



FELLOWSHIP SQUARE
HISTORIC MESA

www.fellowshipsquarehistoricmesa.org

The **JOYFUL** **INDEPENDENT**

2ND QUARTER 2023

Director's Message

SPRING – A TIME TO RENEW OUR SPIRITS

After a long winter and a particularly snowy one for many parts of our country, most folks are looking forward to warm weather and sunshine. As the trees bud and flowers begin to bloom, spring is the time to go outdoors and reconnect with Mother Nature. There is something very peaceful about immersing ourselves in nature. It slows us down. We breathe more deeply. We listen to the sounds of birds singing and take in the incredible beauty that surrounds us.



Rena Phillips

Our green, tree-filled community, with balconies, patios and casual seating areas throughout, give our residents many opportunities and places to spend some rewarding time outdoors. Some residents even enjoy tending to our beautiful rose garden or participating in our garden club.

For Christians, this time of year is particularly meaningful as we remember the incredible sacrifice that Jesus paid for our sins and His resurrection. The promise that we may always be forgiven and receive salvation and everlasting life in Heaven by accepting Jesus as our Savior is reason to celebrate indeed. Easter therefore reminds us that we can renew our spirits by remembering this promise as well as showing grace to and forgiving others.

Earth Day (April 22) reminds us that we have a responsibility to protect this precious planet that God blessed us with. First established in 1970 due to

increasing awareness of the impact of pollution on our environment, Earth Day created a platform and a unified voice to these growing concerns and ultimately led to the establishment of the Environmental Protection Agency as well as the Clean Air and Clean Water Acts. According to EarthDay.org, the organization has brought hundreds of millions of people into the environmental movement, creating opportunities for civic engagement and volunteerism in 193 countries.

On Earth Day, or any other day, consider doing something good for the environment, which is another great way to renew your spirit. Try using public or group transportation, reducing waste and recycling or maintaining low water plants without harmful pesticides.



FELLOWSHIP SQUARE HISTORIC MESA'S GARDENING CLUB IS ABLOOM THIS SPRING

"It's springtime and all things are blossoming — including Fellowship Square Historic Mesa's budding gardening club. The club was started by Ursula and Lane Garrett about a year ago and now members are starting to see the fruits of their labors.

"We meet twice a month and have about 10 regular members," says Ursula, who, along with her husband Lane, approached Rena about the idea of a gardening club.

During their meetings, everyone pitches in. Ursula says they discuss and share planting tips and tend to the garden. This season they planted flowers,



vegetables and fruit including strawberries which are starting to grow.

“At first we didn’t do too well because we started late in the season,” Ursula says. But she is enthusiastic about the future growth. “This year, we’ll do better because the plants are more established.”

One of her favorite parts of the garden club is experimenting and seeing what grows (“I picked a radish today!” she giggles). She adds that tomatoes are everyone’s favorite. The club also planted specific flowers to attract bees. While she believes the bees are still hibernating, she is hoping to entice them to come pollinate the garden soon. She adds that zinnias, marigolds and other annual flowers, along with rosemary, are good things to plant to attract bees to any garden.

In addition to actually maintaining the garden, Ursula really enjoys the benefits of the club including the fact that it gets residents outside and in a social environment. She adds the garden is a nice visual for residents, many of whom stroll by as they take their walks around the property.

“Everyone seems to gravitate to the garden. They come and check it out. Even if they don’t get involved, they are interested in it,” she says. “Sometimes I’ll pick flowers to give someone who might really need them to brighten their day and it’s good to get your hands dirty, to get your hands in the soil.”

Ursula encourages anyone with plants that are dying or dead not to throw them away.

Instead contact her to collect them.

“We might be able to rejuvenate it or we can use the soil and pots for another plant,” she says, adding that residents who want a plant in their home or outside can also contact her as she can supply the materials like pots and soil. And those interested in joining the gardening club are more than welcome. “We’ll accept any help.”



Lane & Ursula Garrett

Gardening can be therapeutic for those doing the gardening — and those reaping the results. So it’s a win-win for all the residents at Fellowship Square Historic Mesa.



