



FELLOWSHIP SQUARE
HISTORIC MESA
www.fellowshipsquareseniorliving.org

The **JOYFUL** **INDEPENDENT**

2ND QUARTER 2022

Director's Message:

REJOICING IN THE RENEWAL OF THE SPRINGTIME

Spring is a time of renewal. A season of growth, change and blossoming. As the country, and the world come out of the darkness of the past two years of the pandemic, the symbolisms of spring seem particularly poignant. Perhaps a time to rejoice, even, following the Easter holiday, rife with the joy of resurrection. With that in mind, we share some ideas and tips for renewing one's inner spirit to rise to meet the feelings of the season.

With many seniors being more isolated than usual over the past few years, it's time to reconnect — with family, loved ones and new friends. Connection is so vital to this society —and connecting with others has so many health benefits. [The Stanford Medicine Center for Compassion and Altruism Research and Education](#) reports that strong social connection “leads to a 50 percent increased chance of longevity; strengthens your immune system... helps you recover from disease faster; and may even lengthen your life.”

The Center goes on to report that people who are more connected to others have lower levels of anxiety and depression, have higher self-esteem, greater empathy, are more trusting and are more open to trusting others. Win-win!

Getting back to a more socially connected lifestyle can seem daunting at first, but it can start with a simple phone call to a family member or longtime friend. It can start by joining a group or volunteering, which also has its own set of health benefits associated with it. Fellowship Square has

a robust activities program and staff encourages residents to check out the [monthly calendar](#) and get involved!

Reengaging in physical activity is another great way to renew the spirit in the springtime (or anytime!). Staying fit and active has so many health benefits for body, mind and spirit. In addition to preventing certain diseases, it can help with chronic joint pain, boost mood, improve sleep and help decrease anxiety and depression. Being active can also be a fun and social way to bond with loved ones and neighbors.

For seniors who have lost loved ones recently or during the pandemic, the loss may wear heavy for many years ahead. Working to renew one's spirit can help make the dark times a little brighter. Active seniors may consider a four-legged companion to keep them company and motivate them to get out and about for walks around the neighborhood. Pets are another great way to connect with other pet-lovers. Seniors with pets could start a neighborhood gathering and walk their dogs together on a regular basis.

I encourage everyone to use springtime as an opportunity to renew their spirit through connectivity, activity and hobbies that make them happy. It's important for people of all ages to take the time to do the things they love to do! This contributes to a fulfilling life and a renewed spirit!



Blessings,

Rena Phillips
Executive Director
[See Bio](#)

SUMMERTIME TIPS FOR SENIORS

While summer is a season of relaxation, vacation and soaking up the sunshine, it's also important for seniors to prepare for time spent outdoors, particularly amid the Valley's hot temps. Fellowship Square offers some tips and advice when it comes to protecting themselves from the sun.

According to the [American Cancer Society](#), skin cancer is "by far" the most common type of cancer. There are many types of skin cancer and treatment options vary by prognosis. Most skin cancers are a result of over exposure to ultraviolet (UV) rays. For many, this might be from too many days spent outside by the pool, at the beach, gardening or simply working outdoors. Some overexposure can come from indoor sources such as sun lamps and tanning beds. Ultimately, those with extensive exposure to UV rays in any form are at greater risk for skin cancer.

There are also various types of UV rays, but the main types that affect the skin are UVA rays and UVB rays. The latter have "more energy and are a more potent cause of at least some skin cancers, but both UVA and UVB rays can damage skin and cause skin cancer. There are no safe UV rays," according to the American Cancer Society.



While enjoying the summer, it's important that seniors protect themselves from the sun to limit overexposure to UV rays. Avoiding the sun when UV rays are the strongest, generally between

10 a.m. and 4 p.m., is a good start. It's also a good idea to stay in the shade and cover up with protective clothing as well as a hat, sunglasses and sunscreen.

During the hot summer days, it's crucial for seniors to stay hydrated. As the body cools itself from the heat with sweat, it loses water content as well as body salts like sodium and potassium therefore becoming dehydrated. Dehydration can lead to other serious conditions such as heat stroke. According to [John Hopkins Medicine](#), children and people over the age of 60 are particularly susceptible to dehydration. It's important for seniors to remember to drink plenty of water throughout the day, particularly during the hot summer and especially if they are spending more time outdoors in the sun.

Summer is also a time to think about eye safety. June is Cataract Awareness Month, designated to bring awareness to symptoms, types, surgery and treatment for this disorder which is the world's leading cause of vision loss. According to the Mayo Clinic, "A cataract is a clouding of the normally clear lens of the eye." This can result in vision impairment that could be likened to looking through a fogged-up window or frosted glass. "Clouded vision caused by cataracts can make it more difficult to read, drive a car (especially at night) or see the expression on a friend's face."

