



IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

March 2024

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

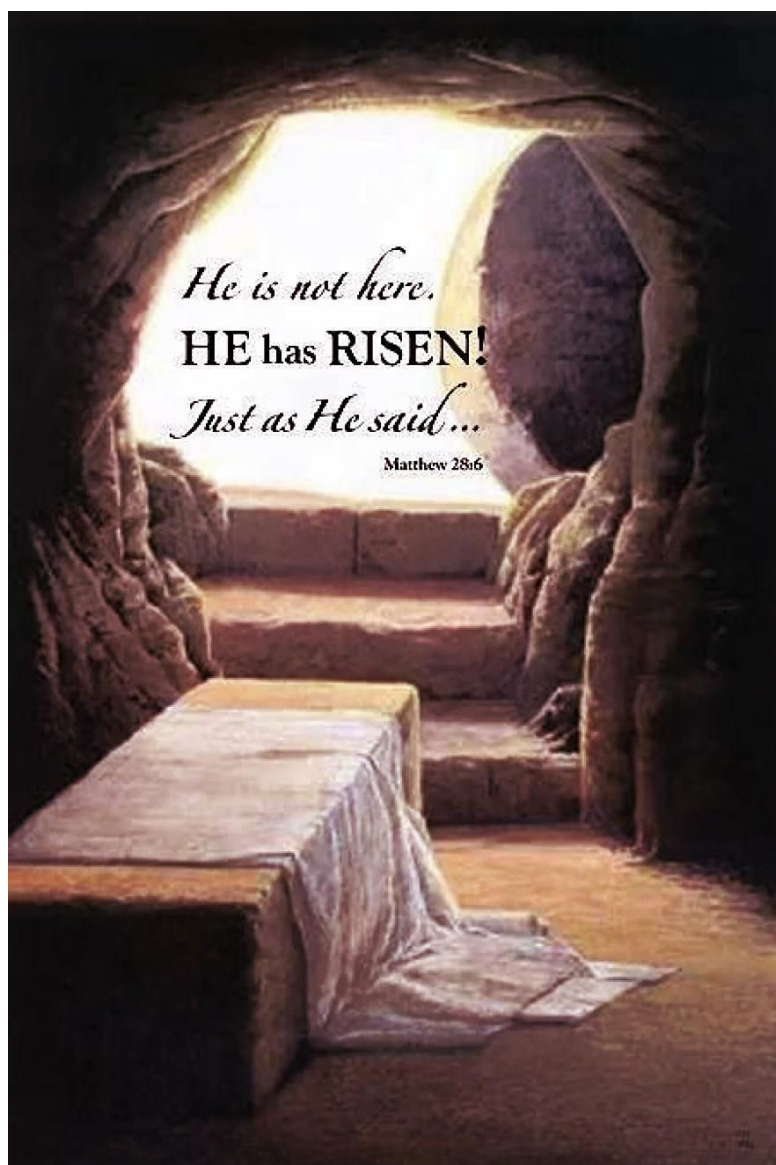
Home Health Services (602) 443-5447

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

Health Center Admissions (602) 443-5470

Sr. FITness (602) 443-5479

Volunteering (602) 443-5419



Matthew 28:6

6 He is not here: for he is risen, as he said. Come, see the place where the Lord lay.

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

Praise for Prunes

January is California Dried Plum Digestive Health Month.



Come On, Get Happy!

March 20 is recognized annually as the International Day of Happiness; however, you don't have to settle for just one day. Here are some ways you can nurture contentment year-round.

Get moving. Exercise sparks the release of endorphins—the feel-good chemicals that promote happiness—and suppresses hormones that cause anxiety.

Make a connection. Strong relationships are proven to be as important to a person's health as proper diet, exercise and sleep. Studies show close social connections can bolster the immune system, improve self-esteem and even increase longevity.

Do something new. Those who engage in new and challenging tasks boost their pride and self-esteem. Explore a new hobby, learn another game, try a foreign food, or travel to an unfamiliar place.

Treat someone else. Donating money and time to others is a rewarding experience, but something as simple as buying a friend a cup of coffee also produces a jolt of happiness.

Legendary Ladies of Jazz

March is International Black Women in Jazz Month. Take note of these pioneers of the genre.

Ella Fitzgerald. Known as the First Lady of Song, Fitzgerald was 17 when she won Amateur Night at New York City's Apollo Theater. A few years later, her career took off with the breakout No. 1 hit "A-Tisket, A-Tasket." She went on to sell more than 40 million albums, and was the first African American woman to win a Grammy Award.

