



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

April 2024



Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools' Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!

A Masters Tradition

The annual Masters golf tournament has many unique traditions, including its signature pimento cheese sandwiches. Since the 1960s, they have been a menu staple at Georgia's Augusta National Golf Club concession stands, which sell them for just \$1.50, wrapped in green plastic to match the famed course.

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

Groovy, Baby!

Rock some flares with flair! April 5 is Bell Bottoms Day.



The Influence of Earth Day

The modern-day environmental movement kicked off over 50 years ago on the first Earth Day, April 22, 1970.

The annual event was created by Gaylord Nelson, a senator from Wisconsin who wanted to organize what he called a “national teach-in on the environment” that would educate the public about growing concerns such as pollution and deforestation. On the first Earth Day, 20 million people, about 10% of the country’s population at the time, took part in rallies, raising awareness about environmental issues and appealing to protect the health of the planet.

Earth Day’s success contributed to several landmark changes, including many of the first laws against air and water pollution, as well as the creation of a new government organization to respond to such issues—the Environmental Protection Agency, which began work in December 1970. By 1990, Earth Day became a worldwide observance.

Healthy Reasons To Laugh

Kidding around has some serious benefits—and not just for your funny bone! Here’s how laughter can improve your life:

Provides a workout. A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system. Laughs produce positive thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits. Laughing boosts the brain’s levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations and let go of stress and anger.

Keeps you connected. Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we’re alone. Spending time with people can help you laugh more and improve your quality of life.

Relieves pain temporarily. When you laugh, your body releases endorphins, the “feel-good” brain chemicals that act as natural pain relievers. Research shows that your muscles stay relaxed for up to 45 minutes after a good chuckle, helping ease tension and stress.



Happy Passover

Wit & Wisdom

"So before long we can open the windows wide and let spring in, and we can go out to the park or sit on a hillside and let spring into us."

—Hal Borland

"I feel that it is healthier to look out at the world through a window than through a mirror. Otherwise, all you see is yourself and whatever is behind you."

—Bill Withers

"A smile is the light in your window that tells others that there is a caring, sharing person inside."

—Denis Waitley

"Falling asleep while the rain is clashing down on the window is nature's best lullaby."

—Kim Pape

"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."

—Lynda Resnick

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)

The Rhythm of Spring

"It is spring again. The Earth is like a child that knows poems by heart." —Rainer Maria Rilke

APRIL BABIES!

Manor 1:

Bohling, (John) Clarence -209 -4/2

Williams, Cheryl - 110

Rodriquez, Betty - 107 - 4/15

Brown, Donna - 104 - 4/24

Curry, Roberta - 223 - 4/28

Tschetter, Evelyn - 124 - 4/29

Manor 3:

Howell, Irene - 212 - 4/05



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

Handy Man Services

Jerry & Jan Burroughs
602-509-1442

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>1 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>2 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>
<p>7 (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</p>	<p>8 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>9 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>
<p>14 (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</p>	<p>15 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>16 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>
<p>21 (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</p>	<p>22 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>23 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>
<p>28 (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</p>	<p>29 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>30 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
3 8:30AM Fry's Trip - 10% OFF 43rd & Cactus 3:00PM-5:00PM 6:00PM BUNCO - CV 2nd Floor Activity Room	4 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	5 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	6
10 8:30AM Fry's Trip 43rd & Cactus - Service Coordinator Lunch Special: AppleBee's - 5880 W Peoria Ave 11AM - Sign Up With Ricky (602) 443-5446 3:00PM-5:00PM	11 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	12 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.	13
17 8:30AM Fry's Trip - 43rd & Cactus 3:00PM-5:00PM 6:00PM BUNCO - CV 2nd Floor Activity Room	18 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	19 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	20
24 8:30AM Fry's Trip - 43rd & Cactus 3:00PM-5:00PM 6:00PM BUNCO - CV 2nd Floor Activity Room	25 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	26 10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board 1:30PM - 99 Cent Store - 2315 E Bell Rd	27
	<i>April</i>	For ALL Activities Regarding Fellowship Square - Please Refer to the FS Calendar OR Contact Director of Activities, Faith, @ (602) 443-5421	(FS) - Stands for Fellowship Square (AR) - Stands for Activity Room - 2nd Floor

Manor-isms:



Alex Periot, 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!

Spring Cleaning!
Clutter can be a trip
or fire hazard and
attractive to pests.