Cataracts generally develop naturally through age or from an injury that changes the tissue that makes up the eye's lens. Cataracts typically develop slowly and can be managed with good lighting and prescription glasses. However, over time, if the cataracts begin to cause vision impairment that disrupts a senior's ability to do their usual daily activities, they may want to consider cataract surgery, which is "generally a safe, effective procedure."

The symptoms of cataracts can include clouded, blurred or dim vision, increasing difficulty with vision at night, sensitivity to light or glare, seeing "halos" around lights, fading or yellowing of colors and double vision in a single eye. The frequent change of eye glass or contact lens prescriptions can also be a sign of cataracts.

The [Mayo Clinic](#) advises seniors to make an appointment for an eye exam if they begin to notice changes in vision. Sudden changes that may or may not be associated with eye pain or headaches should also be addressed by a doctor immediately.



Fellowship Square wishes everyone a joyful summer filled with happy times and great memories. But remember to be safe all season long!



HONORING OUR PARENTS CHAPLAIN KURT STROMBERG

The time of the year, or season, that we now find ourselves in is one of my personal favorites. It is spring and there is an abundance of life in the air, as the days become longer and the nights shorter. Summer is not far behind. Solomon with his great wisdom made this observation about different times in our lives: “There is a time for everything, and a season for every activity under heaven” (Ecclesiastes 3:1). Solomon is not necessarily referring to the seasons as it pertains to spring, winter or the time of year but to the different seasons of life we find ourselves in. Are we experiencing a time of growth, or do we find ourselves during a season of sorrow and grief due to losses?

We are born infants into this world, needing everything to be provided to us by our parents

and caregivers and we journey through many seasons. God willing we make it to the “golden years,” eventually needing assistance to get through the days... Which brings us to God’s commandments, yes, those pesky laws the Lord would have us abide by. If you didn’t know, we serve a relational God, who is also our Father and Creator. Relationships are very important to him, and He makes this clear with one of His commandments. “Honor your father and your mother, so that you may live long in the land the Lord your God is giving you” (Exodus 20:5).



Relationships are so important to God that this relationship and commandment is the only one with a promise attached to it, and it is centered around parents. Did you catch that? Obeying our parents is what we do as infants and youngsters, honoring them should take place not only after they leave us but most importantly while we have them with us. There are many ways to honor our parents including passing on their Godly family values. We can also honor them with the way we live our lives and being there for them when they can no longer take care of themselves. Timothy puts it this way and it’s serious, “Anyone who does not provide for their relatives, and especially their own household, has denied the faith and is worse than an unbeliever” (1 Timothy 5:8).

The Commandments remind us of the importance of this relationship where we honor the Father and Creator as well as our biological parents with five out of the ten commandments speaking into this relationship with our father and mothers. We should be doing this honoring in love,

of course, because that is the greatest commandment. I know I can speak on behalf of myself as well as my colleagues when I say: It is an honor to serve the residents of Fellowship Square. Know that our Father in Heaven loves you and so do we. Have a wonderful Mother's Day and Father's Day.

Chaplain Kurt

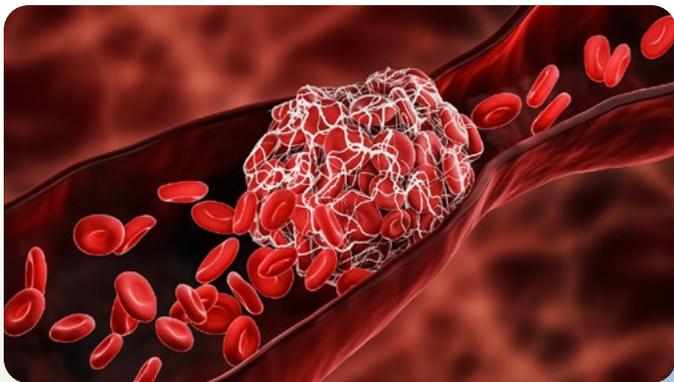


5 Simple Ways to Reduce Risk of a Stroke

by Jayne Reynolds, BCHN

Abundant Life Nutrition and Wellness Center

A stroke is not necessarily an age-related problem, it is a health-related problem. While there are factors that can predict one's stroke risk, many people, especially younger people, rarely grasp that they could be as at-risk as their 90-year-old neighbor. Medical professionals advise patients to get their lab tests done every five years until the age 65. After that, they recommend annual check-ups.