Billie Holiday. She honed her talent as a teenager singing in Harlem jazz clubs, and recorded her first song at age 18. Nicknamed Lady Day, her soulful voice and songwriting skills led to many solo hits and collaborations with other artists. Time magazine named her signature ballad "Strange Fruit" the song of the 20th century.

Sarah Vaughan. At just 18 years old, Vaughan was the opening act for Ella Fitzgerald, then sang with several big bands before launching a successful solo career. Called the Divine One, Vaughan was known for her impressive vocal range and commanding stage presence.

Dinah Washington. Considered the most popular black female singer of the 1950s, Washington blended jazz, pop, and rhythm and blues. She won a Grammy for the hit "What a Difference a Day Makes." Washington was inducted into the Rock & Roll Hall of Fame in 1993.

The Star-Spangled Banner

O say, can you see By the dawn's early light
 What so proudly we hailed
 At the twilight's last gleaming?
 Whose broad stripes and bright stars
 Through the perilous fight
 O'er the ramparts we watched
 Were so gallantly, yeah, streaming?
 And the rockets' red glare
 The bombs bursting in air
 Gave proof through the night
 That our flag was still there
 O say, does that star-spangled banner yet wave
 O'er the land of the free and the home of the brave

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)

Cookie Comedy

Q: What did the gingerbread man put on his bed to keep warm at night?

A: A cookie sheet.

MARCH BABIES!

Manor 1:

Klyber, Raymond - 101 - 3/12

Maulfair, Barbara - 210 - 3/27

Manor 3:

Palmer, Barbara - 308 - 3/6

Famous Faces Born in March

March 2, 1968: Daniel Craig

March 3, 1997: Camila Cabello

March 7, 1974: Jenna Fischer

March 9, 1979: Oscar Isaac

March 16, 1986: Alexandra

Daddario

March 23, 1973: Jason Kidd

March 27, 1997: Lalisa "Lisa"

Manobal

March 31, 1948: Rhea Perlman



Wit & Wisdom

"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."
 —Paul J. Meyer

"If I could say it in words, there would be no reason to paint."
 —Edward Hopper

"Painting is just another way of keeping a diary."
 —Pablo Picasso

"I don't paint dreams or nightmares, I paint my own reality."
 —Frida Kahlo

"And so, every artist dips his brush in his own soul, and paints his own nature into his pictures."
 —Henry Ward Beecher

"Life is a great big canvas; throw all the paint you can at it."
 —Danny Kaye

"You can't sit around and wait for somebody to say who you are. You need to write it and paint it and do it."
 —Faith Ringgold

**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>For ALL Activities Regarding Fellowship Square - Please Refer to the FS Calendar OR Contact Director of Activities, Faith, @ (602) 443-5421</p>
<p>3</p> <p>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</p>	<p>4</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>5</p> <p>Chair Exercise With Savannah - M1 - 3rd Floor - 2-2:30PM Bible Study With Pat - Names Of God - M3 - 3rd Floor Conference Room - 11:30AM-12:30PM</p>
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<p>24/31</p> <p>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</p>	<p>25</p> <p>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>26</p> <p>Chair Exercise With Savannah - M1 - 3rd Floor - 2-2:30PM Bible Study With Pat - Names Of God - M3 - 3rd Floor Conference Room - 11:30AM-12:30PM</p>

Wednesday

Thursday

Friday

Saturday

		<p>1</p> <p>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</p>	<p>2</p>
<p>6</p> <p>8:30AM Fry's Trip - 10% OFF 43rd & Cactus 3:00PM-5:00PM 6:00PM BUNCO - CV 2nd Floor Activity Room</p>	<p>7</p> <p>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</p>	<p>8</p> <p>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.</p>	<p>9</p>
<p>13</p> <p>8:30AM Fry's Trip 43rd & Cactus - Service Coordinator Lunch Special: Little Miss BBQ Sunnyslope 11AM - Sign Up With Ricky (602) 443-5446. 3:00PM-5:00PM</p>	<p>14</p> <p>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</p>	<p>15</p> <p>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</p>	<p>16</p>
<p>20</p> <p>8:30AM Fry's Trip - 43rd & Cactus 3:00PM-5:00PM 6:00PM BUNCO - CV 2nd Floor Activity Room</p>	<p>21</p> <p>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</p>	<p>22</p> <p>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.</p>	<p>23</p>
<p>27</p> <p>8:30AM Fry's Trip - 43rd & Cactus 3:00PM-5:00PM 6:00PM BUNCO - CV 2nd Floor Activity Room</p>	<p>28</p> <p>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</p>	<p>29</p> <p>10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board 1:30PM - 99 Cent Store - 2315 E Bell Rd</p>	<p>30</p>

Manor-isms:



Alex Periu, 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

Emergencies can happen! Know what to do, review community emergency procedures. Fire alarms, exit maps and evacuation procedures are available throughout the community.