HOW TO PREVENT AND MANAGE HIGH BLOOD PRESSURE

May is High Blood Pressure Education Month. This observance is a time to raise awareness about high blood pressure, which is also known as hypertension, and its risks. Keeping blood pressure within a healthy target can help ensure heart health. Here are some tips to help prevent and manage high blood pressure.

The [American Heart Association](#) states there are multiple factors and variables that can put

individuals at greater risk for developing high blood pressure (HBP). Some of these risk factors are hereditary and include family history, age, gender, race and chronic kidney disease. However, other risk factors are related to chosen lifestyle and can be modified to help reduce risk of developing HBP as well as manage it. These include physical activity, eating a healthy diet low in sodium, maintaining a healthy weight, avoiding heavy alcohol consumption, limited or quitting smoking or tobacco use, managing stress levels and getting proper sleep.

Other health issues such as sleep apnea, diabetes and high cholesterol can also increase one's risk for developing HBP. That is why it's important to maintain as healthy of a lifestyle as possible and manage all health issues to reduce further health issues. That includes eating right, getting enough exercise and getting restful sleep. Here are a few tips:

According to the American Heart Association, "Physical activity not only helps control high blood pressure, it also helps you manage your weight, strengthen your heart and lower your stress level. A healthy weight, a strong heart and general emotional health are all good for your blood pressure."

Getting active should be a priority for people of all ages and in the name of heart health. Approximately 150 minutes of moderate activity per week (a total of two hours and 30 minutes) is recommended. This can be something as easy (and cost effective!) as taking a brisk walk around the neighborhood. Breaking up this time into 30 minute increments five or more days a week can make getting into a fitness routine more manageable and even fun!

Speaking of fun – fitness should be! Mix it up, find activities that are pleasurable and social, too. Consider enlisting a fitness buddy (or two!). This not only makes exercising more fun, it also adds in an element of accountability for all parties. Don't be afraid to try something new — there are so many activities out there for all experience and mobility levels.

Exercising outside is also a great way to

combine physical fitness with getting into nature and soaking up some vitamin D from the beautiful sunshine! Consider a morning sunrise bike ride or sunset hike. Or check out a group fitness program that incorporates the outdoors.

In addition to groups, classes such as yoga, Pilates, tai chi, water aerobics and more all use and challenge different body parts, which is great for getting a whole body workout. While trying new things is fun, it's important that seniors check with their doctors to get recommendations on what would best be suited for them based on their current health status and health goals.

This month, in honor of High Blood Pressure Education Month, why not kick start a healthy new habit — exercise! Beyond all the physical benefits for the body, there are so many positive mental perks, too!



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



CHANGE IS CONSTANT THROUGH TRANSFORMATION AND TRANSITION

by Chaplain Kurt Stromberg

I don't know if this is the case with you as it is with me concerning time these days but really, where does the time go? It is hard to believe we are already in the middle of the second quarter of 2023. During this season, many things are happening and being transformed including the weather, the length of the days and the blossoming trees, flowers and shrubs. The question becomes: How is God working in your life by transforming and transitioning your thoughts, feelings, emotions and situations that you find yourself in?



Paul offers some very practical advice when it comes to the season/situation that we find ourselves in when he says this: "Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what the will of God is — his good, pleasing and perfect will." (Romans 12:2)

Consider the transformation and transition that took place during the last week of Jesus' earthly ministry. At the beginning of the week, He was received and welcomed into Jerusalem with shouts of, "Hosanna! Blessed is He who comes in the name of the Lord." (John 12:13)

By the end of the week, Jesus would be convicted of crimes He never committed and be subjected to death on the cross. The difference in the attitude of the people of Jerusalem from the beginning of the week to the end is astonishing. Human beings can be so fickle. It reminds us of what God says about our hearts, "The heart is deceitful above all things and beyond cure. Who can understand it?" (Jeremiah 17:9)

Fortunately for those of us who are in a personal relationship with our Father/Creator/God in Heaven, we can find peace through the hope that Jesus' resurrection provides us. "In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead." (1 Peter 1:3)

Through our personal relationship with Jesus we can be transformed and our transitions can be molded to emulate Jesus as we follow the example of our Savior. Our hardened, unforgiving hearts are softened as we die to ourselves and start to serve Jesus and His kingdom. Instead of being angry and unforgiving we find ourselves extending love and forgiveness. This can only happen when we are in a personal relationship with God.

