



FELLOWSHIP SQUARE
HISTORIC MESA

www.fellowshipsquarehistoricmesa.org

The **JOYFUL** **INDEPENDENT**

1ST QUARTER 2023

Director's Message

PERSPECTIVE: TIPS FOR DEVELOPING A MORE POSITIVE ATTITUDE

The word "perspective" can have a variety of meanings. However, at the core of these definitions is how one sees something from their point of view. In art, drawing objects on a flat or two-dimensional surface to give an accurate impression of their height, width, depth and position when viewed from a particular point is called a perspective drawing. A point of view then is the place from which you see things, whether that be a mountain top or the bottom of a canyon.



Rena Phillips

The place we see things from can be highly impacted by prior experience and our feelings about those experiences. This mental point of view can really color the way we see things. For example, if we have been robbed or cheated, we may become more suspicious of others — especially if there is something about them that resembles the original culprit. If someone from your past repeatedly criticized you and made you feel inferior, you might come to believe that you can't accomplish something and therefore not even try. If you have repeatedly tried to lose weight only to

gain it all back, your perception may be that the struggle to maintain a healthy weight is not worth the effort. Those are some pretty negative points of view and sadly, our lives can be greatly impacted by perceptions like these.

A long-time resident has a favorite saying that comes to mind, "Life is what you make it." She could not be more correct. We just have to change the lens through which we see things. However, that may be easier said than done. How can we make sure that we see things from a positive point of view versus a negative point of view?

A positive mental attitude is not a new concept. It was introduced in 1937 in the book, "Think and Grow Rich", by Napoleon Hill. The philosophy asserts that an optimistic disposition attracts positive changes and increases achievement whereas a negative attitude attracts defeat.

How can you develop a more positive attitude or maintain one even when things are going wrong all around you? Here are a few ideas, and I'm certain you can add more to the list.

1. Find things to be grateful for. Give thanks to God in prayer, and write them down in a gratitude journal. Put that list on your office wall and review it often.
2. When something goes wrong, look for

the lesson. What did you learn that will make life better in the future? Finding value in every situation makes negative events easier to accept.

3. Spend time with Mother Nature. Plant flowers. Watch the sun rise. The combination of sunshine and fresh air is sure to lift your mood.

4. Do something kind for someone else. Kindness matters!

5. Remember that you get to decide how others affect you. You can choose not to let someone else's bad behavior impact your mood.

6. Treat yourself. Something as simple as a cup of your favorite tea or getting a manicure can have a positive impact on your mood.

7. Call your favorite person, the one who knows you well and always makes you laugh.

8. Pet a dog or a cat. Regardless of your pet preference, animals seem to have a profound way of making us feel understood and loved.

9. Avoid spreading negative gossip. You know the old adage — if you can't say something nice, don't say anything at all.

10. Avoid sharing negative posts online. Instead, look for and share those that are uplifting. Unfollow groups that regularly post negative opinions and comments.

11. Find humor in difficult situations. It's almost always there if you look for it.

What else can you add to this list? What are some ways in which you find positivity in everyday situations?



EIGHT TIPS ON HOW TO BEST COMMUNICATE WITH A LOVED ONE EXPERIENCING DEMENTIA

by Pam Ostrowski, Dementia Expert and Family Consultant,
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When your loved one with dementia is struggling to complete tasks, asking the same questions repeatedly and getting angry, caregivers need to know how to respond to diffuse the situation. Here are some tips when caring for your loved one experiencing dementia:

1. The best thing to do during a tense situation is to reassure them that you love them and always will be there for them as much as possible. They may be scared that as they decline, people will abandon them. Relationships and caring emotions are critical.

2. Be patient. Be kind. Be compassionate. Think of how it would feel if every hour was a struggle to remember your life, basic tasks or what someone just told you. Hard to imagine, right? Try to step into their shoes and see things from their standpoint when you start getting frustrated.

