



IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

Anyone may view this newsletter at
www.christiancare.org/campus/az/phoenix/
 ~ VOLUME 21, NO. 8 ~

Manors' Addresses:

M-I:11830 N. 19th Avenue

M-II:11802 N. 19th Avenue

M-III:1944 W. Sunnyside Avenue
 (plus Apartment #), Phoenix, AZ 85029

Ginger, HUD Apartment Manager

(602) 861-3970 (Hours: p. 6) ~ M-I Office

Alex Peruit, Dir. Subsidized Housing:

Phoenix and Cottonwood

(602) 443-5449 - M-I Office

Kim Cecena, Assistant Manager:

(602) 861-9981

Ricky Dodd's, Manors' Service Coordinator

(602) 443-5446

Richard.Dodds@christiancare.org

SECURITY/INFORMATION

(602) 443-5400

MAINTENANCE-W/O

(602) 424-9432

SALONS / BARBERS:

Health Center: (602) 443-5432

NAILS: (623) 332-1367 (Frida)

Fellowship Square: HAIR (602) 443-5422 (Sue)

Chaplain FS (602) 443-5486

Outpatient Rehab (602) 443-5447

Home Health Services (602) 443-5447

8:00am to 4:00pm, Monday-Friday

Health Center Admissions (602) 443-5470

Sr. Fitness (602) 443-5479 - Beth Pera

Volunteering (602) 443-5419

May 2024



Buttoned Up

Many folks have memories of opening up a box or tin at Grandma's house and finding a bunch of buttons! These little accessories are popular items to collect, not only to use in sewing and crafting, but also for their window into history. Like jewelry, buttons were often status symbols, and both the material and style of button can indicate what era it's from and who might have worn it. With buttons in every size, shape and color, plus endless ways to display them, button collecting is a hobby anyone can pick up.

Reasons To Reminisce

Recalling your past achievements can boost your confidence, researchers say. Looking back and remembering how you overcame an obstacle or learned a new skill builds self-esteem and helps you tackle new challenges.

MOBILE DOCS

THE DOCTOR IS IN

(480) 626-6318

AGAPE PRIMARY CARE HOUSE VISITS

Paula Simon NP
(623) 219-7768

DISPATCH HEALTH

Urgent Care To Your Home
(480) 493-3444 - 9am - 9pm - No membership Needed - ALL major Insurances Accepted.

EYE DOCTOR

Eyes On Site
(480) 626-8925

PODIATRY

Billet - (480) 661-6061

MOBILE DENTIST

Dentistry Of AZ
(480) 313-3310

Smiles By Delivery
(623) 584-4746

DERMATOLOGY

Care To You
(602) 639-0189

CARDIOLOGIST

Ponderosa Heart
(480) 795-1515



Brain Bender: Flowers for Mom

Four customers—Adam, Valerie, Hector and Janelle—stopped at a flower shop to buy Mother's Day gifts. They each bought a different type of flower—tulips, carnations, roses and peonies—in different arrangements. Using the clues below, can you determine who bought what, and for whom—Jane, Betty, Yvonne or Marilyn?

- One woman bought a single flower for her mother.
- A male customer purchased a floral arrangement in a vase.
- Valerie bought her mom, Jane, a simple bouquet.
- Adam did not buy the peony corsage.
- Hector's mother is Betty.
- Yvonne was delighted to receive a rose.
- The tulips were not sold in a vase.

(Answer: Adam bought a vase of carnations for his mother, Marilyn. Valerie bought a bouquet of tulips for her mother, Jane. Hector bought a peony corsage for his mother, Betty. Janelle bought a single rose for her mother, Yvonne.)

A Tour of American Barbecue

Barbecue is enjoyed throughout the country, but several regions are known for it.

Kansas City. This centrally located metropolis smokes chicken, pork spareribs and beef brisket low and slow. However, it's the thick tomato-based sauce laced with molasses that makes Kansas City's barbecue a go-to American staple. The local specialty, burnt ends, features the sweet, tangy sauce slathered over chopped end pieces of beef brisket and pork shoulder.

