

The JOYFUL INDEPENDENT

THE GOOD NEWS

AUGUST 2025



Friendship and Fellowship Define Relationships

- Chaplain Kurt Stromberg



Can you believe that it is already August? Time is not going by fast; it's literally a blur! August represents different things to different folks: for Midwesterners the corn festivals start, football is in session, kids return to school. The days are starting to be noticeably shorter, as we start to transition into fall. Sunday, **August 3 of this year is known as National Friendship Day.**

Have you ever considered Father in Heaven/Creator/Lord as your personal friend?

If you've been around the Chaplain at all you know I preach/teach about a personal relationship with God. There are different relationships, such as family members, neighbors, co-workers, and of course friends. Jesus speaks to this friendship piece, "I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you." (John 5:15)

If one considers our personal relationship with God and the importance of that, we can then decide to make others a priority and enjoy relationships that are not perfect, but healthy. Relationships are a tremendous part of what we do throughout our lives, and they result in a plethora of outcomes from good, bad to indifferent. Many of the hurts that we have come from a dysfunctional relationship as well as abusive relationships. We are also often abusive in our relationship with the Father in Heaven. We must remember that the main emphasis of Jesus/The Father and their ministry is/was/always will be LOVE. In response to the question of: 'what is the greatest command,' Jesus is says, "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments." (Matthew 22:37-40)

*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



**FELLOWSHIP
SQUARE**
HISTORIC MESA

THE GOOD NEWS

- Chaplain Kurt Stromberg (continued)

The world sure could use some more love, and so could our relationships. Jesus gets specific when it comes to relationships when he states and lives out, "Greater love has no one than this: to lay down one's life for one's friends." (John 15:13) The Lord lived this out by sacrificing His life on the cross for our sins. Friendship and fellowship are much the same and we live at Fellowship Square where community and relationships are readily available. Paul talks about this in Acts 2 verse 42, "They devoted themselves to the apostles teaching and to fellowship, of breaking of bread and prayer."

Relationships and friendships are never easy, just like life. Where in the Scriptures does it say that life is easy? It DOES NOT. In fact, the Lord says that in this world YOU WILL HAVE TROUBLE. (John 16:33)

One of the key components of any relationship is having the ability to forgive. So many relationships are destroyed by the posture of blaming and unforgiveness. We are also to extend to each other the fruits of the spirit which include kindness, gentleness, patience and self-control. (Galatians 5)

Relationships bless us in so many ways.

Companionship being one of the main benefits of friendship/fellowship. The beautiful thing about knowing the Lord and following His commands is that there is healing and hope for broken relationships. Restoration of those relationships, including our personal relationship with Creator, through reconciliation and forgiveness. 2 Corinthians 5:18-19 describes God's ministry of reconciliation, where He is reconciling the world to Himself through Christ.

Relationships and, specifically, friendship is so important to the Father in Heaven. He sent the disciples out in pairs of two. We are called to be involved in the community and that involves personal relationships. Even though they may be challenging at times, relationships are our biggest blessing here on earth. If you are having trouble in relationships, particularly with the Creator, I am here to help you walk through reconciliation. Be blessed and invest in those relationships.



Wake Up to Wellness: Sleep & Mental Health

As we age, our sleep patterns naturally change—but that doesn't mean sleep becomes less important. In fact, getting enough quality rest is essential for maintaining physical health, emotional balance, and overall well-being.

Good Sleep Supports:

- Memory, mood, and energy
- Immune and heart health
- Balance and coordination
- Managing chronic conditions
- More energy for daily life

Better Sleep Tips:

- Keep a regular sleep schedule
- Make your bedroom calm, dark, and cool
- Avoid caffeine, alcohol, and screens at least 2 hours before bed
- Try deep breathing or light stretching before bed
- Keep naps short and early in the day

Sleep & Mental Health: Poor sleep can worsen depression, and depression can disrupt sleep. Healthy habits help break the cycle.

Track Your Sleep: Use a sleep diary to monitor bedtime, wake-up time, awakenings, and how rested you feel.

