



FELLOWSHIP SQUARE
PHOENIX

2002 W Sunnyside Ave | Phoenix, AZ 85029
www.FellowshipSquarePhoenix.org
602-443-5427



AUGUST
2025

August is here with the Dog Days of Summer!

As we embrace the hottest part of summer, let's stay cool and have fun with a packed month of exciting activities! From Prayer Meetings on each floor to a brand-new Hand Bell Choir, we've designed a variety of ways to engage the body, heart, and mind. We're even bringing the Summer Olympics to life—get ready for some friendly competition and lots of laughter! Don't worry foodies, we're also indulging in some delicious treats! Join us for a visit to First Watch and a buffet at Peter Piper Pizza. And for something truly unique, don't miss our Food & Friends event featuring apple nachos—a fun and tasty twist on a classic treat. This month is full of new experiences, great food, and plenty of ways to enjoy the last days of summer with friends! Let's get out of our apartments and try something new!



Welcome Home



Blanche L.



Staff News



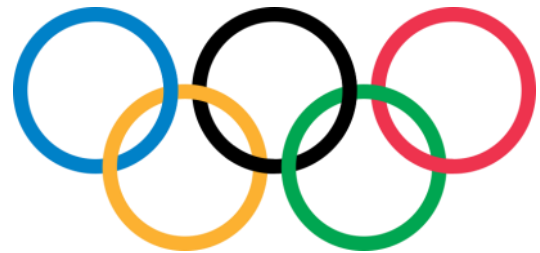
A big, warm, welcome to our newest Wellness Coach, Dalila! She joined the team July 10th!



CHRISTIAN CARE
FELLOWSHIP SQUARE

Customer Service

Employee Olympics



Employee Olympics is a staff recognition program in which you nominate an employee for providing outstanding customer service.

Olympic Medal Winners are announced quarterly and receive medals, monetary incentives as well as a special appreciation breakfast. Pickup a nomination form at the concierge desk.

Be sure to give specific examples or reasons for nomination.



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TOP TIPS FOR BETTER SLEEP:

- Stick to a regular bedtime and wake-up time
- Create a calm, cool, and quiet sleep space
- Avoid caffeine and screens before bed
- Try gentle stretches or deep breathing
- Keep naps short and early in the day

DID YOU KNOW?

Sleep and mental health are closely connected. Poor sleep can increase the risk of depression, and depression can make it harder to sleep. Let's break the cycle—starting tonight.

Questions? Call **602-613-5917**



CHMG-2025-0112-V3

We are happy to introduce THE FELLOWSHIP FUND AT PHOENIX!

What is it? The Fellowship Fund is a charitable initiative designed to provide temporary financial assistance to residents who are experiencing shortfalls in their ability to pay rent, ensuring they can continue to live with dignity and support. Each year, up to 25% of the fund's principal will be allocated to cover these shortfalls.

The Fellowship Fund is managed by our campus leadership team. Together they will carefully evaluate and allocate funds to ensure that those who need temporary assistance receive it in a timely and compassionate manner.

By supporting the Fellowship Fund, you are not just helping residents with their financial needs; you are fostering a community where everyone can live with dignity, security, and peace of mind. We have heard from you and your desire to help those are you, so we are reaching out to ask that you consider a tax-deductible gift to the FELLOWSHIP FUND.

If you have any questions about the fund or ways in which you can support it, reach out to Gene Sanders "the man in the window" at 602-682-2986 or come by his office anytime to chat.

Thank you for considering supporting this new initiative!

Gene Sanders
Community Advancement Officer



Outing: Game Show Battle Rooms



Friday, August 1st at
9:20AM (Sign Up with
Sarah or Katy)

Punch Out Parkinson's



Mondays in August
at 7:00AM in
the Fitness Center

Float Your Boat



Wednesday, August 6th
at 3:00PM in the
Activity Room (Sign Up)

Meal Out: First Watch



Monday, August 11th at
8:00AM (Sign Up)

Meal Out: Peter Piper Pizza



Monday, August 25th at
11:00AM

Curana Presentation



Thursday, August 7th
at 9:00AM in the
Activity Room

Lefties, Right On!