Infrequent health check-ups and tests could leave people in the dark about their stealthily advancing issues of high blood pressure, elevated blood sugars, unhealthy cholesterol levels and obesity. These are important because as many as 10 percent of people in the U.S. who experience a stroke are younger than 45 years of age. In fact, in 2014, 38

percent of the people hospitalized for a stroke were less than 65 years old. The statistics are alarming — and there's more:

- Every 40 seconds, someone in the USA has a stroke.
- Every 3.5 minutes, someone dies of a stroke.
- It is the 3rd leading cause of death in America and the leading cause of adult disabilities.

One reason these statistics are so heart-wrenching is that strokes are often preventable. A stroke happens when part of the brain's blood supply is interrupted by a blood clot or a hemorrhage, preventing oxygen from getting to the brain tissue. A TIA (transient ischemic attack), also known as a mini-stroke, also interrupts blood flow to the brain. In a TIA, cholesterol-containing fatty deposits build up in an artery that supplies oxygen and nutrients to the brain, choking off the supply.

There are multiple risk factors for a stroke that people should be aware of, including:

- High blood pressure
- High cholesterol
- Heart disorders such as coronary heart disease
- Diabetes
- Tobacco and alcohol use
- Obesity
- Genetics and family history
- Sickle Cell disease
- Age — risk doubles every 10 years over the age of 55
- Sex — women are more likely than men to have a stroke

- Race or ethnicity — Black, Hispanic, American Indian, and Native Alaskans are more likely to have a stroke than non-Hispanics, Whites or Asians.

The great news is that many of the risk factors associated with a stroke are diet- and lifestyle-related. This means people have a lot of control over them, and reducing risk is possible.

There is a multitude of things that people can do to reduce their risk of having a stroke. For example, improving the ratio of good fats to bad fats in a diet. Rich in monounsaturated fats, olive oil (never heated) is a rich source of antioxidants which help improve good cholesterol levels and lower LDLs and triglycerides, protecting the heart and arteries. Omega-3 fatty acids such as those found in salmon, sardines, walnuts, chia seeds and flaxseeds can help lower triglyceride levels as well, improve how the lining of the body's blood vessels function, improve oxygen supply, and may help reduce blood pressure. Nuts and seeds are an excellent source of healthy fats and fiber and can reduce heart attack risk by 30 percent. Finally, these good fats keep platelets from sticking so that they can't clump together and cause a clot.

People who eat flavonoid-rich vegetables significantly reduce their risk of heart attack and stroke. Those high in potassium, such as sweet and white potatoes, bananas, tomatoes, prunes, avocados and melons can help people maintain healthy blood pressure. Magnesium-rich foods like dark leafy greens, beans and lentils also lower risk of stroke. Vegetables are also typically full of fiber, which helps lower cholesterol levels.

Over time, high blood sugar damages the blood vessels, increasing risk of a stroke. Adults with diabetes are one-and-a-half times more likely to have a stroke than those who don't have diabetes. Eating a low-glycemic

diet lowers risk of heart disease, diabetes and helps people lose weight. Women who ate a high-glycemic diet increased their risk of heart disease (and therefore stroke) by 68 percent!

Choose foods free from added sugars, high fructose corn syrup or corn syrup solids and instead opt for natural sweeteners like Stevia and Pure Monk Fruit. The Cleveland Clinic reported in 2019 that women who drink two or more diet drinks a day had a 23 percent increased risk of stroke compared to those who drank them less than once per week.

Cigarette smokers have a 70 percent greater risk of death from a cardiovascular event than non-smokers. Quitting is one of the best steps to protect one's health. All kinds of smoking cessation programs exist, including patches, chewing gum, acupuncture, hypnosis and support groups. Even neurotransmitter supplements like 5HTP and GABA may be helpful.

Movement is so beneficial for the cardiovascular system. It lowers the body's resting heart rate, strengthens the heart, lowers blood pressure, improves oxygen delivery throughout the body and enlarges the arteries to the heart. It also improves how the body handles dietary fats, reduces heart disease risk and lowers cholesterol. In light of all those great benefits, it seems crazy to skip a daily walk, swim in the pool or time spent dancing with friends. People should find some sort of movement or activity they love — and then get up and go do it!

While the statistics might be alarming, it's clear that there are lots of steps people can take to reduce their risk of a stroke. Even genetics aren't set in stone; dietary and lifestyle choices can turn on and off how they express themselves. Healthy lifestyle choices

can reduce risk of a stroke by up to 80 percent — with diet being the major factor. Following these simple steps, together people can create a world where strokes are a thing of the past!