Contact your health care provider to learn more about improving your sleep and mental wellness.



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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.*



SLEEP AND MENTAL HEALTH MATTER

As we age, our sleep patterns naturally change—but that doesn’t mean sleep becomes less important. In fact, getting enough quality rest is essential for maintaining physical health, emotional balance, and overall well-being.

GOOD SLEEP SUPPORTS	BETTER SLEEP TIPS
Memory, mood, and energy	Keep a regular sleep schedule
Immune and heart health	Make your bedroom calm, dark, and cool
Balance and coordination	Avoid caffeine, alcohol, and screens at night
Managing chronic conditions	Try deep breathing or light stretching
More energy for daily life	Keep naps short and early in the day

Sleep & Mental Health:
Poor sleep can worsen depression, and depression can disrupt sleep. Healthy habits help break the cycle.

Track Your Sleep:
Use a sleep diary to monitor bedtime, wake-up time, awakenings, and how rested you feel.

Want to learn more about improving your sleep and mental wellness?
Call 623-305-0436 today for helpful resources and support from Curana Health.



Your Legacy, Your Voice: Why Estate Planning Matters

All your life, you've worked hard. You've built a life filled with memories, friendships, and love. Maybe you raised a family, supported neighbors, or simply lived the life you wanted. But there's one question many people put off: What happens to everything you've built when you're no longer here? Without a will or estate plan, the state steps in. It doesn't know who mattered most to you or what promises you made. It doesn't know about the child you always meant to help, the keepsakes that hold special meaning, or the neighbor who became like family. Instead, it follows a cold, one-size-fits-all process. And while that process unfolds, the people you care about most can be left waiting, worrying, and even struggling.

Many believe estate planning is only for the wealthy or something to "get to someday," but someday often comes too soon. Estate planning isn't about how much money or property you have—it's about peace of mind and protecting the people who matter most. Even if your possessions are modest, you still have a legacy: a small savings account, a treasured heirloom, or simply the wish to have the right people honor your life.



Why Estate Planning Matters (continued)

Taking the time to create a plan provides clarity for your loved ones, prevents unnecessary legal delays, and ensures that your voice—not the state’s—guides what happens when the time comes. To help make this process easier, Fellowship Square Historic Mesa will host a free Estate Planning Seminar. This event will provide simple, clear steps for making your wishes known, protecting what matters most, and leaving a meaningful legacy. You don’t have to be wealthy or have complicated finances to benefit—this seminar is for everyone.

The seminar will take place on Thursday, August 28, 2025, at 2:00 PM at Fellowship Square Historic Mesa. Seating is limited, so please reserve your spot by August 24.

Even if you cannot attend the seminar, you are still welcome to reach out with questions and get connected to trusted resources that can help you take the next steps. It is never too early—or too late—to begin planning for your future.

You have worked too hard to leave things to chance. This seminar is your opportunity to take a small but important step toward peace of mind and to ensure that your legacy is honored the way you intend.



For questions or to RSVP, please contact:

Kristen McFadzen

Community Advancement Officer

480-385-0066

kristen.mcfadzen@christiancare.org

Missionary Gathering
Saturday, August 9th 10am
Grand Dining Room

PREVENT IDENTITY THEFT

and other financial scams
targeting seniors

**Tuesday
August 19th
1:00 pm**
Center Community
Room



*Refreshments Provided.
Community information and tours available.*

1 in 10 seniors is a victim of identity theft each year.

Don't become one of them!



Presented by:
Sgt. Robert Sheehan
Financial Crimes Division
Mesa Police Department



Scan this QR code to
register or call this number.



FELLOWSHIP SQUARE
HISTORIC MESA

*A non-profit Christian Care community offering
Independent & Assisted Living,
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**Don't Miss This Important
& Free Educational Event**
or call for more information:

480-834-0600

35 W Brown Rd, Mesa, AZ 85201
www.fellowshipsquarehistoricmesa.org

**Note: Fellowship Square Historic Mesa residents
do NOT need to register.**

Lung Cancer Prevention and Detection

Since 2012, August 1 has been designated as World Lung Cancer Day—a day to raise awareness of lung cancer issues and magnify the need for more lung cancer research, according to the Lung Cancer Foundation of America. This article intends to help with that effort by sharing knowledge and tips for prevention.