Wednesday, August
13th at 3:00PM in the
Activity Room (Sign Up)

Activity Chat



Friday, August 15th
at 1:00PM in the
Activity Room

Back to School Picture Day



Friday, August 29th
10:00AM-2:00PM in the
Garden Cafe

Summer **OLYMPICS!**



Friday, August 15th at 10am
in the Prayer Garden



Join us for a friendly competition with three
classic games to beat the summer heat:



Water Balloon Toss –
Team up with a friend
and test your aim with
a splash-filled water
balloon toss!



Watermelon
Eating Contest –
Who can eat the
most without
using their
hands?



Wet T-Shirt Contest –
See which team can
fill a bucket faster
with a wet t-shirt!



For more pictures & to follow us on social media, scan the QR codes!



"The Dog Days of Summer"



You've likely heard the phrase "Dog Days of Summer," but where does it come from? The term dates back to ancient Greek and Roman times and refers to the rising of Sirius, the "Dog Star," during late July and early August. This star, part of the constellation Canis Major (Latin for "Greater Dog"), was believed to bring sweltering heat, drought, and discomfort. The ancients associated this period with lethargy and unrest—conditions many of us can still relate to when the Arizona sun is blazing and energy seems low.

Today, we use "Dog Days" to describe the hottest stretch of summer—a time when tempers can flare, patience can wane, and our spirits may feel weary. But in these trying, sun-soaked days, we can find fresh encouragement and rest in God's Word.

Psalm 121:5-6 reminds us:

"The Lord is your keeper; the Lord is your shade on your right hand. The sun shall not strike you by day, nor the moon by night."

Even in the hottest, most draining seasons—physically or spiritually—God promises to be our shade, our protector, and our constant source of strength.

Isaiah 40:31 also speaks to those running low on energy:

"But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."

If you're feeling tired, restless, or spiritually dry this summer, know that God invites you to wait on Him. In Him, we can be refreshed—not just in body, but in heart and soul.

Let this be a season not only of warmth but of renewed faith, quiet reflection, and peace in God's unchanging love.

Take Care & God Bless,
Chaplain Joey

Staff Directory

Activity & Event Coordinator

Sarah Garcia

Sarah.Garcia@christiancare.org

602-443-5421

Activities Assistant

Katy Freitas

Katlynn.Freitas@christiancare.org

602-424-9426

Beauty Barber Shop

Sue Widdison

602-443-5422

Chaplain

Joey Sampaga

Joey.Sampaga@christiancare.org

602-443-5486

Community Advancement Officer

Gene Sanders

Gene.Sanders@christiancare.org

602-682-2986

Concierge Desk

Volunteers

480-385-0266

Corporate Billing Specialist

Rebecca Uhl

Rebecca.Uhl@christiancare.org

480-385-0267

Dining Room Meals

Take Out Orders

602-443-5424

Dining Room Supervisor

Melissa Celaya

Melissa.Celaya@christiancare.org

602-443-5468

Director of Resident Experience

Amy Borders

Amy.Borders@christiancare.org

602-443-5419

Executive Chef

Jason DePeal

Jason.DePeal@christiancare.org

602-443-5425

Front Desk

Kristi Winne

Kristi.Winne@christiancare.org

602-443-5427

Housekeeping Services

Quatasha Warren

Quatasha.Warren@christiancare.org

602-443-5420

Resident Navigator

Jesse Elwood

Jesse.Elwood@christiancare.org

602-443-9450

Sales & Marketing

Sherri Martin

Sherri.Martin@christiancare.org

602-385-1590

Rozelle Davis

Rozelle.Davis@christiancare.org

602-443-5490

Security

Customer Service

602-443-5400

Social Services Coordinator

Jamie Childress

Jamie.Childress@christiancare.org

602-443-5417

Supportive Services

Peggy McIntyre

Peggy.McIntyre@christiancare.org

480-254-7941

Transportation

Tony Lopez

Tony.Lopez@christiancare.org

602-424-9443

Vice President of Operations

Kerri Felix

Kerri.Felix@christiancare.org

602-443-5439

Wellness/Fitness Center

Ben Evans

Ben.Evans@christiancare.org

602-443-5484

Work Orders

Maintenance Work Orders

phxworkorder@christiancare.org

602-424-9432



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