3. Take the thread of what they're saying and share your related memories. For instance, if your loved one brings up their high school sweetheart who has passed away, interrupt the thought with a similar topic. You can say,

"High school was so much fun. I remember when you were teaching me how to drive" (if you're the adult child), or "I wish I had known you back then. At our high school, I remember when we..." With this method, you keep the thread of the topic alive but change their focus.

4. Avoid taking their words personally. Most individuals with early-stage dementia are frustrated and angry with themselves that they can't function as they once did. Unfortunately, they can take out that frustration on their caregivers. Remember that it's the disease, not them, that's speaking out.

5. Meet them where they are today. Introducing your reality will only shut them down or anger them. For example, if they share their memory of an event and it doesn't match with yours, avoid correcting them. You won't convince them otherwise and the conversation can only damage the relationship because they are sensitive to tone and emotions.

6. They feel your vibe. Research shows that those with dementia tune into caregiver energy. So if you're aggravated or anxious about something at work, sad about something that's happened or just short on patience, try to avoid interaction with your loved one with dementia until you can get to a calmer state. Otherwise, they'll pick up on your mood and either reflect it or absorb it and become sad because they think they did something to cause it. Remember, a loved one with dementia struggles with short-term memory so they rely on emotions to read the world around them.

7. Avoid taking them literally, as you would with those without dementia. It's very common for a loved one with dementia to use the wrong words or answer a question one way when they mean another. Try to ask your question in different ways multiple times. Avoid

asking questions that require "yes" or "no" answers because they have no meaning. If you get a "yes" and they meant "no," you're starting off on the wrong track. It's better to ask, "What do you think about..." or suggest a topic from your perspective such as: "My doctor says I need more exercise. Will you please walk with me so I'm not lonely. I'd really like that."

8. Give them time to process and respond. We're in such a world of information overload that we often rush our communications. It's a natural part of aging to need more time to process words, form a response and then express it. For loved ones with dementia, it's even more challenging. Watch facial expressions for cues to see if they're struggling. If so, reword your suggestion.

Finally, give yourself grace. You are not on an easy journey and you will catch yourself not following best practices for care and communication with your loved one with dementia. It's okay. You are doing the best you can with the knowledge you have.



Welcome to a New Year, New Season and New Day

by Chaplain Kurt

"God day" and hello, brothers and sisters in Christ. The prayer is that this finds you and yours doing well as we welcome in a new year, new season and new day. Regardless of how the previous day went, when we wake up, we can experience the joy and peace of having a personal relationship with our Creator and Father in Heaven. We find these very encouraging words in 2 Corinthians 4:16, "So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day."



What an interesting thought — our bodies are wasting away but our spirit and soul (thoughts) are being renewed every day. This could only happen when we engage in a personal relationship with Jesus (our Creator). Unfortunately, the one thing — besides paying too many taxes — that every one of us has to face is our mortality. Our physical bodies deteriorate day by day while at the same time our spirit and soul are renewed every single day with and through our personal relationship with God. Here is an amazing promise from God, "For no matter how many promises God has made they are 'Yes' in Christ. And so, through him the 'Amen' is spoken by us to the glory of God." (2 Corinthians 1:20)

Although our bodies are wilting away,

every day that God has blessed us with life is an opportunity to reconcile, restore, renew and engage in our personal relationships. We can dwell in the peace and joy (Philippians 4:7) that surpasses all understanding. As you walk through this new day (every day), this new season and new year remember this, as it's a promise from Father in Heaven, "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." (Lamentations 3:23)

This should give us the confidence to take up our crosses and follow Jesus wherever He instructs us to go in obedience. Every day we have breath in our lungs is an opportunity to point people to Jesus and meet others where they are just like Jesus met you where you were at. Remember that when we ask for things in the name of Jesus, God's answer to us is, "Yes." Our response to this beautiful promise from Jesus is the same as the Father in Heaven's response: "Amen."



We thank you for this new day, year and opportunity to serve you, Father God in Heaven. We thank you for every blessing you have bestowed upon us. Please join me as we, "Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before Him with joyful songs." (Psalm 100:1-2) Have a great new year, new season and new day.