The Scriptures reveal just how transformational God is as it says in Ezekiel 36:26: "I will give you a new heart and put a new spirit in you; I will remove your heart of stone and give you a heart of flesh." Wow!

Now that is what I call a major transition and extreme transformation. Moving into our wonderful community can be quite a transition for many. There are lots of feelings and emotions that take place, including grief. The loss of those things that are familiar and comfortable to us can make us sad and miss those things. If God can take our hearts of stone and transform them into hearts of flesh, our Father in heaven will meet you as you transition to your new home and this wonderful community. God always meets us where we are at.

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" (2 Corinthians 5:17)



Seek Him in all things and dwell in His peace and joy. We welcome every new resident that calls Fellowship Square Historic Mesa home and extend thanks to all our current residents. Grace, mercy and love are those qualities of God that we are to emulate. Let us remember these wonderful words from 2 Corinthians 1:20: "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."



BENEFITS OF EXERCISE FOR PEOPLE WITH ARTHRITIS

By Sandy Stoub,

Symbria Well-Being Senior Consultant

symbria.com

Arthritis, which literally means "inflammation," is the leading cause of disability among adults in the United States, affecting both men and women. While there are more than 100 types of arthritis, the most common is osteoarthritis. This type causes loss and destruction of cartilage and formation of bony spurs that impact joint function and stability while often

causing significant and disruptive pain. Commonly the most affected joints are the fingers, feet, hips and knees. Common signs and symptoms include joint stiffness or swelling, muscle atrophy and loss of flexibility, reoccurring pain, fatigue or weakness and loss of joint mobility. A doctor can both diagnose and recommend treatment for arthritis which could include medication, therapy, surgery and exercise.

The benefits of participating in exercise are multifaceted and include improved energy and function, improved sleep quality, less pain and disability, a decreased risk for diabetes, cardiovascular disease or osteoporosis and enhanced lifestyle management. Fall risk reduction is an important benefit of exercise for anyone, but especially for those with arthritis in the hips, knees or feet, which often leads to gait deviations that increase fall risk.

Although the benefits are numerous, complications from arthritis is one of the most common reasons people give for limiting physical activity and recreational pursuits. Decreased pain tolerance, weak muscles, stiff joints and poor balance common to many forms of arthritis can be made worse by inactivity.

While historically physicians recommended that arthritis patients rest and avoid exercise because of concerns that exercise would increase pain, advance joint destruction and lead to injuries, the current consensus is that exercise for patients with both inflammatory and degenerative arthritis is safe, decreases pain and does not contribute to disease progression.

A well-planned exercise program is imperative in maintaining the strength and flexibility of the arthritic joint, as well as the overall health of the individual. This plan should include the monitoring of pain levels. Typically, a carefully designed program can incorporate exercises to improve strength, flexibility and cardiovascular endurance with precautions and considerations that include:

- Use pain as a metric for participation. The Arthritis Foundation utilizes the “Two Hour Pain Rule,” which states if someone has more pain than normal two hours after exercise, then they have done too much and should consider modification and activity adjustment at the next exercise session or class. Any issues with sharp or acute pain during exercise should be a cue to stop immediately.

- During periods of remission or low pain days, individuals may be more capable and willing to try more challenging activities.

- Since fatigue is a common effect of arthritis, it is important to recognize limitations and stop activity before becoming too tired or injured.

- Generally, it is best to exercise when experiencing minimal pain, stiffness and fatigue and when arthritis medication is most effective.

The aquatic environment provides an especially safe and beneficial option for exercise. While anyone can benefit from aquatic exercise, it is an excellent option for those with arthritis. Water’s buoyancy supports body weight and cancels out a percentage of body weight, significantly reducing stress on weight-bearing joints, bones and muscles. The pressure of the water on the body can reduce swelling if an individual has pain in joints or muscles. Warmer water can be soothing to muscles and reduce the sensations of pain.



