allowing God's Word to reach more people in more ways than ever before.



Thy word is a lamp
unto my feet,
and a light
unto my path.
Psalm 119:105
(KJV)

Digital Transformation of Bible Translation (continued)

Software: The Translator's New Toolkit

One of the most immediate impacts of technology is the wealth of specialized software now available. Software helps translation teams draft and meticulously check their text, ensuring accuracy and proper formatting for eventual publication. It can compare a verse against countless existing translations, helping translators spot potential errors in vast amounts of text. Software also assists with essential tasks like vocabulary gathering and linguistic analysis. These digital tools streamline a complex and lengthy process.

Empowering Local Voices

Perhaps the most significant change is how technology has empowered native speakers to lead the translation efforts in their own languages. With increased worldwide technological literacy, it's now realistic to train local believers with the computer skills and equip them with the technology needed for Bible translation. This "locals-first" approach results in translations that sound far more natural and are much more effective than those relying solely on foreign missionaries' attempts to master every nuance of a new language. It truly puts the Bible in the hands and hearts of the communities themselves.

Specialization: A Unified Effort

The days of a single missionary being a "jack-of-all-trades" in translation are largely behind us. Technology allows missionary staff to specialize, contributing their unique skills to different facets of the process:

- Translation Advisors work directly with native speaker teams, guiding them with expertise in Biblical studies and languages.
- Translation Consultants review translation drafts from many language groups, asking crucial questions to ensure accuracy and fidelity to the original meaning.
- Linguists prepare the groundwork by developing alphabets for unwritten languages and deeply studying complex grammars, recognizing that translating isn't just word-for-word, but requires profound understanding of language structure.
- Literacy and Education Workers help communities learn to read their newly written language, ensuring they can engage directly with their translated Scriptures.



Digital Transformation of Bible Translation (continued)



Other Vital Roles include tasks like typesetting (preparing text for printing), and critical support functions such as administration, finance, human resources, library services, and IT.

As David Ford of SIL Ethiopia puts it, their organization doesn't see themselves as "doing a Bible translation," but rather as "providing translation services" to the native speaker teams who are the actual translators.

Centralization and Wider Distribution

Technology has also allowed for a more centralized translation process. Teams can often work on drafts in their home areas, sending and receiving data over the internet to central offices for consultation. While in some isolated regions, like mountainous Papua New Guinea, on-site linguists are still vital, technology ensures that even there, many support functions can be provided remotely.

Beyond the creation, technology has revolutionized how the Bible is shared. It's no longer just about printed books. We now have:

- **Audio Scriptures:** Recorded versions that allow communities to hear God's Word.
- **Dubbed Promotional Videos:** Like "The Jesus Film," translated to resonate deeply within local cultures.
- **Bible Apps:** Making Scripture accessible on smartphones, putting the Bible literally in people's pockets.

Interestingly, these digital formats don't diminish the need for printed Bibles; instead, they often increase community interest in obtaining their very own print copy, serving as a powerful advertisement for the written Word.



Digital Transformation of Bible Translation (continued)

The Emerging Role of AI

A newer frontier in Bible translation is Artificial Intelligence. David Ford expresses a cautious but confident view: AI will likely never be able to simply "do" a Bible translation on its own. The challenge lies in AI's fundamental principle: its output quality is entirely dependent on the quality and quantity of its input data. For the vast majority of minority languages, there isn't enough high-quality written input online to train AI effectively. As he humorously notes, even widely spoken languages like Amharic (spoken by tens of millions in Ethiopia) produce "hilariously poor" auto-translations.

However, this doesn't mean AI is useless. SIL is piloting the modified use of AI to assist the process. For Old Testament translations, an AI-generated draft (based on an already-published New Testament in that language) can serve as a much faster starting point for human teams to refine and edit. This approach speeds up the initial drafting, but also highlights the critical importance of ensuring the New Testament's translation is flawless, as any errors would be replicated by the AI.

In essence, technology continues to be a profound tool, transforming how God's Word is translated and shared, always reinforcing the need for careful, prayerful, and accurate human work to ensure its integrity and impact.



We have a number of residents here at Fellowship Square Historic Mesa who were missionaries. Many of them continue service here through volunteering in our community. Our Missionary Gathering meets monthly to share stories and discuss how their experiences impacted lives. As always, we pray for each other and for world wide issues. Join us! Next Meeting is July 12th, 10 am, Dining Room.