Texas. Slow-smoked beef brisket is what's big in Texas. The simply seasoned brisket, pork ribs and link sausages are tasty enough on their own. However, feel free to spice things up with the Lone Star State's thin, vinegary tomato-based sauce.

Memphis. Pork is king in Memphis, where the pit-cooked smoked ribs are served dry or wet. Dry ribs are cooked in a spice rub that often includes chili, onion and garlic powders, plus paprika, oregano and celery seed. Wet ribs come in a thin, zesty tomato-based sauce.

Carolinas. The eastern half of North Carolina goes whole hog—finely chopped and served with a vinegar-based sauce. Head west and you'll find a tomato-based sauce over shredded pork shoulder. South Carolina prefers its barbecued meats served with a tangy concoction of vinegar, mustard and brown sugar.



MAY
THE 4TH
 BE WITH
YOU

It's Taco Time!

For Cinco de Mayo, Taco Tuesday, breakfast, lunch and dinner, this Mexican staple has become a mealtime favorite in America, where people eat more than 4.5 billion tacos each year.

TRANSPORTATION SERVICES

-I. Dial-A-Ride -

(602) 253-4000

All trips must be scheduled 1 to 14 days in advance.

Application must be submitted and approved before use.

-II. DUET -

(602) 274-5022

Call for eligibility; Need 4 to 5 days' notice.

-III. A.D.A. -

(602) 716-2100

Requires application/ verification of need.

-IV. SENIOR A.D.A. RIDE

PROGRAM - (602) 801-1160

Fare Card for Cab Rides: Still only \$6 for \$20 worth! (Not 20 rides)

Alternative Transportation

Uber - (1-833-873-8237)

'Burgoo' Is One

How many words can you come up with using the letters in "thoroughbred"?

MAY BABIES!

Manor 1:

Clark, Yvonne - 302 - 05/01

Thomas, Janyce - 323 - 05/20

Bortmas, Ron - 218 - 05/22

Manor 3:



Wit & Wisdom

"May flowers always line your path and sunshine light your day."
 —Irish blessing

"Laughter is magic that dispenses clouds and creates sunshine in the soul."
 —Richelle E. Goodrich

"Let there always be a bright spot in your heart for the people around you. They might need a bit of sunshine."
 —Ron Baratono

"Wherever you go, no matter what the weather, always bring your own sunshine."
 —Anthony J. D'Angelo

"Daisies are like sunshine to the ground."
 —Drew Barrymore

"Don't let the shadows of yesterday spoil the sunshine of tomorrow. Live for today."
 —Nandina Morris

**MOBILE
PSYCHIATRIC &
COUNSELING
SERVICES**

Arizona Facts of Life-
602-254-2704

TBN Mental Health
(480) 521-6586

Peace Of Mind
(480) 284-5392

Marcann Mental
Health Services
(602) 824-9309

**COVENANT HOME
HEALTH**

Front Office:
602-443-5447

ALTCS

Arizona Long Term Care
System: Helps pay for
assisted living if
approved. Call Service
Coordinator for details.
Call to start application
or ask questions:
602-417-6600