Facts about lung cancer

According to the Cleveland Clinic, “Lung cancer is a disease caused by uncontrolled cell division in your lungs.” There are many types of cancers that affect the lungs. However, the term “lung cancer” is typically referring to two main types—non-small cell lung cancer and small cell lung cancer.

Lung cancer has five stages, based on the size of the initial tumor, how far or deep into the surrounding tissue it goes, and whether it’s spread to lymph nodes or other organs, according to the Cleveland Clinic. Stage 0, or “in-situ,” means the cancer is in the top lining of the lung or bronchus and hasn’t spread to other parts of the lung or outside of the lung. Stage IV is the last of the stages and refers to the fact that the cancer has spread to both lungs, the fluid around the lungs and the fluid around the heart or distant organs.

What causes lung cancer?

Multiple factors can increase risk of lung cancer, but the Cleveland Clinic states: “Smoking any kind of tobacco products, including cigarettes, cigars or pipes is the biggest single risk factor. Experts estimate that 80% of lung cancer deaths are smoking-related.”

There are many additional risk factors, including:

- Exposure to secondhand tobacco smoke and other harmful substances like radon, uranium, diesel exhaust, silica, coal products and toxins in the air
- Previous radiation treatments to the chest (such as for breast cancer or lymphoma)
- Family history of lung cancer



Lung Cancer Prevention and Detection (continued)

What are the symptoms of lung cancer?

One of the first signs of lung cancer is a cough or pneumonia that returns even after treatment. The most common signs are a persistent or worsening cough, shortness of breath, chest pain, hoarseness or unexplained weight loss, according to the Cleveland Clinic. Additional symptoms can include:

- Trouble breathing or shortness of breath
- Chest pain or discomfort
- Wheezing
- Coughing up blood
- Loss of appetite
- Unexplained fatigue
- Shoulder pain
- Swelling in the face, neck, arms or upper chest



How to prevent lung cancer

While lung cancer may not be entirely preventable, early detection is vital. According to the Lung Cancer Foundation of America. The organization states: “Because many lung cancer patients don’t have any symptoms associated with lung cancer before they are diagnosed, many diagnoses occur after the cancer has already spread outside of the lung. The stage the cancer is at the time of diagnosis determines the treatment options available to the patient.”

Additionally, an article on the Mayo Clinic Comprehensive Cancer Center Blog website suggests the following to reduce risk of lung cancer:

- Stop smoking and avoid secondhand smoke
- Test home for radon
- Avoid carcinogens (toxic chemicals) at work
- Eat a diet full of fruits and vegetables
- Exercise most days of the week

In honor of World Lung Cancer Day, Fellowship Square Historic Mesa encourages seniors to pay attention to these risk factors and symptoms—and consider early screening.

International Cat Day

Listen up, meow! Friday, Aug. 8 is International Cat Day—hooray! Whether you are a “cat person” or not, it’s impossible to deny the cuteness of these feline friends. In honor of International Cat Day, Fellowship Square Historic Mesa shares the benefits of cats for seniors and offers tips on how to raise a happy, healthy cat.



What is International Cat Day?

The International Fund for Animal Welfare created International Cat Day in 2002 as a day to raise awareness for cats and learn about ways to help and protect them. For seniors who are able to care for an animal, adopting a cat could be a fantastic way to help protect a cat who needs a home while also bringing joy and love into their home.

Benefits of cats for seniors

Cats are fairly dependent, which makes them ideal pets for seniors, even those with limited capabilities. However, before adopting a cat, seniors should be certain they have the ability to care for a cat, as all animals’ needs are unique.

