



FELLOWSHIP SQUARE  
PHOENIX

2002 W Sunnyside Ave | Phoenix, AZ 85029  
[www.FellowshipSquarePhoenix.org](http://www.FellowshipSquarePhoenix.org)  
602-443-5427

During the month of July, we hope to remind this wonderful community that, as little Dorothy of Kansas said, “There’s No Place Like Home.” Join us as we celebrate *Home*, all summer long. We will follow the yellow brick road to our pool and celebrate it’s grand re-opening, enjoy lunch at Bobby-Q’s and of course our calendar wouldn’t be complete without a screening of the classic, Wizard of Oz.

Make sure to save the date, July 21st, for our ‘There’s No Place Like Home’ event going on all day in the Dining Room. As well as July 27th to celebrate the pool reopening!



JULY  
2023





Linda M.



Helen B.



Margie H.



# A Cut Above

## BEAUTY & BARBER SHOP

AT FELLOWSHIP SQUARE

Contact Us

SUE WIDDISON  
GAYE WINELAND

☎ 602-443-5422

**\$5 OFF  
FOR NEW  
CLIENTS!**

## Price List

### HAIR SERVICES

Men's Buzz .....	\$6
Regular Haircut .....	\$18
Shampoo .....	\$22
Shampoo/Roller Set .....	\$22
Shampoo/Curling Iron starts at .....	\$22
Shampoo/ Haircut starts at .....	\$22

### COLOR & TEXTURIZING

Hair Color starts at .....	\$45
Additional Color .....	\$6 ea.
Perm starts at .....	\$60
Weave starts at .....	\$50

### OTHER SERVICES

Manicure .....	\$18
Pedicure .....	\$26
Toenail Trim .....	\$14
Fingernail Trim .....	\$10
Polish Change .....	\$8
Eyebrow Waxing .....	\$9

WITH  
*heartfelt*  
♥ SYMPATHY



Carol F.



Ann P.



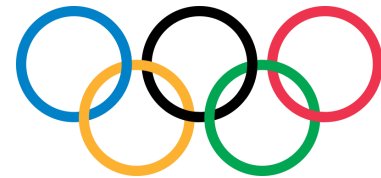
It Is With Great Sadness We  
Say Goodbye To Our Sweet  
Friends.



FELLOWSHIP  
SQUARE  
PHOENIX

**Christian Care**

**Customer Service Employee  
Olympics**



*What is Employee Olympics?*

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

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

*Be sure to give specific examples or reasons for nomination.*



July Crafts



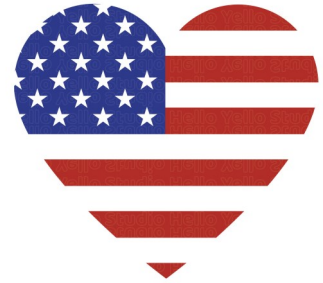
Monday, July 24th  
2:30 PM  
Activity Room

Entertainment: Dave Swaim



Thursday, July 13th  
6:00 PM  
Activity Room

Patriotic Sing-along



Monday, July 3rd  
3:00 PM  
Activity Room

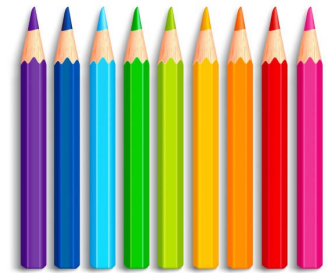
Christmas in July



Saturday, July 29th  
11AM  
Activity Room



Colorful Elements with Tom Kenyon



Thursday July 20th  
2:00 PM  
Activity Room

Splash into Summer Pool Party



Thursday July 27th  
10:00 AM  
Pool

Wine Down Wednesday



Wednesday, July 26th  
2:00 PM  
Activity Room

Birthday Breakfast  
(Invite Only)



Friday, July 28th  
10:30 AM  
Activity Room

Walker Scooter  
Repair



Sign up at concierge  
*Appointment Only*

Dinner Outings



*Bobby-Q 7/20*

Lunch Outings



*The Spicery 7/12*



*In-N-Out 7/24*

Upcoming Movies



SIGN UP AT THE CONCIERGE DESK

THERE'S  
*no*  
PLACE LIKE

*Home!*

JULY 21ST, 2023

IN THE DINING  
ROOM



## Having good social connections is linked to better brain health and a longer life!

Having quality social connections can improve our brain and overall health. Spending time with loved ones can have significant health benefits as we age, according to a new study from the Centre for Healthy Brain Ageing at UNSW Sydney.

