

# SQUARE TIMES

FELLOWSHIP SQUARE-MESA

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6945 E. Main Street · Mesa, AZ 85207 · (480) 654-1800

## 3 Things You Need to Know

1) About 196 million roses are grown for Valentine's Day bouquets. To give a more original (and longer lasting) gift, consider a potted plant or herb instead.

2) Forty-seven percent of valentine gifts are candy. To burn off the 1,050 calories in a box of chocolates, you'd need to go bowling for five hours, walk for three hours or climb stairs for two hours.

3) The average person spends \$116 each year on Valentine's Day. A \$116 investment with 8 percent interest over 25 years would earn \$740.

## Doctor House Visits

Dr. Christian Rainer is a specialist in internal medicine, and has over 20 years of medical experience. Inspired by his father, a physician in Europe, he studied medicine in Germany and England. Moving to the United States, he studied epidemiology at UCLA and completed his internal medicine residency at Good Samaritan Hospital in Phoenix. He and/or his team are conveniently located at the Manor on the 1st floor. His office hours are Monday-Friday 9am-11am. His services offered are same or next day

appointments, patient massages, test results and in-home visits. He accepts Medicare and other plans. We are excited to offer our residents additional choices in their health care, with the added convenience of keeping their health care on site! To schedule an appointment with Dr. Rainer, please call 602-380-6012.



## Eye on Safety

If you wear glasses, take a moment to put them on if you get up in the middle of the night. Doing so will help reduce your risk of a fall.

## Doctor House Visits

### Christian Rainer, MD

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## Best Buds

Roses are the top pick for Valentine's Day bouquets, according to florists. The rose has also served as the official national flower of the U.S. since 1986.



## Trivia Whiz

### A Look at the Olympics

Speedskating, ice hockey and luge are a few of the many events on tap for the 2018 Winter Olympics in Pyeongchang, South Korea.

This will be the 23rd Winter Olympics. The first took place in Chamonix, France, in 1924.

South Korea hosted the 1988 Summer Olympics in Seoul, but this will be the Asian nation's first Winter Games.

The athletes in Pyeongchang will compete in 102 events in 15 sports.

The 2018 Winter Games will take place Feb. 9–25.

### Giving Back Benefits the Brain

Giving of your time and talents often brings personal and emotional satisfaction. Evidence shows volunteering provides not only those feel-good benefits, but brain health advantages, too. Doctors say, no matter where or how seniors lend a hand, taking part in engaging environments, social interaction and mentally stimulating activities that volunteer opportunities provide creates new pathways in the brain which can help prevent memory loss and cognitive problems. Volunteers also report feeling happier and more satisfied with their lives. We have

a wide range of volunteer opportunities available. Please contact our Human Resource Director if you are interested. Once your request is received, we will coordinate an interview and tour. All volunteers are interviewed and must have a background check. A free TB test is given in our Health Care Center, which is mandatory for certain volunteer assignments. We hope to hear from you soon and appreciate your interest and support!

### Flu and You

Protect yourself from influenza by taking a few simple, common-sense precautions.

Washing your hands is the most effective way to protect yourself. Suds up for 15-20 seconds. If necessary, alcohol-based cleansers can be effective substitutes, but rub your hands until the gel dries. During times of heightened alert, you may want to carry both gel cleanser for your hands and wipes to clean surfaces, such as doorknobs where flu germs can survive for up to two hours.

Avoid touching your face, and take care of yourself. Eat healthfully and get plenty of sleep. Being in good shape ensures your body has the resources to effectively fight off illness.

Also, pay attention to the recommendations of local health authorities. Follow any special advice they offer for our area.





## Art and Soul: Art Therapy for Seniors

Art is a way to express oneself in a number of mediums. Many seniors may have enjoyed art as a hobby, or even a career, throughout their lives and into their elder years. Art can actually have many positive benefits. Not only does creating art leave behind a lasting masterpiece, the process of creating a project from beginning to end can be very rewarding for seniors. Art can be used as therapy in many ways, and with many beneficial results to increase seniors' quality of life.

**Creates Bonding and Social Opportunities** — Whether it's painting, sculpting, knitting or woodworking, art is a hobby that can be done alone or with a group. It is also something that can be taught to the younger generation, so it's a great way for seniors to bond with their children or grandchildren. It is not only a great bonding time for family, loved ones, and a social way to meet new friends, it can be done to pass the time of

solitude for seniors as well.

**Improves Cognitive Skills** — Not only does creating art in a group atmosphere allow for social interaction among seniors, it allows them to discuss their art or art culture in general — a positive way to communicate with others while keeping intellectual stimulation at the forefront. It also promotes memory health and allows seniors to expand their minds through different art forms.

**Improves Physical and Motor Skills** — Using hand-eye coordination via purposeful movements improves fine motor skills and decreases pain, according to certain studies.

**Decreases Stress and Depression** — Participating in art programs or simply starting up a new artistic hobby relieves stress, anxiety and feelings of confusion for many seniors.

For seniors who have never dabbled in the arts, there are a number of ways to get creative. Starting with an adult coloring book and colored pencils, taking up flower arranging or sewing or doing abstract watercolors are all easy and fun ways to get started with an artistic new hobby. To find inspiration, go online or visit an arts and crafts store — there are countless ways to get creative and incorporate art into everyday life.



## Wit & Wisdom

“How sweet the words of truth,  
breathed from the lips of love.”  
—James Beattie

“Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold.”  
—Judith Olney

“Life is short, and it is up to you to make it sweet.”  
—Sarah Louise Delany

“The road to greatness is often sought, but if journeyed with kindness, it is sweetly paved.”  
—Tom Althouse

## **“The Wrong Side of Goodbye” By Michael Connelly**



Book Review-Colleen Clampitt

Harry Bosch is California’s newest private investigator. He doesn’t advertise, but it doesn’t matter. His work from thirty years with the LAPD speaks for his background. One of Southern California’s biggest moguls comes calling. The reclusive billionaire Whitney Vance is nearing the end of his life and is haunted by one regret: When he was 18, he had a relationship with a young girl called Vibiana Duarte, but soon after becoming pregnant, she disappeared and Vance never saw her again. He wants to know what happened to them, desperate to know if he has an heir. A vast fortune is at stake. Harry realizes that his mission could be risky for everyone. Swift, unpredictable and thrilling, it is a mystery book and can be found in regular print. It stands out as one of the author’s best written novels, and maintains a top place in US crime fiction.

## **On-Demand Urgent Health Care**



Dispatch Health provides on-demand health care in the convenience of your home. Avoid unnecessary trips to the ER. Dispatch Health can treat: pains, sprains, cuts, wounds, high fevers, upper respiratory infections and much more. Certified clinicians come to your front door equipped with all the tools necessary to provide advanced medical care in the comfort of your apartment. Quick, efficient, and affordable. For every house call, they dispatch a medical team comprised of an ER trained nurse practitioner and EMT supported by a virtual M.D. who’s available at all times by phone, and soon, video consults. They work with all major health insurance companies in Arizona, including Medicare and Medicaid. To request care call: 480-493-3444.