PUT THE KETTLE ON, LOVE

Researched and written by Jayne Reynolds, BCHN®

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I was born and raised in England, where tea drinking is as much a part of the culture as the royal family. I grew up drinking milky tea in my bottle and graduated to tiny teacups designed for kids. By the time I was a teenager, I was regularly downing eight to 10 cups a day. No one was excluded from the tradition of teatime. Every visitor was greeted with: "Shall I put the kettle on, Love?" We even gave it to the dog.



We always drank PG Tips' black Kenyan tea. If we were out somewhere special, we treated ourselves to the citrusy undertones of Earl Grey. The black tea seasoned with bergamot oil made us feel a little bit like the gentry.

It wasn't until I was an adult living in America and facing food allergies that I was forced to branch out and try new things. I had to give up milk and, quite frankly, black tea with coconut milk was a bit of a gastronomical stretch. I finally began to understand and appreciate the wide array of flavors and medicinal properties found in a cup of tea.

On a trip back to England in 2017, I wrote

in my journal: "I'm reminded every time I get here how important the ritual of teatime is. It's more than a means of hydration, which we so often do on the fly at home. It is the art of putting a moment of rest into your day; some white space in which to breathe, recover and reset your moment. I don't think so many of us would be so frazzled if we just took time for tea."

It turns out that scientists agree. While it is often served in a relaxing setting, it may be that the tea contains soothing compounds. One study found that healthy men drinking black tea recovered more quickly from stressful tasks. They also lowered their cortisol levels significantly more than the placebo group. (Steptoe et. al., 2007) So, what are the medicinal properties of tea? Well, it depends on the tea and how it's brewed.

Brewing — To get the most out of your cup of tea, use pH-neutral water that won't make the tea too bitter or bland. Steep it in boiled water for two to three minutes to yield the most nutrients. Loose-leaf tends to be higher in quality; however, the leaves in a teabag are cut smaller so they tend to release more nutrients during the brewing process.

Medicinal Benefits — Black and green tea both contain an amino acid called L-theanine. We know from studies that when L-theanine is combined with a little bit of caffeine, it improves our memory, reaction time, focus and attention. Some animal studies also show that it increases GABA, the neurotransmitter that helps you to relax.

But black and green teas are not the only teas with medicinal properties on the market. Here are some of my favorites and their benefits.

Tulsi — Tulsi has been well studied and shown to help reduce stress response. It supports the immune system, lowers cholesterol and high blood pressure, supports digestion and relieves arthritic inflammation. It also has antihistamine properties.

Chamomile — This calming and restorative tea can help lower blood sugar, slow or prevent osteoporosis, reduce inflammation and improve sleep. It can even help reduce troublesome cramps during a woman's monthly cycle.

Raspberry Leaf — This tea is fantastic for women's health. It can stop period cramps in their tracks, strengthens and tones the uterus, helps with menstrual flow and might even improve labor and delivery outcomes.

Hawthorn & Hibiscus — This heart-loving tea may help improve blood flow and the way your heart contracts. It's also great for mild congestive heart failure and high blood pressure.

Mint — One of my favorites, mint helps relax all the smooth muscles in your body, including your gut. This makes it an excellent remedy for a gassy tummy. It also helps to calm your mind and gives you laser-like focus. Its menthol content will even help cool you off on a hot summer's day. (However, if you have a hiatal hernia, mint tea could worsen your heartburn.)

Ginger — Drinking this spicy tea is an excellent way to prevent or alleviate motion and morning sickness. It works as a pain reliever and may help manage blood pressure and blood sugar levels.

Dandelion — Your liver loves bitter greens and none more so than dandelion. It reduces

the stress your liver experiences as it helps you detox and helps it to produce bile. Your body binds toxins to bile to help clean up your body.

With such a therapeutic assortment to choose from, a cup of tea may be just what the doctor ordered. I think you'll agree the only question that remains is: "Shall I put the kettle on, or will you?"