That said, the American Humane Society says that while “cats make great companions for people of all ages and walks of life... [they] are especially great company for senior citizens for a variety of reasons.” These reasons include:

Improved mood—“Seniors can become lonely, or even depressed, when they retire or lose their spouse, or when their children move away. Studies show that pets help seniors overcome loneliness and depression by providing affection, company, entertainment and a sense of responsibility and purpose,” the article states.

Improved health—Though cats don’t require extensive care, they do have needs that can require much-needed exercise for seniors. “Because cats need us to care for them by scooping their boxes, feeding them and giving them fresh water, cats get us up and moving whether we want to or not!,” the article states, adding, “Caring for and feeding a cat calls for routines and activities seniors might not otherwise have, providing important mental stimulation. This not only benefits senior citizens’ overall health, but can help them live longer and healthier lives.”



International Cat Day (continued)

The love of a sweet and furry cat can help seniors in so many ways. Beyond being a companion and providing them with a sense of purpose, a cat can bring senior citizens joy simply by being there, comforting them with “purrs” and cuddles in their lap.

Tips for raising a happy, healthy cat

Cat care can be relatively simple, but there are some things to consider. According to the American Society for the Prevention of Cruelty to Animals, general cat care includes feeding, grooming, handling and housing them.

The organization recommends feeding cats a high-quality, brand-name kitten or cat food as well as a few treats here and there—no more than 5-10% of their diet.

While cats rarely need to be bathed, they should be brushed or combed regularly.

Take care when picking up a cat—never by its front legs or the scruff of its neck. Gently pick it up with two hands—one behind the front legs and the other under its hindquarters.

Make sure the cat has a clean, dry place in your home to call its own. A small cat bed can be found at a pet store.

It should also have a clean litter box to use. Be sure to remove the waste often.

Your cat’s area should also have a scratching post or pad. This is important so they can maintain their claws.

Most cats should be kept indoors for the most part. This keeps them safe from predators such as coyotes.

Make sure your cat has proper identification in case it gets out.

Maintain yearly appointments at the vet to ensure your cat’s optimal health.

Have female cats spayed and male cats neutered by the age of five months.



Best cat breeds for seniors

While individual cats will have their own distinct demeanors, Ragdolls are known for having calm and docile personalities. Maine Coons and British Shorthairs are known for being affectionate and relaxed and Persians and Scottish Folds are believed to enjoy gentle interaction and quiet companionship.



American Artist Appreciation Month

Art is an incredible form of expression that can be shared in many ways. From painting to sculptures and beyond, art makes the world a more beautiful place. America is home to some incredible artistic legends that deserve to be recognized. According to National Today, American Artists Appreciation Month is celebrated across the U.S. throughout August.

The website states: "American Artist Appreciation Month was started with the simple aim to celebrate artists and the incredible work that they do. Art is not just something beautiful to look at; it also reflects the human condition, emotions, and ambitions. Art portrays what we are trying to convey when words fail."

From Andy Warhol to Georgia O'Keeffe, many American artists have left their brushstrokes on the world. In honor of American Artist Appreciation Month, Fellowship Square Historic Mesa shares the following fun facts and encourages residents to honor this month by showing off their creative sides!



The most expensive piece of American art ever sold at an auction was "Shot Sage Blue Marilyn" by American artist Andy Warhol. This 1964 silkscreen painting sold in May 2022 for \$195.04 million at Christie's in New York.

American artist Norman Rockwell, known for his humorous, folksy and topical works that captured American culture, completed more than 4,000 original artworks in his lifetime. Of these, 321 were covers of the Saturday Evening Post.



Georgia O'Keeffe, known for her intricate large flower paintings, was the first female artist to be afforded a retrospective (exhibit) at the Museum of Modern Art in 1946. She also was given a retrospective at the Art Institute of Chicago in 1940 and a retrospective at the Whitney Museum of American Art in New York in 1970. This retrospective travelled to the Art Institute of Chicago and the San Francisco Museum of Art.



American Artist Appreciation Month (continued)

Becoming an artist at Fellowship Square Historic Mesa

There is no age limit for becoming an artist, and there's no time like the present. For residents that used to enjoy art or have an interest in art, there are many ways to express those desires at Fellowship Square Historic Mesa and beyond—no experience required!