The CDC recommends these “S.M.A.R.T” Exercise Tips:

- Start low, go slow.
 - When starting or increasing physical activity, start slow and pay attention to how your body tolerates it.
 - Start with a small amount of activity — for example, three to five minutes two times a day. Add activity a little at a time and listen to your body
- Modify activity when arthritis symptoms increase; try to stay active.
 - Symptoms such as pain, stiffness or fatigue can come and go. Try to modify your activity to match how you feel that day
- Activities should be “joint friendly.”
 - Choose activities that are easy on the joints like walking, bicycling, water aerobics or dancing. These activities have a low risk of injury and do not twist or “pound” the joints too much.
 - Check with your program specialist for recommendations of “joint friendly” activities
- Recognize safe places and ways to be active.
 - Safety is important for starting and maintaining an activity plan.
 - If you plan and direct your own activity, find safe places to be active. For example, walk in an area where the sidewalks or pathways are level and free of obstructions and are well-lit
- Talk to a health professional or certified exercise specialist.
 - Your doctor is a good source of information about physical activity.
 - Certified exercise professionals can answer your questions about how much and what types of activity match your abilities and health goals

It's important not to let arthritis derail your life. Instead, formulate a plan that accommodates any limitations but also focuses on your potential to improve engagement and quality of life.



See Jasmine Bejarano, Well-Being Specialist for information about classes or a personal program that would work for you.



PARKINSON'S 101

Parkinson's disease can be a confusing and even scary diagnosis. With so many unknowns surrounding Parkinson's, it's important for new patients and their loved ones to gain as much knowledge as possible about it. Kristina Watts, Patient Services Coordinator for Dignity Health's Muhammad Ali Parkinson Center, shares some insights about Parkinson's.



First, she says it's important to realize that Parkinson's looks different for everyone and each person with that diagnosis may experience different symptoms. There are, however, what she calls the four primary symptoms. These are tremors, rigidity, slowness of movement and imbalance. There are also some non-motor and cognition symptoms as well as things like depression, anxiety, loss of taste and smell and even change in handwriting that are caused by Parkinson's. An often missed symptom is very small or illegible handwriting, a symptom Watts says was more easily or quickly noticed 15 years ago when people did more writing by hand.

Watts says for the majority of Parkinson's patients, the cause is unknown. However, she says it is more common with age and the age of onset is typically 65 and older. She says scientists believe there is some genetic aspect and oftentimes a viral or environmental factor can trigger it. She adds there are currently known links such as Agent Orange and Paraquat — and scientists are looking at multiple others that could also be linked to the onset of Parkinson's.

Because there is not cure at the moment, the Muhammad Ali Parkinson Center focuses on assisting with symptom management. "While we don't have a set answer for what causes Parkinson's or a treatment or plan on how to prevent it," Watts says, "we do know that regular exercise and a healthy diet can slow progression."

Upon receiving a diagnosis, Watts recommends patients ensure they are working with a doctor that really understands Parkinson's as this will be a long-term relationship. Secondly, she advises that patients take up regular physical activity.

"Exercise, exercise, exercise," she says. "We know exercise does help. Do whatever type you can do, whatever you love and to the extent of your ability."

She names Tai Chi, yoga, dancing, walking and more as just a few examples, but ultimately encourages patients to make sure they enjoy it so they will continue to do it. She says exercise should be combined with a healthy, nutritious diet.

"Eat a nutritious diet — what the FDA deems appropriate," she says, adding it's important for patients to include antioxidants in their diets as well.

Beyond this, Watts encourages patients as well as their spouses, loved ones or caregivers get involved with support groups to learn more about their diagnoses as well as talk with others that are experiencing it. Sometimes therapy may be needed and Parkinson's can cause depression — not just due to the diagnosis but as an actual symptom.

Recognized as a National Parkinson's Foundation Center of Excellence, the Muhammad Ali Parkinson Center offers multiple programs (both online and in person) for Parkinson's patients as well as loved ones and caregivers. The center also features caregiver classes to support those helping Parkinson's patients maintain their own balance. She adds that all the programs the center offers are available to all patients and caregivers regardless of the doctor they see.