Our Neighborhood:

Pg 6

Exploring the Community Beyond Fellowship Square Historic Mesa

While Fellowship Square Historic Mesa offers a variety of engaging activities, education and cultural experiences to help residents thrive and enjoy their golden years, there is also a host of things to do right outside the Fellowship Square Historic Mesa community. Just a couple of blocks south of our community, Mesa is brimming with shops, museums, educational opportunities and a robust transportation system to help residents get around town to see and do it all.

Aster Aging Senior Center



Aster Aging is an organization that works to empower and support East Valley older adults to remain independent and engaged in their community and aims to be a leader in providing direct services and mobilizing resources that support the changing needs of the older adult population. It has two Senior Centers in Mesa—one at Mesa Downtown and the other at Red Mountain. Each one offers a diverse array of classes, activities, events and meals for members. Mesa Downtown Center activities scheduled for July include activities such as Morning Movement, Tai Chi, Arts and Crafts, Stitch and Chat, Painting for Fun!, bingo, billiards and more. Blood pressure screenings, grief and loss support and fitness training sessions are also available. The Red Mountain Center features movies, a Deaf Support Group, Stretch and Flex, dance parties and more. Visit <https://asteraz.org> to learn more and view the complete calendar of events.

Mesa Arts Center

From exceptional programming to classes, seniors can learn, enjoy and experience at the Mesa Arts Center. Classes include ceramics, drawing and painting, jewelry, glass, fiber, movement, literary and digital storytelling and more. The center also presents a wide variety of events, including Broadway shows, classical performances, and concerts. In the 2025–2026 year, Mesa Arts Center, in partnership with National Geographic, presents a series of live on-stage experiences from National Geographic's top photographers, filmmakers and adventurers. From "A Pirate's Life" to "Discovering the Galapagos," this five-show series promises to be engaging and entertaining. Visit <https://mesaartscenter.com> to learn more and to purchase tickets.



Our Neighborhood - Continued

Mesa Public Library

The library does more than loan out books for free! The Mesa Public Library features a variety of events and educational courses. For example, in July, the HOTspot Digital Help Desk program offers one-on-one assistance on topics such as downloading ebooks, movies, music, magazines, and more from the library to your laptop or mobile device. Other activities include Crochet Circle, Writer in Residence Consultations, Computer Basics and others. Visit <https://mesalibrary.org> to learn more.



Downtown Mesa

Visit Mesa serves as a robust guide for visitors and locals alike, including an events section. From farmers markets to an array of restaurants and retail, museums and more, there is always something to see and do in and around Downtown Mesa! Visit <https://visitmesa.com> to learn about all the upcoming activities in the area.

Transportation

Fellowship Square Historic Mesa offers our residents complimentary transportation on our buses for group outings and vans for medical appointments. [More information can be found here.](#) For those residents who want to explore abundant public transportation options, see below.

City transportation via The BUZZ is one way to go! The BUZZ is a 23-passenger bus that accommodates 17 seated passengers and six standees. It operates every 30 minutes on weekdays and every 60 minutes on Saturdays. To hitch a ride, passengers can use the bus stops along major streets; on neighborhood streets, flag zones are designated. In addition, the Mesa Fiesta BUZZ is a free neighborhood circulator offered by the city of Mesa, which connects the Fiesta District, Asian District and Mesa Riverview. The circulator travels the route in a northbound/southbound direction every 30 minutes. To learn more about the BUZZ, go to <https://valleymetro.org>.



Creative Culinary Solutions: Dining Services at Fellowship Square Historic Mesa

July is officially National Culinary Arts Month. It's a time to celebrate the creativity, skill, and dedication of chefs and cooks. This month-long event recognizes the culinary professionals who bring innovative and unique cuisine to our tables.



Introducing Fellowship Square Historic Mesa's Chef Michael Kohley. Chef Mike joined our community in 2017 and brings over 30 years of food service experience from the hotel industry and another 11 from senior living.

Chef Mike's primary role is to develop creative menus and teach our culinary staff how to prepare and serve meals to our residents with the quality and care they deserve.

Menu creation is influenced by seasonality and feedback from our resident food committee which meets every month. The menu is also impacted by trends, including the desire to eat more nutritious meals that address concerns like diabetes or gluten sensitivity.

The menu changes every week (uncommon in most senior living communities) with a wide variety of breakfast, lunch and dinner options offered. There are full-service, restaurant dining options as well as more casual "grab & go" meal choices. Some of the more popular entrees include grilled salmon, pasta dishes and quesadillas with fresh vegetables.