RESIDENT "CUTE COUPLE" SPOTLIGHT: DAVID AND BEVERLY

One need not even meet David and Beverly in person to feel the love and joy that this couple exudes. The longtime lovebirds are just as sweet as newlyweds — and Beverly's beautiful laugh can't help but turn heads.



David and Beverly met in 1998 when Beverly needed some work done on her car and fate brought her to the tire shop where David was working. He asked her to coffee, which she refused. ("I worked in HR so I knew he shouldn't be asking me out!" Beverly laughs.) But David was not deterred and asked her out to dinner, which she eventually accepted... with a little nudge from her neighbor at the time.

"She said, 'If he takes you to Denny's, forget him. But if he takes you to a fish restaurant, he's a keeper,'" Beverly jokes.

Luckily, David did choose a nice restaurant for that date and just six months later he proposed! But Beverly wasn't convinced... quite yet. In fact, it took a little prompting from The Man Upstairs to help her see the light, so to speak.

During a trip to Indiana, God told her — on two separate occasions! — that she needed to marry this man. Well, God is typically the one guy people shouldn't say no to, and thankfully, Beverly decided God was right (as usual!).

Though they are both faithful believers now, David wasn't always and right before they wed, Beverly baptized him. On November 25, 2000 they were married.

"It was a fantastic wedding and it's been a fantastic marriage," David says. Though Beverly has a little more to say about that.

David, who had lost his previous wife, had shared some marriage tips. One such tip included sitting on the couch together, holding hands, looking at each other and talking it out whenever a problem arose.

"We sat on that couch a lot that first year,"

Beverly laughs. But they must have worked it all out in that first year because she said there hasn't been much of a need to do that since.

The couple finds other ways to spend their time — they play boardgames together, enjoy the activities at Fellowship Square Historic Mesa, especially the live musical entertainment, and they occasionally take a trip up to Payson to peruse the thrift stores when they want to get out of town. They also like to stay active — David goes to the gym regularly, and Beverly likes to walk (especially around the Zoo and Botanical Gardens).

God stepped in again when it came time for David and Beverly to move into Fellowship Square Historic Mesa. They were able to sell their condo at a time when the home prices were historically high. That grace allowed them the opportunity to move into Fellowship Square Historic Mesa, which admittedly took a little acclimation.

"It was honestly a huge transition coming here," says Beverly. "But now we realize it is such a privilege to live here. The staff are here for us, we have security if needed and we feel very loved."

David jokes the biggest adjustment was having to share a bathroom for the first time since they had been together. Cue Beverly's laugh...

In all seriousness, they want to use their experience transitioning to Fellowship Square as an opportunity to help others navigate the process. They're currently working on a program in which existing residents can help new residents through the process and help them feel welcome.

David and Beverly have and continue to

use their faith to help others and bring joy to those around them. David has been involved in student ministries, including at ASU, and grief ministries; Beverly reaches people through her card ministry (not to mention that wonderfully contagious laugh). They say they feel very blessed and they spread their blessings onto others just by being who they are.



RESIDENT SPOTLIGHT: JIMMY

Jimmy is a friendly face around the campus of Fellowship Square Historic Mesa. A resident for around five years, Jimmy likes helping people and doing anything a friend or neighbor may ask of him. He enjoys working in the Country Store at Fellowship Square Historic Mesa, which is fitting since Jimmy grew up working in his father's stores. He also likes to help with set up when presentations are held at Fellowship Square Historic Mesa. He loves getting involved with the various activities offered on the monthly calendar!

He even has activities of his own that he is hoping to implement, including a kite-flying



activity where residents learn to make and fly kites. This idea was inspired by his father, who even though he was very busy, took the time to teach Jimmy and his siblings how to make kites from old newspapers and tissue paper and fly them.

"I am looking forward to making that one of the activities here. It's unusual and social so people can talk to each other and learn," he says. Keeping his mind and body healthy are important to Jimmy. "I do a lot of walking in the early morning and lift weights at home. I try to keep fit and keep my mind busy, too."

Learning and education is also very important to Jimmy, who came close to but never finished college. He did make sure his three daughters finished their education though — he even worked two and three jobs to make it happen. He says he wants to see all his grandchildren go to college and receive their education, too.