To learn more about these programs and



classes, click on our logo below or [click here](#).



HYDRATION CELEBRATION

Researched and Written
by Jayne Reynolds, BCHN®

"When the body needs water, our brains send the signal of thirst — an essential survival mechanism that maintains fluid balance. Always keeping a pre-filled water bottle on hand is one of the best habits we can practice to ensure proper hydration but even with the super-sleek containers available today, most people still do not achieve adequate water intake.

This is important because every process in the body requires water. Losing as little as 1-2% of your body fluids is enough to bring on dehydration, which can trigger all sorts of problems. Kidney stones, headaches, loss of cognitive function, lightheadedness, dry mouth, constipation and fatigue can all be related to poor fluid balance.

However, no matter how much we stress the



importance of hydration to our clients, many of them just don't care for the taste of water. We love all the benefits that water brings, but let's be honest, sometimes we're looking for something a little less... "meh." The requisite lemon wedge is always nice, but we're often left wanting more. Let's explore some ways to jazz it up a bit and transform your water from hydration to celebration. Here is a simple formula with some recipes to try:

MUDDLED FRUIT + HERBS + LIQUID BASE +
CITRUS + OPTIONAL ADD-INS

MUDDLED FRUIT: Soft fruits work best. A drink muddler is meant for this task, such as the kind they use to muddle fruit in glasses for mojitos. You can also place fruit in a bowl and break it up with a fork or use a mortar and pestle to gently break apart fruit. Hydration isn't only about how much you drink, it's about balancing your electrolytes like magnesium, calcium, potassium and sodium. Fruits and vegetables are full of minerals (which are electrolytes) and contribute to keeping you hydrated! Some suggestions include:

- Berries
- Ripe nectarines or peaches coarsely chopped
- Pitted cherries
- Watermelon
- Melon

HERBS: Just chop coarsely and muddle with fruit before adding liquids. Here are a few of our favorite combinations:

- Mint + Watermelon
- Basil + Peach
- Rosemary + Grapefruit

- Sage + Blackberry
- Lemon verbena + Anything!
- Cilantro + Lime + Honeydew

LIQUID BASE: Go for color and flavor.

- Herbal Tea – We love hibiscus for its gorgeous color and rich flavor. Steep four bags in a cup of boiling water to increase the density of flavor. Our favorite brand is Numi.

- Green Tea – Everything from matcha to yerbaé mate, it's all good. Be sure to select caffeinated varieties as the health-promoting flavonoids are destroyed during the decaffeination process.

- Lemon Tea – Add the rind from a lemon to two cups of boiling water. Simmer for five minutes then let sit to infuse.

- Ginger Tea – Peel and coarsely chop a two-inch piece of ginger and bring to a boil in two cups of water. Simmer for five minutes then let sit to infuse.

CITRUS: Squeeze in to finish and add some slices for visual impact such as:

- Lime
- Lemon
- Orange
- Grapefruit

ADD-INS:

- Splash of sparkling water – Everyone loves a little fizz!

- Cucumber – Nothing screams refreshing quite like cucumber! Just peel and process in a blender to purée. About 1/2 cucumber per drink works.

- Chia seed – Add chia seed to make a chia fresca! This seed holds more than 30 times its weight in water and can help maintain hydration long after you have emptied your glass. Try adding one teaspoon to your glass and stir well. Let sit for 10 minutes before drinking.

- Stevia or monk fruit for added sweetness.

PUTTING IT ALL TOGETHER: Try these delicious recipes:

- Cilantro-Lime Melon Cooler: honeydew + cilantro + matcha green tea + lime juice + cucumber

- Ultimate Aqua Fresca: strawberry + mint + hibiscus tea + lime + sparkling water

- Fuzzy Peach-Basil Chia Fresca: peach + basil + peach green tea + lemon + chia seed

- Blackberry-Sage Cooler: blackberries + sage leaf (just one will do) + berry green tea + sparkling water

- Citrus Rosemary Refresher – nectarine + rosemary (just a few leaves with stem for garnish) + green tea + grapefruit + cucumber

Dehydration is serious and can have long-term effects on your health so drinking half your body weight in fluid ounces every day is crucial. These simple recipes take your water from bland to bubbly, from basic hydration to an exciting celebration. You can tweak them to fit your tastes and preferences — and let us know what your favorite flavor combinations are.