The Idea Stuck

Walter Hunt patented the first safety pin on April 10, 1849.



The Rainbow

Genesis 9:15-16 - KJV

15 And I will remember my covenant, which is between me and you and every living creature of all flesh; and the waters shall no more become a flood to destroy all flesh.

16 And the bow shall be in the cloud; and I will look upon it, that I may remember the everlasting covenant between God and every living creature of all flesh that is upon the earth.

A Little Rain Must Fall

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton

MLB's Opening Day

For baseball fans, spring begins on Opening Day, the first game of the MLB season. This year, America's pastime will actually begin on foreign shores. As part of the MLB World Tour, the first regular-season games will take place on March 20 and 21 in Seoul, South Korea, between the Los Angeles Dodgers and San Diego Padres. All 30 major league teams will then play stateside on March 28.



Spare a Moment for Sparrows

Cheep along with our small, feathered friends on March 20 for World Sparrow Day!

FLOWER OF THE MONTH | MARCH

Daffodil

*Devotion and
happiness*





Eat Your Greens

If you're looking for a quick and healthy meal, you may turn to salads. But leafy greens are tasty in *and* out of a salad bowl. Hundreds of plants have edible leaves, so it's easy to make greens a regular part of your meal plan.

Leafy greens are full of vitamins, minerals and fiber but low in calories and fat. People who incorporate more of these veggies into their diet lower their chances of heart disease and high blood pressure while boosting their brain health and bone strength. Any leafy green is a great food choice, but darker leaves generally have a higher nutritional value. Here's a rundown of some popular options:

A trendy and nutrient-rich choice is **kale**. This leaf is slightly bitter and, when thrown in a salad, pairs well with fruit. Eat it raw, sautéed or baked into chips.

Select **spinach** for a mild-tasting soup or smoothie add-in. It's packed with folate, which helps turn food into energy—no wonder Popeye always had a can on hand!

Reach for **romaine lettuce** when making a salad or building a burger. It offers the same pleasant crunch as iceberg lettuce, but with 17 times the amount of vitamin A.

A staple in Southern soul food, **collard greens** provide lots of calcium and vitamin K.

America's Highest Honor

Since the Civil War, over 40 million Americans have served in the nation's armed forces. Many have been awarded for their bravery and service, but the Medal of Honor is reserved for those exemplifying extreme heroism, devotion and other selfless acts of valor that go beyond the call of duty.

The Medal of Honor is the country's highest military award, as well as the oldest continuously issued combat decoration in the U.S. armed forces. It was created during the Civil War, for which 1,523 Medals of Honor were bestowed. To date, 3,536 medals have been awarded.

Three distinct versions of the medal exist, for the Army, Navy and Air Force. The medals are similar in design, consisting of a five-pointed star with gold, bronze and brass components and a light blue service ribbon adorned with 13 white stars.

The U.S. president presents the Medal of Honor in a formal ceremony. In addition to the medal itself, recipients are given a special monthly pension of \$1,000 and are entitled to other benefits and perks. Their names are also inscribed at the Pentagon's Hall of Heroes.

You can view or search names of recipients at CMOHS.org, the website of the Congressional Medal of Honor Society.



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:

7:00AM–12:00PM

Thursdays:

7:00AM–12:00PM

Fridays: 7:00AM

-8:30AM + 11:00AM -
1:00PM

(ALL By appointment
only)

602-443-5479

Wellness Coordinator
Savannah Poling

Spring Cleaning Tip

When organizing a closet, consider using clear plastic bins or boxes for storage. You'll be able to see what's inside without having to open the lid.

March 2024



Fitness Trends

The quest to get and stay fit has taken on many forms over the decades, from Jack LaLanne's TV calisthenics to tracking fitness with technology. Exercise your memories of history's fitness fads.

Decade	Fitness Trends
1950s	Calisthenics, jumping jacks, hula hoops
1960s	5BX (Five Basic Exercises), vibrating belts, stretch classes
1970s	Jazzercise, body building, Nautilus machines
1980s	Aerobics, NordicTrack, workout videos
1990s	Tae Bo, ThighMaster, boot camps, step aerobics
2000s	Pilates, Zumba, Wii and Xbox fitness games, kickboxing
2010s	CrossFit, yoga, wearable fitness trackers

"Then & Now"

"This Month In History" MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army Airmen is activated for service in World War II.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.

2020: The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.