REMEMBERING LOVED ONES ON MEMORIAL DAY, AND ALWAYS

In honor of Memorial Day, which was established in the United States to honor the men and women of the military who paid the ultimate sacrifice for their country and its residents. Those who died while serving will never be forgotten and Fellowship Square wishes to honor this day and those who are forever in the hearts of residents.



Dorothy Ransom lost her cousin Robert Oliver in WWII. He was a sergeant in the Air Force.

James Jackson recognizes his nephew, Sam Blackard, who served in the Navy during WWII and his cousin Arch Lee Blackard, who served in the Army during the Korean War.

Dorie and Shirley Krafft are honoring their cousin Howard Krafft who served in the Army during WWII. Though he wasn't killed in service, he was never able to mentally recover from seeing the horrors of a concentration

camp. He spent the rest of his life in a military hospital.

Bernadette Hammond wishes to recognize her uncle Anthony Giovenco, who was a Lance Corporal in the Marines during WWII and her friend Jack Cunningham who was an Army sergeant in Vietnam.

Initially known as Decoration Day, Memorial Day was first established following the Civil War, which ended in 1865. Costing more lives than any other conflict in U.S. history to date, the Civil War resulted in the death of more than 750,000. In 1971, Memorial Day became a federal holiday and today it is observed with parades honoring those veterans and visits to cemeteries to bestow flowers and pay respects. This year, there is a national moment of remembrance taking place at 3 p.m. local time.



MOVE MORE IN MAY TO CELEBRATE NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

According to the [U.S. Department of Health and Human Services](#), May is National Physical Fitness and Sports Month. U.S. National Senior Health and Fitness Day is also celebrated on the last Wednesday of each May, which this year is May 25. With the month focused on fitness, Fellowship Square offers some tips on how seniors can move more in May in the name of their health.

Physical activity is crucial for maintaining health and overall wellbeing. It also has a number of benefits for mind and body. "Getting active can improve fitness and reduce stress, reduce risk for many chronic diseases, and ease symptoms of anxiety

and depression,” according to the [Health.gov](https://www.health.gov) website.

There are many ways that seniors can become more active in their everyday lives and it's never too late to get started! According to the National Institute on Aging, “Physical activity is a great way for older adults to gain substantial health benefits and maintain independence.” Some of these benefits include:

- Keeping and improving strength
- Having more energy and reduced fatigue
- Improving balance, lowering risk of injuries from falls
- Managing and preventing disease such as arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and even eight different types of cancer including breast and colon
- Improving sleep
- Reducing levels of stress and anxiety
- Reaching or maintaining healthy weight and reducing risk of excessive weight gain
- Controlling blood pressure
- Boosting mood and reducing feelings of depress

The site suggests starting out with simple activities and find ways to make exercise fun and enjoyable. Seeking out the types of activities seniors like to do can help them stay motivated to do their exercises. Creating a routine around everyday exercise is another surefire way to make sure activity is a part of each and every day. For example, seniors that like to rise early may enjoy a sunrise hike, while pet

owners can make walking their dog a part of their daily routine (Fido is certain to love this too!). Social seniors can pair up with a fitness buddy. Exercising together is not only fun, it's a great way to keep one another accountable.

Aim for about 30 minutes of physical activity per day. This goal can even be broken down into smaller 10-minute increments that can be built upon as seniors' strength and endurance increases over time. Seniors that like to see their progress may enjoy tracking their workouts or using an app to help them record their activity.

Remember that some exercise is better than none! So start slow and don't let an off day become a total setback. Just get back at it and keep going towards that goal!



Bill Eddings and Jazmine Bejarano

Fellowship Square's own Senior Fit program director and instructor Jasmine Bejarano has helped many residents improve their fitness and health. One resident, William Eddings shares a little of his experience with Jasmine when he sought out her help to get started on a fitness routine shortly after his wife passed away. Eddings set up a one-on-one session with Bejarano (whom he calls an "outstanding individual") and she helped him not only lose 25 pounds but also increase his strength, stamina, endurance and vastly improve his health levels. Beyond helping him with physical fitness, Eddings says she is great at connecting with and communicating well with seniors on an emotional level.

"During our session, Bill & Jasmine engaged me in conversation. I was comfortable enough to share some of my feelings," Eddings says, adding, " She listened and was empathetic without being presumptuous or nosey. She is sensitive to my physical and emotional needs."

Fellowship Square encourages seniors to get fit starting this May in honor of National Physical Fitness and Sports Month. U.S. National Senior Health and Fitness Day. There's no time like the present and physical fitness is the greatest gift people can give themselves!