Fellowship Square Historic Mesa's vibrant art program features a variety of courses such as painting (for beginners and advanced artists) and other arts and crafts. In the past, members of the art program have even had their art on display at a local gallery on Main St. in Mesa, and the art club has shown their work at Downtown Mesa's 2nd Friday Night Out Art Walk.

Residents should also remember that there are many ways to get creative and artistic. Beyond painting, residents might find an artistic hobby such as crocheting, embroidery, calligraphy, card-making, photography, woodworking, model airplane building and more. There is no wrong way to get creative—sometimes just getting started is the hardest part.

If interested in a particular form of art, contact Fellowship Square Historic Mesa's Life Enrichment Director, Trisha Dreher. You can also seek out tutorials on YouTube or visit the local library for books on how to get started and guidance on a particular form of art.

And if you're an expert in an art, you might just become our next volunteer art class teacher!



Artists of Fellowship Square Historic Mesa



Be A Clown!

August goes to the clowns! The first week in August is International Clown Week. This designation was first proclaimed by President Nixon in 1971 as a way to celebrate clowns' contribution to the world. After all, humor and laughter make the world go round! Fellowship Square Historic Mesa "clowns around" in this article in honor of International Clown Week.

The history of clowns

Clowns have played a role in history for centuries. It is believed that ancient clowns date back to the Fifth Dynasty of Egypt, around 2400 B.C.

According to the History of Circus website, "Early clowns were also priests, and their roles were almost inseparable."

In 1801, Joseph Grimaldi, an English artist, designed the original whiteface clown, which is discernible by its face and neck covered in white makeup with a grin painted around the mouth and black eyebrows. "He has the highest status in the clown hierarchy," the website states. Grimaldi is credited for practically inventing the modern clown, and in his honor, many clowns today are called "Joey."

Matthew Sully was the first circus clown in the U.S. "He performed in Rickett's circus and was a Harlequin, tumbler, and singer."

Today, clowns perform a variety of entertainment for audiences of all sizes and ages. Their routines can consist of physical comedy, juggling, magic tricks, balloon sculpting, storytelling and more. They use props, colorful costumes and face makeup to enhance their characters and performances.

Clowns are typically beloved and known for making people from babies to senior citizens laugh and smile. However, there is also the notion of the "creepy clown." This type of clown has its own unique history.

Be A Clown! (continued)

When did clowns become creepy?

An article on the BBC website titled, “A surprising history of the creepy clown” explores the phenomenon of the “bad clown” citing examples dating back in history of ways that clowns have always walked the line between funny and menacing. In a survey rating the “creepiness of a list of occupations... Clowns won the creepiness jackpot,” the article states.



Creepy clowns began to take on a darker turn with books (which turned movies) such as Stephen King’s “It” and serial killer John Wayne Gacy, who had dressed as Pogo the Clown at children’s parties.

Overall, the article emphasizes that clowns’ reputation for being ambiguous and somewhat unsettling isn’t new, rather the notion that “clowns are meant to be harmless.” This is evident throughout history in many ways.

Famous clowns in America

Whether real or fictional, there are some well-known clowns that have shaped American culture, including:

Bozo the Clown, known as the world’s most famous clown, was a character created for children’s entertainment in 1946 and went on to star in a number of shows.



Be A Clown! (continued)

Ronald McDonald: The face of the McDonald's franchise, Ronald McDonald has also become synonymous with the Ronald McDonald House Charities, which supports families who are facing the weight of children's illness.



Krusty the Clown is the popular clown on the TV series "The Simpsons." This recurring character has had a number of episodes dedicated to his antics as a clown, and in his personal life.

Whether considered creepy or hilarious, clowns have held a significant place in the evolution of entertainment throughout history. In honor of International Clown Week, celebrate the joy and the intrigue that these characters bring to the world!