Ingredients come mostly from Arizona with local produce being grown in the Yuma area. We utilize reputable food distribution companies with the highest food quality assurance standards such as Shamrock and Sysco.

Chef Mike particularly enjoys planning special event menus for our monthly resident appreciation parties and holidays. Food is such a traditional part of American celebrations, and the culinary team understands the importance of making these events enjoyable and memorable for our residents. This month, our themed party is "Disco Inferno" and the menu will reflect food and beverages that were popular during the era. Presentation is very important too as it helps convey nostalgia. See vinyl food tower on page 18 from our Disco Inferno event.

We understand that some residents are challenged with mobility or health problems. Therefore, we offer take-out and delivery service as well as a campus shuttle so that they can enjoy the meal service of their choice.



National Bison Month: A tribute to a majestic animal

July is designated as National Bison Month. In honor of this designation and this amazing animal itself, Fellowship Square Historic Mesa dedicates this article to all things bison—from the history of National Bison Month to some fun facts about them.

History of National Bison Month

According to the Natural Habitat Adventures website, “the National Bison Legacy Act of 2016 federally designated bison as America’s national mammal, and since then, July has been recognized as National Bison Month.” Then-president Barack Obama signed the act into law.

The American Humane Society says that the designation serves as an opportunity to celebrate these creatures. It’s also a time to recognize the importance of the protection and preservation of bison.

The American Humane Society states, “200 years ago, an estimated 30 to 60 million bison existed, but by the late 1800s, the American bison was on the verge of extinction. Less than 1,000 bison remained after the destructive impact of hunting and habitat loss.”

The impact of settlers killing millions of bison for food and sport and clearing the land for their own livestock and farms took a heavy toll on the bison and their habitat. Sadly, bison were on the brink of extinction.

But in 1905, American zoologist William Hornaday, together with President Theodore Roosevelt, well-known for his dedication to wildlife preservation, and others formed the American Bison Society to help prevent bison from becoming extinct. The American Humane Society states this was the first national effort to save an American wildlife species.

“Hornaday rallied conservationists, politicians and ranchers to double their conservation efforts, and National Parks, such as Yellowstone National Park, took measures to protect their remaining bison. Zoos also played a major role in restoring the number of bison, and approximately 500,000 now reside in zoos, preserves and protected parklands. Around 30,000 live on public lands, which includes environmental and government preserves.”

Natural Habitat Adventures adds that thanks to “a coalition of conservationists, ranchers and Indigenous communities, some 20,000 bison now live in conservation herds in the U.S. (in sum, roughly 500,000 inhabit public and private lands, ranches and zoos).”



Fun Facts About Bison

Source: National Parks Service

- The bison is the largest land mammal in North America.
- A male bison can weigh up to 2,000 pounds and stand six feet tall; females may only weigh up to 1,000 pounds and stand four to five feet.
- While bison and buffalo are often used interchangeably, bison is the scientific name for the animal.
- Yellowstone National Park is the only place within the United States where bison have continually lived since prehistoric times. As of July 2015, the bison population in Yellowstone was estimated to be 4,900—which makes it the largest bison population on public lands.
- Baby bison, also called bison calves, are nicknamed red dogs due to their orange-red color upon birth (generally from late March through May). Their hair changes to dark brown after a few months.
- A bison's tail tells a tale about its mood! When hanging down and switching naturally, the bison is generally calm. If its tail is standing straight up—take cover! It could be preparing to charge.



- It's crucial never to approach or get too close to a bison. Regardless of what its tail may be telling, bison can be unpredictable and could charge at any moment. Despite their massive size, they can run up to 35 miles per hour and can jump over objects approximately five feet high. They can spin around quickly and are excellent swimmers, too. Moral of the story: don't try to outrun, or outsmart, a bison.
- The average lifespan for a bison is between 10 to 20 years.
- Bison have poor eyesight but excellent sense of smell and great hearing, too.

A Grand Opening to Remember

The grand opening of Fellowship Square Historic Mesa's first-ever putting green was a hole-in-one! We were thrilled to see such a fantastic turnout from our residents and special guests — including the generous family of Jimmy Tang, who made the putting green possible.

The celebration began with a ribbon-cutting ceremony, and the crowd cheered as Jimmy himself made the very first putt on the beautiful new 3-hole green. It was a joyful and heartwarming moment that truly captured the spirit of our community.

Guests toasted the occasion with champagne and sparkling cider as laughter and conversation filled the quad. It was an afternoon full of fun, connection, and gratitude — a perfect example of what makes our Fellowship Square family so special.