Jimmy credits one of his best friends and cousin, Eddie, for introducing him to Fellowship Square Historic Mesa. Unfortunately, he went on to heaven just shortly after Jimmy moved in, but that also inspired Jimmy to quit drinking and focus on his health. He gives thanks to his daughters and the caregivers at Fellowship Square Historic Mesa for helping him turn his life around.

Those that meet Jimmy today may not know anything about his troubled times due to his happy nature. He uses his experiences to encourage people and help them through anything they are going through.

"I'm not a psychiatrist, I just like to help people and I like their friendships," he says. "It makes me feel proud, I don't want anything in return. If they say hello when I see them, that's all I need to be happy."

FELLOWSHIP SQUARE HISTORIC MESA STAFF SPOTLIGHT: TRISHA DREHER

Trisha Dreher has been with Fellowship Square Historic Mesa for more than 11 years and serves as the Life Enrichment Director. Through this role, Dreher plans the activities, events and outings at Fellowship Square.

"I focus on the likes of most and keep an eye and ear out for anything special residents may want," she says of developing the activities for residents. "I also manage a team of two drivers and three assistants in activities though out our assisted living and independent living communities."

Beyond simply developing the events for the residents, Dreher is deeply involved in the execution of each. "I believe the Activity Director should facilitate activities themselves to keep up with residents likes and dislikes," she says. "So I do make a point to facilitate many of the activities myself."

Dreher also takes note of activities that are popular, and not-so-well attended, to better present an activity calendar of events that excite most residents. Some of the most popular activities includes the lecture series, painting classes and the Funny Money Auction. During the latter, residents can earn "funny money" (a made-up currency at Fellowship Square) by attending limited activities. They can save up their funny money, which can be used during a live auction that is held every three months.

One of the most popular activities that Dreher has taken the lead on is the art program at Fellowship Square Historic Mesa. She has even collaborated with a local gallery which features residents' artwork.

"We have three levels of painting here on campus: beginning, intermediate and advanced," she explains. "All artists work together. I teach one master artist, such as Van Gogh, per session and the residents then recreate a piece in the style of that artist. Those works that are completed in time can enter Jarrod's Art Gallery and Coffee Bar on Main St. in Downtown Mesa. We have our own wall there where residents artwork is on display."

When asked how she feels the life enrichment activities best benefit residents,



Dreher says, "The purpose activities creates is the biggest observation I see. I take on a student in painting and their life has a new meaning. The excitement on their face is remarkable!"

While giving residents multiple opportunities to find purpose, Dreher finds her own purpose in her role at Fellowship Square Historic Mesa. She loves being with the residents and her co-workers. "This is a wonderful family here at Fellowship Square," she says.



RESIDENT ART WORK ON DISPLAY IN MESA COFFEE SHOP

Paintings on display at Jarrod's Caffee Shop were made by creative residents at Fellowship Square Historic Mesa. As artists, they may be considered late bloomers, as many of these residents didn't begin painting until they moved to Fellowship Square Historic Mesa. However, their masterpieces are proof that artistic expression is a skill and a craft that can be learned and developed at any age. Life Enrichment Director Trisha Dreher, has been with Fellowship Square Historic Mesa for more than 11 years, has been teaching the art program just as long.

The students range in age from their 70s to 99 years of age (and counting!) But despite the fact that some of them live with conditions such as Parkinson's, neuropathy and other challenges, the art program offers an outlet that gives them some reprieve from these conditions as they focus on the relaxing and positive aspects of creating a painting. The unique lesson plan removes all the "rules" of art and allows the seniors to learn at their own pace via a method of teaching called Painting by the Rules of the Universe. This takes any stress or pressure off these budding artists to create something "by the book" and instead allows their imagination and inner artists create without restriction.

During their artistic journey, students still learn tips and tricks of painters as well as the illusions of how paint works to reflect the subject which is being displayed. During the program, students are also treated to an engaging session about masters — and why they were considered masters. Once they have an understanding of unique brush



strokes, use of paint and mediums as well as style and motivation, the students recreate their own versions of popular works from masters such as Picasso, Monet, Matisse, O'Keefe and many others.