The Clown Without Paint

(A Poem for the Ones Who Make Us Smile)

There once was a clown named old Fred,
With floppy shoes and a bright, bulbous head.
Not born with grace, nor talent, nor charm,
He stumbled through life,
causing more good than harm.
Clumsy and homely, unsure from the start,
He thought he was useless--no brains, no art.
But laughter would follow wherever he went,
A gift unrefined, but surely heaven-sent.
He'd trip on a step or sneeze at the wrong time,
And someone would chuckle at the unpolished mime.

It wasn't on purpose, but still they would roar,
And Fred found a joy he'd not known before.
So he donned the paint, the rainbow disguise,
To hide the doubt behind his eyes.
And day after day, with pratfalls and pies,
He brought joy to strangers, and tears to the wise.

But time caught Fred like it catches us all,
His knees gave out, and his body grew small.
The mirror now showed a tired old man--
No greasepaint to guide him, no act, no plan.
He hung up the nose, the suit, the shoes,
And sank in a silence, lost in his blues.
"What am I now?" he'd mutter and moan,
When the world moved on and left him alone.
They wheeled him one day to his final stage--
A home full of faces worn by age.



The Clown Without Paint (continued)

But something strange happened in that quiet place,
When Fred made a joke and saw a face...
...light up like dawn after endless night,
As if a small match had sparked some light.
A smile, then two, then laughter would bloom,
Chasing the shadows that clung to the room.
No makeup, no mask, no circus parade,
Just kind little acts that Fred gently made.
A story, a hand squeeze, a soft "hello,"
He'd learned that true joy didn't need a show.
And slowly, so slowly, Fred came to see--
He'd never been useless, and he'd always been free.
Not for the pratfalls or pie to the face,
But for being the heart in a heartless place.
So now in a chair, in a sunlit hall,
Fred sits with no costume, no big curtain call.
Yet still he brings laughter, a calm, steady beam--
A clown, now unpainted, still living the dream.
For the world didn't need the paint or the prat,
It needed kind Fred--just Fred as he sat.
And when he smiles, it's plain to see:
Sometimes the best joke is just... being me.



By T. Biggerstaff via ChatGBT



Speaking of Relationships (pages 1-2)

Here is a lovely poem written and shared by resident,
Marie Unterreiner.

Though many miles lie in between
The two of us today,
Somehow I feel that you can hear
The things I cannot say.
And though it is not given me
To walk the path you trod,
Each day we meet in prayer before
The golden throne of God.
Nobody knows how long or short
Our time on Earth will be.
That's why today I want to say
How much you mean to me.
I know you're always there for me
Just as I'm here for you,
For everybody needs someone
To tell their troubles to.
Life's little disappointments
Have somehow lost their sting,
And I am a better person
For the friendship that you bring,
And though some dreams did not come true
And some loved ones have gone,
Together we can lift the cross
We could not bear alone.