RESIDENT SPOTLIGHT: GREAT MOMS AND DADS OF FELLOWSHIP SQUARE HISTORIC MESA



Edna Mae Troupa and daughter Karen Tansil

With Mother's Day and Father's Day around the corner this May and June, respectively, Fellowship Square Historic Mesa is recognizing some of its residents who have not only spent much of their lives celebrating the joys (and yes, sometimes challenges!) of parenthood, but have also gone on to create a family legacy with grandchildren, too. So how did they do it? Here, residents share some of their best tips, greatest memories and a few of the times that parenthood may have even tested their patience... just a little bit.

Resident **Jeanette Bartlow** raised three boys with the intent to ensure they knew they were loved. She says the most important lesson she shared with them was to "believe in God and read and know the Bible." With an autistic child and one that had other health problems, caring for them through these issues was challenging, but Bartlow says watching them overcome hardships is one of her greatest rewards of parenthood. Now adults, they are all

successful in their own individual ways and help her when needed.

Patty Filzen and her husband raised a combined eight children together. She admits that while raising responsible children in today's difficult world was sometimes a challenge, she always taught her children to love one another and love their neighbor. Filzen and her husband have been blessed with 23 grandchildren and says that her children's and grandchildren's love for them in return has been the greatest reward.

Sandra (Sandee) Hanson served as both mother and father to her three children who were just 14, eight and five years old when their father, Hanson's husband, passed away. "I found being consistent was the hardest to do," she says, adding the most important lesson she shared with them was to have faith in God. Hanson now has seven grandchildren and two step grandchildren.

The dangers of drugs are definitely prevalent in any era and **Sharon Kurtz** believes that sharing that lesson with her son was one of the most important things she taught him. While disciplining positively proved to be her biggest challenge, she must have succeeded at it because she says she has "the most wonderful son one could have." How sweet is that?

Joe Reidhead raised seven children and two stepchildren to "always be truthful, be honest and love the Lord." He also saw to it that his children all got a good education. Today, they are all successful in various careers (including a

dentist, a CPA, a registered nurse, a computer programmer and a building interior designer) so that investment in their education certainly paid off!

Raising children through the teenager stage was a bit of a challenge for **Anne Shepard**, but this mom of three always felt that teaching them honesty and kindness was one of the most important lessons she shared with them. And it worked! She says, "All my children turned out to be upstanding citizens." Two of her children served in the military and one is a veterinary technician who has also taught at a veterinary tech school.

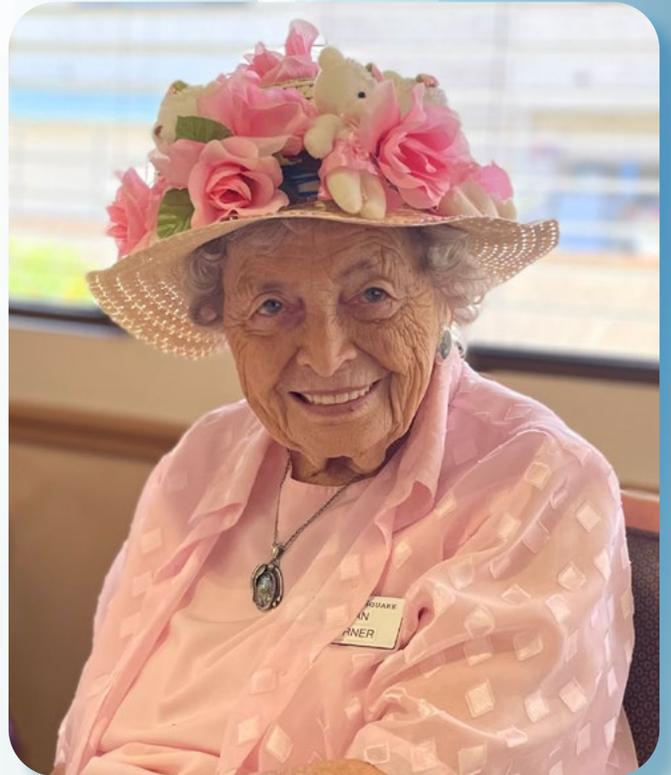
Barbara Vaterlaus raised six children with the foundation of loving God and loving their fellow man. While she found that all day and night vigil was a challenge, it was also the way she was able to raise good citizens and people.

As a mother and a stepmother to five children, **Lanell Walker** passed on the lesson of following Christianity. While merging of two families could be difficult at times, Walker says all of her children's boundless love and care has been the greatest reward of parenthood.



SPRINGTIME FUN AT FELLOWSHIP SQUARE HISTORIC MESA





Mission

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

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.

Vision

A world where all people thrive and live with purpose.

From the Editor

We hope you enjoy our second issue of the Joyful Independent! Our new quarterly newsletter is for Independent Living 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.