Patrons at Jarrod's Coffe Shop are invited to enjoy these pieces on display, which were created by our residents. The focus of this exhibition is cartooning and composing mainstream fairy tales with folklore. The large piece displayed is an ode to the infamous "Dogs Playing Poker" piece by Cassius Marcellus Coolidge — and this time the seniors painted the famous wizards pictures from left to right: Dr. Strange, Harry Potter, Gandalf the Grey, Elminster and Merlin. The artists recreated the different studio versions of these wizards.

The class and teacher and everyone at Fellowship Square Historic Mesa would like to thank Jarrod's Coffee and Art Gallery for displaying these works and supporting the passions and growing talent of their beloved seniors.

Proceeds from the sale of these pieces are generated back into the cost of paint and canvas for the art program at Fellowship Square Historic Mesa.



HEART HEALTHY TIPS FOR SENIORS IN HONOR OF AMERICAN HEART MONTH



February isn't just about Valentine's Day, it's American Heart Month! In the spirit of self-love and care, Fellowship Square Historic Mesa offers seniors heart-healthy tips.

According to the [Centers for Disease Control and Prevention](#) (CDC), American Heart Month is "a time when all people can focus on cardiovascular health." This year in particular, the Division for Heart Disease and Stroke Prevention "is shining a light on hypertension (high blood pressure), a leading risk factor for disease and stroke."

There are multiple contributors that can increase one's risk for heart disease including health conditions, lifestyle, age and family history. The CDC states that "about half of all Americans (47 percent) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol and smoking." Heart disease is actually the No. 1 killer of men and women, and it can occur at any age. However, risk increases with age.

Seniors can help protect the health of their heart and prevent heart disease through certain lifestyle choices and changes. Certain behaviors and health conditions can increase the risk of heart disease including:

- Eating a diet high in saturated fats, trans fat, and cholesterol; too much salt can also be attributed to a rise in one's blood pressure

- Not getting enough physical activity, which can also increase the risk of other medical conditions including obesity, high cholesterol and diabetes

- Excessive alcohol use
- Tobacco use
- High blood pressure and unhealthy blood cholesterol levels

The CDC states that by living a healthy lifestyle, "you can help keep your blood pressure, cholesterol and blood sugar levels normal and lower your risk for heart disease and heart attack." The organization suggests the following heart healthy behaviors:

- Eating foods high in fiber and low in saturated fats, trans fat, and cholesterol

- Eating plenty of fresh fruits and vegetables and less processed foods

- Limiting salt intake

- Limiting alcohol intake. It is suggested that men should have no more than two drinks per day, and women no more than one drink per day.

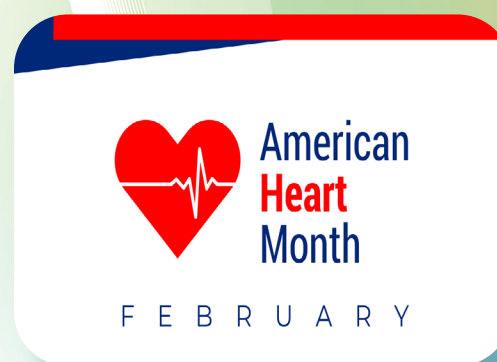
- Maintaining a healthy weight, as people that are overweight or obese have higher risk for heart disease and "carrying extra weight can put extra stress on the heart and blood vessels" according to the site.

- Get regular routine physical activity. "For adults, the Surgeon General recommends two hours and 30 minutes of moderate-intensity

exercise, like brisk walking or bicycling, every week."

- Don't smoke. For those that need help quitting, seek a doctor's help for resources.

In honor of American Heart Month, Fellowship Square encourages seniors to show their hearts a little love through habits and lifestyle changes that can help them prolong their lives and keep their hearts healthy and happy!



From the Editor

We hope you enjoy our fifth 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.