We are deeply thankful to Jimmy and his family for their generous donation. Their thoughtful gift will bring enjoyment and activity to our residents for years to come. We can't wait to host many more putting events and see the green become a favorite gathering spot on campus.



Poetry Contest Winners

Our apologies for the late announcement but it was a difficult decision as we have so many good poets in our community.

Congratulations to the following individuals!

Ballad - I Ride This Trail by Christopher Ford

Haiku - Waiting Can Be Hard by Joy Murray

Free Verse - Hibiscus by Kathy Garrett

Ode - Ode to Doubt by Christopher Ford

Limerick - A Baby Named Evan by Christopher Ford

Overall Winner - Hibiscus by Kathy Garrett

He told me the story --
When he was a child, he proudly
Gifts his mother one hibiscus blossom.
Sweet child's heart! Son so loved. She grieved then
Knowing she would soon have to go, knowing
He would miss her, thus hurting him so.
In the pool I watch the water make
Geometry in the splashes and the waves
The sunlight forming on the bottom of the pool.
Sparkling like a mystery divine.
Beside the pool a bush that glows
With brilliant red hibiscus flowers
That remind me, sharply like a stab – of his memory
when he was a little child.
Now he is gone, yet this memory of his hearts gift
reminds me of him. The sweetness of his love.
I see the patterns on the waters as in life, as time flows
The child became the man, love of my life and then
Aged and weary, I had to let him go.
Two women so bound in this faded
Memory – and the grief of loss –
though decades are gone,
two women who grieve the
same loss, the one who left,
the one who could not let go.



Sun Safety for Seniors

Protect Your Skin, Protect Your Health



As we age, our skin becomes thinner, drier, and more sensitive to the sun's harmful rays. This increases the risk of wrinkles, bruising, skin tears, and even skin cancer. Fortunately, a few simple habits can go a long way in keeping your skin healthy and protected.

Smart Sun Protection Tips:

- Use a broad-spectrum sunscreen with SPF 30 or higher every day—even on cloudy days.
- Reapply sunscreen every 2 hours when outdoors, especially if sweating or swimming.
- Choose gentle, mineral-based formulas for sensitive skin.
- Don't forget often-missed areas like your ears, neck, hands, feet, and scalp.

Go Beyond Sunscreen:

- Wear UPF-rated clothing, wide-brim hats, and sunglasses.
- Seek shade between 10 AM and 4 PM, when the sun's rays are strongest.
- Use umbrellas or stay under covered areas when outside.
- Remember: UV rays can reach you indoors through windows.

Medication Awareness:

Some medications like antibiotics, diuretics, and heart medications—can make your skin more sensitive to sunlight. This can increase your risk of sunburn or rashes. Always check with your healthcare provider about any sun-related side effects.

Check Your Skin Regularly:

Use the ABCDE rule to spot early signs of skin cancer:

- Asymmetry
- Border irregularity
- Color variation
- Diameter larger than a pencil eraser
- Evolving shape, size, or color

Check your skin once a month and ask a caregiver or loved one to help with hard-to-see areas.

Stay Hydrated & Nourished

- Drink at least 8 glasses of water daily.
- Eat foods rich in vitamins C, D, E, and K to support skin health.
- Use moisturizers with ceramides or hyaluronic acid to keep skin soft and resilient.

Take the Next Step:

Talk to your doctor about how to protect your skin, review your medications, and create a personalized sun safety plan that fits your lifestyle. A few small changes today can make a big difference in your skin's health tomorrow.





**CARE FOR YOUR SKIN,
CARE FOR YOU!**



As we age, our skin becomes thinner, drier, and more sensitive to sun damage. Protecting it helps prevent wrinkles, age spots, skin tears, slower healing, and higher skin cancer risk. So, how can you protect your skin as you age?

Quick Sun Safety Tips:

- Use Broad-Spectrum SPF 30+ daily
- Reapply every 2 hours outdoors
- Wear hats, sunglasses, and UPF clothing
- Seek shade from 10 a.m. – 4 p.m.
- Check your skin monthly using the ABCDE rule
- Stay hydrated and eat vitamin-rich foods
- Check medications for increased sun sensitivity.

Take charge of your skin health with Curana Health by your side. Our on-site care team helps you stay protected from sun-related risks through personalized skin assessments, medication reviews for sun sensitivity, and expert guidance on sunscreen and hydration.

We make it easy to stay safe in the sun without ever leaving your community.

.....

Call 623-305-0436 to get started on your journey to healthier, radiant skin today.