**SAINT MARY'S
FOOD BOXES**

Call to apply for box
delivery to campus:
602-242-3663

*Must be homebound or
have a disability

**Deer Valley
Senior Center**

2001 W. Wahalla Lane


Phoenix, AZ 85027

Monday through

Friday 9 am to 4pm

Contact #602-262-4520

\$20-\$40 Yearly

Sunday	Monday	Tuesday
<p>TRANSPORTATION Fellowship Bus Drivers & Info: Tony Lopez, Supervisor (602) 531-6902 DRIVERS: - Abe - (480) 204-2206 - Damion - (602) 448-8094 - Jeffrey - (602) 768-4967 - Rhonda - (480) 340-5251</p>	<p>(FS) - Stands for Fellowship Square (AR) - Stands for Activity Room - 2nd Floor</p>	
<p>5</p> <p>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</p>	<p>6</p> <p>1:00PM - Super Walmart Trip 19th Ave & Bell Road 2:00PM-3:30PM - Grief Share Group - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud & Kathy Downs at (602) 561-4752. Cost Is Free</p>	<p>7</p> <p>Chair Exercise With Savannah - M1 - 3rd Floor - 2-2:30PM</p>
<p>12</p> <p>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</p>	<p>13</p>	<p>14</p> <p>Chair Exercise With Savannah - M1 - 3rd Floor - 2-2:30PM</p>
<p>19</p> <p>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</p>	<p>20</p> <p>1:00PM - Super Walmart Trip 19th Ave & Bell Road 2:00PM-3:30PM - Grief Share Group - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud & Kathy Downs at (602) 561-4752. Cost Is Free</p>	<p>21</p> <p>Chair Exercise With Savannah - M1 - 3rd Floor - 2-2:30PM</p>
<p>26</p> <p>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</p>	<p>27</p> <p>Memorial Day</p>	<p>28</p> <p>Chair Exercise With Savannah - M1 - 3rd Floor - 2-2:30PM</p>

Wednesday	Thursday	Friday	Saturday
1 8:30AM Fry's Trip - 10% OFF 43rd & Cactus 3:00PM-5:00PM 6:00PM BUNCO - CV 2nd Floor Activity Room	2 Chair Exercise With Savannah - M3 - 1st Floor - 2-2:30PM (WOW) - Women of the Word M1 3rd Floor - 3-5PM Sign Up With Carla @ (602) 281-5483	3 9:00AM - Post Office Trip Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443 1:30PM - Sprouts & Walgreens Trip - 19th Ave and Northern	4
8 8:30AM Fry's Trip 43rd & Cactus - Service Coordinator Lunch Special: Red Lobster - 10220 N 28th Dr, Phoenix 11AM - Sign Up With Ricky (602) 443-5446 3:00PM-5:00PM	9 Chair Exercise With Savannah - M3 - 1st Floor - 2-2:30PM (WOW) - Women of the Word M1 3rd Floor - 3-5PM Sign Up With Carla @ (602) 281-5483	10 10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board 1:30PM - Dollar Tree, Ross Trip - 3415 W. Thunderbird Rd.	11
15 8:30AM Fry's Trip - 43rd & Cactus 3:00PM-5:00PM 6:00PM BUNCO - CV 2nd Floor Activity Room	16 Chair Exercise With Savannah - M3 - 1st Floor - 2-2:30PM (WOW) - Women of the Word M1 3rd Floor - 3-5PM Sign Up With Carla @ (602) 281-5483	17 9:00AM - Post Office Trip Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443 1:30PM - Sprouts & Walgreens Trip - 19th Ave and Northern	18
22 8:30AM Fry's Trip - 43rd & Cactus 3:00PM-5:00PM 6:00PM BUNCO - CV 2nd Floor Activity Room	23 Chair Exercise With Savannah - M3 - 1st Floor - 2-2:30PM (WOW) - Women of the Word M1 3rd Floor - 3-5PM Sign Up With Carla @ (602) 281-5483	24 10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board 1:30PM - Dollar Tree, Ross Trip - 3415 W. Thunderbird Rd.	25
29 8:30AM Fry's Trip - 43rd & Cactus 3:00PM-5:00PM 6:00PM BUNCO - CV 2nd Floor Activity Room	30 Chair Exercise With Savannah - M3 - 1st Floor - 2-2:30PM (WOW) - Women of the Word M1 3rd Floor - 3-5PM Sign Up With Carla @ (602) 281-5483	31 10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board 1:30PM - 99 Cent Store - 2315 E Bell Rd	

Manor-isms:



Alex Perlut, EXT 3970
HUD Office Manager
&

Kim Cecena, EXT 9981
HUD Adm Assistant

Manager's Office

Hours:

Mon.- Fri.: 8am - 5pm
(Sat.: By
Appointment)

AAA Ultimate Medical Equipment

Fixes Scooters &
Wheelchairs:
602-978-4100

SAFETY TIP OF THE MONTH

Lock your doors!
Thieves typically look
for easy access like
unlocked doors.