FELLOWSHIP SQUARE
HISTORIC MESA

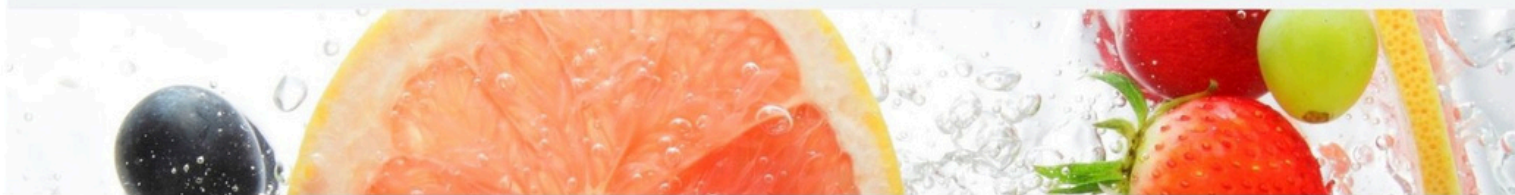
AUGUST 2025

To reserve a time slot call 480-290-7012

Indoor Class Max: 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1st 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	2nd
4th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike CTR-CR 12:30pm Enhanced Mobility	5th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	6th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga #207A	7th 9:00am Mindful Movement	8th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	9th
11th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike CTR-CR 12:30pm Enhanced Mobility	12th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	13th 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)	14th 9:00am Mindful Movement	15th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	16th
18th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike CTR-CR 12:30pm Enhanced Mobility	19th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	20th 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)	21st 9:00am Mindful Movement	22nd 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	23rd
25th 9:00AM Wii Bowling 11:00 Fitness w/ Friends 11:30AM Dancing w/Mike CTR-CR 12:30pm Enhanced Mobility	26th 9:00am Mindful Movement 2:30pm Breath & Meditation (Apt 207-A)	27th 9:00AM Wii Bowling 11:00 Fitness w/Friends 12:30pm Wellness Workouts on the Westside GR-CR 2:00pm Chair Yoga #207A	28th 9:00am Mindful Movement	29th 9:00am Wii Bowling 11:00 Fitness w/Friends 12:30pm Enhanced Mobility	30th

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The Secret to Smart Summer Hydration

With the summer heat in full swing, it's the perfect time to talk hydration. But staying hydrated isn't just about drinking more water—it's about how and what you hydrate with. From juicy fruits to mineral-rich water, there are easy ways to boost your energy, protect your brain, and support digestion all summer long. Even mild dehydration can affect memory, balance, and mood, so it's worth paying attention. Let's sip smarter together!

Are You Getting Enough Water?

You've probably heard you should drink 8 glasses a day, but that's just a starting point.

Most adults need 11–15 cups of fluid per day, depending on activity level, medications, or health conditions. And when it's hot out, we lose even more through sweat.

Herbal tea, coconut water, and even fruits and veggies all count toward your daily hydration! If you're feeling, hungry, tired, foggy, or achy, you might just be thirsty.



Power Up with Produce

Around 20–30% of your water comes from food, especially fruits and veggies.

Watermelon, cucumbers, and pineapple are hydration heroes, rich in water and minerals like potassium and magnesium.

Add watermelon to a summer salad, snack on cold cucumber slices, or toss pineapple into a smoothie.

These foods also provide antioxidants to support your joints, heart, and immune system.

Smart Sips, Safer Sources

Not all water is created equal. Tap water may contain trace contaminants like chlorine or even leftover medications. When possible, use a water filter and opt for stainless steel or glass containers.

Need a hydration boost? Add a pinch of sea salt or a splash of coconut water to your glass. Skip the sugary sports drinks, natural options hydrate better without the crash. And if you're heading out for the day, bring your own bottle, hydration is easier when it's right by your side.



Want to know more about hydration? Check out the link below:
<https://bit.ly/hydration2025>



FELLOWSHIP SQUARE
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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.

Independence Is Even Better With Friends



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

Refer a New Resident and Receive \$2400!

- 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.

Call Tracey Biggerstaff with referrals
or more information: 480-290-7020



Get Ready for the Fellowship Square Cookbook!



We've talked about it for a long time and now we are finally going to make it happen, just in time for the holidays!

Sharing recipes provides a multitude of benefits, encompassing emotional, social, and cultural aspects. It deepens connections between family and friends by fostering togetherness and communication during meal preparation and dining. Recipes act as living histories, preserving cultural heritage and traditions while creating cherished memories across generations. The collaborative nature of cooking together helps pass down culinary skills, promotes creativity, and can boost self-esteem, especially in children learning new techniques. Ultimately, sharing recipes cultivates a sense of belonging and strengthens the fabric of families and communities.

Please drop off your neatly printed original family recipes to the front desk by August 31st. Residents as well as staff are encouraged to participate. Limit 3 recipes per individual.



Special Message from the Editor

We hope you enjoy this issue of the Joyful Independent! Our newsletter has received great feedback and ideas from our readers, however this is to inform you that **the newsletter is going to become a quarterly publication going forward.** Rest assured, you will continue to receive monthly Activities calendars, fitness calendars, event flyers and other notices from the Life Enrichment office on a timely basis.



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.