Curana Health Can Be Used For Primary Care or Secondary Care

WHAT'S THE DIFFERENCE?

PRIMARY CARE

Choosing Curana Health as your primary care provider means that Curana Health will see you for things like:

- Regular check-ups
- Help with planning your care
- Managing your medications
- Health screenings
- Specialist coordination
- Lab work and x-ray coordination
- Blood pressure checks
- Ear cleanings
- And more

With this option, you will no longer have to leave the premises to see your primary care provider. All primary care services and secondary care services will be provided right here at your community.

SECONDARY CARE

If you have a primary care doctor outside of your community who is not immediately available, you can see Curana for sick care/urgent care needs. This includes things like:

- Cold or flu symptoms
- COVID-19 symptoms
- Urinary problems
- Falls
- Minor injuries
- And more

Seeing a Curana Health provider for sick care or urgent care does not mean you have to stop seeing your usual primary care provider. However, you are always welcome to start seeing our providers for your primary care needs instead.

Whether you plan to use Curana Health for primary care or secondary care, we encourage you to take advantage of our services. We're here to make your health a top priority.

To sign up for services with Curana Health, please contact us.

Email: MedConnect@CuranaHealth.com

Toll-free: 623-305-0436






JULY 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 2:30pm Breath & Meditation (Apt 207-A)	2nd 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga #207A	3rd 9:00am Mindful Movement		5th 
7th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike CTR-CR 12:30pm Enhanced Mobility	8th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	9th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga #207A	10th 9:00am Mindful Movement	11th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	12th 
14th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike CTR-CR 12:30pm Enhanced Mobility	15th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	16th 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)	17th 9:00am Mindful Movement	18th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	19th 
21st 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike CTR-CR 12:30pm Enhanced Mobility	22nd 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	23rd 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)	24th 9:00am Mindful Movement	25th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	26th 
27th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike CTR-CR 12:30pm Enhanced Mobility	28th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	29th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga #207A	30th 9:00am Mindful Movement		

nutritional nuggets

JULY 2025 | WWW.SYCAMOREANDSAGENUTRITION.COM | 480.508.1318



The Sweet Truth About Summer Fruit

July is bursting with beautiful fruit—berries, melons, peaches, and mangos are all at their peak! Whether you enjoy them fresh, blended, or cooked, fruit is a summertime staple for flavor and health. But not all fruit choices are created equal. In this month's newsletter, we're unpacking the pros and cons of fruit so you can make smart, satisfying choices that support your well-being. After all, a spoonful of knowledge makes you 'berry' smart!

The Good Stuff

Fruit is naturally rich in water, fiber, and powerful plant compounds called phytochemicals. These nutrients support digestion, reduce inflammation, and even protect your brain and heart.

Berries and citrus are especially high in vitamin C and antioxidants. Melons and peaches? Great for hydration and potassium.

And when you pair fruit with protein or healthy fats (like nuts or yogurt), you help balance blood sugar and stay full longer.



What To Watch For

Fruit is healthy, but portion size matters—especially if you're managing blood sugar or trying to lose weight.

Smoothies, fruit salads, or dried fruit can sneak in more sugar and calories than you realize.

Ripe tropical fruits like mango and banana are higher in natural sugar, so it's smart to enjoy them in moderation or with a protein-rich partner.

And watch out for canned or jarred fruit packed in syrup. Choose "packed in water" or "100% juice" when you can.

Smart Fruit Swaps

Want a dessert? Try grilled peaches with cinnamon instead of pie. Love juice? Blend whole fruit into a smoothie instead.

And remember: store berries and cherries in the fridge, but let peaches, mangos, and melons ripen on the counter.

Once ripe, pop them in the fridge to keep them fresh longer. Frozen fruit is a budget-friendly way to enjoy out-of-season flavors—perfect for smoothies or cool summer treats.



Pair your fruit with protein - check out this quinoa fruit salad:

<https://bit.ly/quinoafruitsalad>

FUN FELLOWSHIP FOTOS!

PG 18

DISCO INFERNO



Jerry
Travolta



[Click here to check out
our dance moves!](#)



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.*



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.

Volunteer Office
is located at the
northeast corner
of Q Building, ground
floor, next to the
mailboxes.

The phone number is
480-290-7955.

★ ★ **HAPPY** ★ ★
Independence
★ ★ **DAY** ★ ★

Independence Is Even Better With Friends



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



FELLOWSHIP SQUARE
HISTORIC MESA

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



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

Our Mission:

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