Remember and Appreciate

Memorial Day is a
time for remembrance
and appreciation. We
remember those who
have gone before us
and appreciate the
friends and family
who surround us as a
new season is set to
begin.



Influential Asian Americans

May is Asian American and Pacific Islander Heritage Month, an opportunity to recognize this diverse group's accomplishments in many realms. Celebrate by learning more about a few famous names:

Dalip Singh Saund. Born in India, Saund came to the U.S. in 1920 to study at the University of California in Berkeley, where he earned a Ph.D. He later became the first Asian American person elected to Congress, serving three terms as a U.S. Representative for California.

Chien-Shiung Wu. A Chinese immigrant, Wu's scientific studies earned her the nicknames "First Lady of Physics" and "Queen of Nuclear Research." She worked on the famous

Manhattan Project during World War II and won several awards throughout her career.

Chloe Kim. Born in the U.S. to South Korean parents, Kim started snowboarding at age 4. At 17, she became the youngest woman to win an Olympic gold medal in snowboarding.

I.M. Pei. A world-renowned architect, Chinese-born Pei famously designed the glass Louvre Pyramid in Paris. His well-known works in the U.S. include the Rock and Roll Hall of Fame in Cleveland and the John F. Kennedy Library in Boston.

Larry Itliong. Arriving in the U.S. from the Philippines at only 15 years old, Itliong began working on farms in several states. His work experience and mastery of multiple languages led to a new role: the voice of the people. Itliong was one of several leaders who advocated for improved conditions for the agricultural industry.





Gators and Crocs

The Florida Everglades are one of the few places in the world where you'll find both alligators and crocodiles.

What's the difference between these ancient reptiles? Though they look similar, they have several distinctions:

Snout. An alligator's snout is wider and more rounded, resembling the letter U, while a croc's snout is narrow and pointed, like a V.

Teeth. The reptiles' mouths give a major clue to their identity. Gators have a bit of an overbite—when they close their jaws, only the upper teeth are visible. But crocodiles are known for their “toothy grins,” showing both sets of chompers at all times.

Color. You may think of both of these reptiles as having a green hue, but take a closer look. Alligators are usually a dark gray, though algae in the water can give them a greenish tinge. Crocodiles tend to be tan or olive in tone.

Habitat. Both gators and crocs love the water. Generally, you'll find alligators in fresh water. Crocodiles are less picky and enjoy both fresh and saltwater environments.

Behavior. You don't want to come up close and personal with either of these wild animals. But overall, alligators tend to be more timid, while crocs are the cranky, aggressive ones!

Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun. If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours.

Dress appropriately. To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

Keep cool. Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat.

Let others know your plans. Include information such as where you will be and when you'll return.



Services & More...



Christian Care Health Center

Have an upcoming surgery? Need skilled nursing care?

Check out follow-up care by talking with

Tammy Hoskins

Admissions

Director.

(602) 424 - 9420

Manors Sr. Fitness

Hours

In Manor II - Fitness

Room

Tuesdays:

7:30AM–12:00PM

Thursdays:

7:30AM–12:00PM

(ALL By appointment only)

602-443-5479

Wellness Coordinator

Beth Pera

Reading Challenge: Travel Through Time

With books, there's no need for a time machine! Explore the 20th century by reading a story set in each decade. For the most authentic experience, pick titles that were actually published during the time in which they take place.

May 2024



“This Month In History”

MAY

1922: The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.’s National Mall.

1939: The caped crimefighter Batman makes his debut in issue No. 27 of “Detective Comics.” The superhero was an instant hit with readers.

1945: Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

1963: High school junior Lesley Gore performs her first single, “It’s My Party,” on TV’s “American Bandstand.” The next week, the song topped the U.S. pop music chart.

1971: Merging 20 of America’s passenger railroad services into one, Amtrak begins service.

1994: Nelson Mandela is inaugurated as South Africa’s first Black president.

2001: Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

2019: New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids’ TV show.