All that's left now is to pick up your favorite glass, fill it with a delicious drink and enjoy!

For more about Abundant Life Nutrition and Wellness, click on the logo.



www.AbundantLifeNWC.com



May and June bring us Mother's and Father's day. Here are some loving acronyms to share with



or remember your special parent with. Perhaps you could try to write your own that would be especially meaningful to them.

MOTHERS---

MAGICALLY gifted
OBVIOUSLY ultimate
TEACHERS for a lifetime
HELPFUL always
ENERGETIC spiritually
REMEMBERED forever
SAINTS as blessings on Earth—Guardian Angels
with our Heavenly Fathers. Those wings will fly
and protect us.

FATHERS---

FABULOUS creations
ADMIRED quite dearly
TREMENDOUSLY appreciated
HIGHLY distinguished
EMPHASIZED as golden reminders
RESPECTFULLY acknowledged
SO many times when my mother said no, my
father had a different answer.

From:
Deborah Ann Stenberg



PET FIRST AID AWARENESS AND

EMERGENCY PREPAREDNESS

April is National Pet First Aid Awareness Month. In honor of this designation, Fellowship Square Historic Mesa offers some insight and tips on how to care for pets in the event of a large disaster or local emergency — or if a pet gets lost, sick or injured.

In the event of any emergency, people want to ensure their loved ones are safe — in many cases, these loved ones included the four-legged members of the family! Education about providing emergency care to animals is vital for those with pets.



In the case of an emergency, pets are going to rely on their owners more than ever for their safety and wellbeing, according to the [American Red Cross](#). So including them in a family's disaster preparedness plan is the first step. This includes keeping a first aid kit for pets along with the family's first aid kit. This can include food (and bowls for food and water) a sturdy leash, harness or carrier, medication they take and copies of medical records, current photos of the pet and owner together in case they get lost or separated from their owner), information on feeding schedules, behavior, medical conditions and name and number of their veterinarian and small pet bed and toys, space permitting.

It's a good idea to have an emergency plan for the pet as shelter spaces during emergencies may not be able to accept pets. Put together a list of friends, boarding facilities, animal shelters where the pet can be taken temporarily. The Red Cross also advises pets be included in any evacuation drills so they become used to this process as well as to entering and traveling in their carriers calmly.

The Red Cross suggests pet owners have their pets

microchipped. This can help reunite pets and their owners if the pet becomes lost during an emergency or an accident.

But emergencies aren't limited to disasters. According to [Dogtime.com](https://www.dogtime.com) the top three common calls veterinarians receive are for bowel obstruction, soft tissue trauma (from a car collision, animal fights, strains or other injuries) and poison and toxin ingestion. Many of these poisons include human food not appropriate for pets (such as chocolate, grapes or raisins, avocado, onions, onion powder and garlic and foods sweetened with xylitol).

If a pet falls unconscious, pet CPR (mouth to snout) can actually be administered to help save its life. Dogtime.com has a complete step by step tutorial to guide pet owners through this at [dogtime.com/how-to/pet-safety/17654-april-is-national-first-aid-awareness-month](https://www.dogtime.com/how-to/pet-safety/17654-april-is-national-first-aid-awareness-month).

Pets are a beloved part of many families and as such they should be included in any emergency care or evacuations if possible. Read more on pet preparedness for disasters and emergencies at [redcross.org/get-help/how-to-prepare-for-emergencies/pet-disaster-preparedness.html](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/pet-disaster-preparedness.html).



THE DRIVE TO THRIVE: EMPLOYEE SPOTLIGHT — BEN WARREN

Many residents are very familiar with Ben Warren, the man who steers the ship when it comes to getting them where they need to go. Warren is a bus driver at Fellowship Square Historic Mesa and he's responsible for safely transporting residents on outings throughout the month to various locations throughout the community.