The researchers studied the link between social connections in older people and the risk of mild cognitive impairment (MCI), dementia and mortality. They pooled together the results of 13 international studies, which followed people aged 65 years and above over long periods of time.

“We know from previous research that *social connections are important for our health* and being isolated puts us at higher risk of dementia and death,” said first author Dr Suraj Samtani, who is a clinical psychologist and researcher at CHeBA.

### Protective effects of social connections

Amongst the study participants, good social connections were associated with a lower risk of MCI, dementia and death.

“*We found that frequent interactions – monthly or weekly – with family and friends and having someone to talk to reduced the risk of getting dementia.* We also found that living with others and *doing community activities reduced the risk of dying,*” Dr Samtani said. Many other studies show that poor social connections are associated with poorer lifestyle and poorer health.

Our family, friends and community members may influence us to take on healthy behaviors. This phenomenon, exemplified by your friends dragging you to park run at 7am on a Saturday, is known as ‘social contagion’.

### Tips to stay healthy

The researchers recommend that we prioritize social connection to reduce risk of cognitive decline and live longer.

“Try to meet with friends and family at least once a month, take part in community activities like volunteering or a rotary club, and open your heart to someone when you feel stressed. Living with others, for example in an intergenerational household, is also helpful,” Dr Samtani said.

*“Connecting with others helps us to keep our bodies and minds healthy.”*

The researchers at CHeBA are now looking at interventions to improve the social connections of older adults, to protect their brain and overall health. Dr Samtani has recently been awarded a Dementia Australia Research Foundation post-doctoral fellowship to trial a social cognition intervention for older adults with memory concerns.

“We hope that helping people to stay engaged in conversations and maintain healthy friendships and relationships will help them to stay healthy and happy,” Dr Samtani said.

Dear Residents:

The National Day of Prayer published an editorial, and I would like to share some of their thoughts. Reflect with me as we celebrate the 4<sup>th</sup>!



On July 2, 1776, Congress voted to approve a complete separation from Great Britain. Two days later---July 4<sup>th</sup>---the early draft of the Declaration of Independence was signed, albeit by only two individuals at that time. John Hancock, President of Congress and Charles Thompson, Secretary of Congress. Four days, July 8, members of Congress took that document and read it aloud from the steps of Independence Hall, proclaiming it to the city of Philadelphia, after which the Liberty Bell was rung.

The inscription around the top of that bell, Leviticus 25:10 was perfect,

**“Proclaim liberty throughout the land and to all the inhabitants thereof.”**

What was the basis of American Independence? John Adams said, “the general principles on which the Fathers achieved independence were the general principles of Christianity.” John Adams in a letter to his wife Abigail that day said,

“This day will be the most memorable epic in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival.” He concluded, “it ought to be commemorated as the day of deliverance by solemn acts of devotion to God Almighty. ”

According to John Quincy Adams, Christmas and the Fourth of July were intrinsically connected. On the Fourth of July, the Founders simply took the precepts of Christ, who came into the world through His birth (Christmas) and incorporated those principles into civil government.”

Have you ever thought what it meant for those 56 men to sign the Declaration of Independence? These men took this seriously and it cost them dearly. Samuel Adams said as he signed, “We have this day restored the Sovereign to who all men ought to be obedient. He reigns in heaven ...let His kingdom come.”



# THE WIZARD OF OZ



## Across

- [2] Once a bicycle.
- [5] The traveling magician.
- [6] Celebratory words.
- [8] Where the Jitterbug lives.
- [9] The witch's slaves.
- [12] The monkey commander.
- [13] Lollipop Guild's counterpart.
- [15] Pay no attention to the man behind the \_\_\_\_\_.
- [17] The Emerald City.
- [18] Possibly ugly.

## Down

- [1] Pink mode of transportation.
- [3] The Tin Man's munchkin love.
- [4] Twister.
- [5] Locale of Dorothy's house-dropping.
- [7] Dorothy's countdown.
- [10] Dorothy's first Ozian friend.
- [11] Species of monkey.
- [12] The lion's craving.
- [14] The Wicked Witch's demise.
- [16] Thrown by trees.