Retired from the engineering department for the City of Mesa, where he worked until 2010, Warren began working with Fellowship Square Historic Mesa a few days a week as security at the front gate. However, when COVID hit and visitors were limited, there was no longer a need for that position. Luckily, there was a need in the transportation department.

Warren began driving the Fellowship Square



Historic Mesa bus two days a week and now he is up to five days a week. His route changes based on the monthly calendar but says the residents' favorite trips are ones to the casinos, Trader Joe's and Sprouts as well as trips to some of the local thrift stores such as Sunshine Acres Boutique & Thrift Store and White Dove Thrift Shoppe.

The residents have the option of requesting new places to go through the management at Fellowship Square Historic Mesa. So sometimes new locations and places to go are added to the monthly calendar.

Warren enjoys the job all the way around — from the people that he works with in the transportation department to getting to know the residents that he transports. When asked about his favorite part of the job, Warren responds: "The residents."

"They are more like friends and family to me now, I enjoy talking to them," he says, adding. "I usually start out by asking where they're from, and then we start talking about our families."

As for his co-workers in the transportation department, Warren says, "We're all really close and it's really fun. I really like the department and all the people I work with."

But part of his job has gone to the dogs... literally. Warren also loves stopping to see the residents' "cute dogs," many of which he says are rescue dogs. Warren likes to bring treats to these four-legged friends. And it's quite likely they get pretty happy when they see him coming.

While driving the bus is a fun job for Warren in his retirement, it's really about the people, okay and the dogs!, that make it all the better.

VOLUNTEER SPOTLIGHT: STEVE SHEARD

Part of what makes Fellowship Square Historic Mesa so special is its life enrichment programs, and the many people that make the campus' activities so successful. That includes volunteers who give their time generously to benefit the residents of Fellowship Square Historic Mesa. One of those volunteers is Steve Sheard.



Sheard is involved with the Mesa East Valley Rose Society, which maintains Mesa Community College's 10,000 bush rose garden. A longtime gardener, specifically experienced in growing roses, Sheard has also been helping Fellowship Square Historic Mesa's rose growers for about three years.

"I go there about once a year and offer any tips, help them prune or fertilize if needed," says Sheard. "But the residents really look after it themselves. They do a great job pruning and maintaining the rose garden."

So where did Sheard's own "green thumb" for rose growing stem from? Born and raised in Zimbabwe, Sheard says his dad always had gardens of flowers and roses. At the age of 25, Sheard headed out to travel the world (before leaving, he asked Sue, his then-girlfriend, now wife of 47 years, to join him). But his interest in gardening didn't blossom until around 1980 when they bought a continental home in the states and decided to plant roses in the yard.

Plant he did — 20 bushes to be exact. And 18 of those perished.

"As an engineer, this was simply unacceptable," he says. So he set out to learn what needed to be done to help the roses thrive. Which is how he found Mesa East Valley Rose Society and began learning how to properly grow roses.

Sheard now has 150 rose bushes thriving in his garden, where he also grows fruit and citrus trees. In addition to helping Fellowship Square Historic Mesa's

residents, he teaches classes about hassle-free rose growing in Arizona at the likes of Desert Botanical Gardens, Tempe Garden Club and Mesa Garden Club.

For those that want to start a rose garden, Sheard shares some of his top tips:

- Do a test to make sure the soil drains properly. Dig a big hole, fill it with water and ensure drainage. In about two hours, the water should all have drained.
- Start small! Sheard may have been a little too enthusiastic about the 20 bushes for his first rose garden attempt, but he passes that lesson learned onto other beginners. He suggests starting with six bushes, then gradually build the garden.
- Don't rely on a watering can. Install an automatic watering system because roses love water and need lots of it, especially in the summer.
- Plant them in the sun. Roses need a minimum of six hours sunshine per day.
- Watch for spider mites. If they are detected, wash the bush with water to remove them.
- Feed them! "I like to say roses are like teenagers," Sheard says. "They like to eat, they like to eat frequently and they will eat anything you give them."

The final tip? Enjoy it! Sheard says spending time in the garden always serves as a surprise to him — with new growth or the resiliency of the plants. "The garden is a very relaxing and rewarding place to be," he adds.

From the Editor

We hope you enjoy this 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.