Brainteaser

Q: I have wings
and I have a tail;
across the sky is where
I sail. Yet I have no
eyes, ears or mouth,
and I bob randomly
from north to south.
What am I?

A: A kite.



Celebrating Soy Foods

As one of the country's largest crops, soybeans have a widespread presence in the food industry. And for good reason! Soybeans are a complete protein—containing all the essential amino acids—and are also high in fiber, calcium and iron, among other nutrients. Celebrate National Soy Foods Month in April with this sampler:

Edamame. These are soybean pods harvested before they ripen, so the legumes inside are tender and sweet. They're typically boiled and salted, then eaten as a snack or added to stir-fry dishes.

Soy sauce. This staple of Asian cuisine is made from fermented soybeans and is often an ingredient in other marinades, including teriyaki sauce.

Soy milk. Before oat and almond milk became more common, soy milk was the go-to dairy alternative. It's still a popular option at coffee shops and supermarkets.

Tofu. Made by curdling fresh soy milk, tofu is also called soybean curd. It's praised as a meat alternative, since it easily absorbs the flavor of spices and sauces.

Tempeh. Used in similar ways to tofu, tempeh is made with whole soybeans and sometimes contains a grain such as rice or barley. The result is a firm patty that's packed with protein.

Miso. A traditional Japanese ingredient, this fermented soybean paste is found in many dishes, lending a rich, savory flavor to soups, salad dressings and even some desserts!

FLOWER OF THE MONTH | APRIL



Daisy

*Loyal love
and purity*



Hank Aaron's Historic Hit

"That ball is gonna be ... outta here! It's gone! It's 715! There's a new home run champion of all time, and it's Henry Aaron!"

Atlanta Braves announcer Milo Hamilton spoke those words 50 years ago on April 8, 1974. It was the Braves' first home game of the season, when right fielder Hank Aaron smashed Babe Ruth's 39-year home run record out of the park.

"Hammerin' Hank" had finished the previous MLB season with 713 career homers, just one below Ruth. After a long winter, he tied up Ruth's record at his very first at-bat of the season on Opening Day. The record-breaking hit came just a few days later in front of a sellout crowd of 53,775, who erupted into a standing ovation as Aaron circled the bases. Teammates and news crews gathered around home plate, greeting the new champion amidst cheers and fireworks.

Aaron finished his MLB career with 755 home runs, a record he held until 2007, when it was broken by Barry Bonds. Today, Aaron is still the MLB leader of career runs batted in (2,297), extra base hits (1,477) and total bases (6,856). He was inducted into the National Baseball Hall of Fame in 1982.

Seasonal Allergy Relief

Each spring, as trees and grasses release pollen, millions of North Americans begin to feel the effects of seasonal allergies. Their bodies react to pollens as if these microscopic grains were bacteria or viruses, prompting immune reactions that release histamine into the blood. The inflammatory response, commonly known as hay fever, includes symptoms such as runny nose, sneezing, congestion and itchy eyes.

Be proactive in the fight against seasonal allergies by starting medications early in the season. For the best effect, you should start taking antihistamines before pollen counts get high. Nondrowsy products are usually the best bet.

Keep pollen from circulating through your home by closing windows and leaving shoes at the door. Clean often, and use a vacuum with a HEPA filter. Remember to vacuum under the bed.

Pollen sticks to clothing, skin and hair, so change clothes when you arrive home, and shower at night so that you don't breathe in pollen while you sleep. Changing bed sheets and pillowcases regularly will also help.

Try to stay indoors on high-pollen days. You can monitor pollen counts in your area through smartphone apps or websites such as *Weather.com*.



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

The Dish on Dandelions

Some see dandelions as unwelcome weeds, but this plant with its familiar bright yellow flower has many culinary uses. Its head, root and leaves are used in teas, soups, salads and jelly.

April 2024

CELEBRATE

Earth Day

APRIL 22

“This Month In History”

APRIL

1860: The first Pony Express rider leaves St. Joseph, Mo.

1908: Home to large sandstone pathways formed over time by flowing water, the Natural Bridges National Monument is established in southeast Utah.

1932: Dr. Charles Glen King, a chemistry professor at the University of Pittsburgh, isolates vitamin C from lemon juice. This breakthrough made it possible to accurately study the nutrient’s properties and benefits in medicine.

1956: Daytime soap opera “As the World Turns” premieres on television. It was the first soap to have a half-hour runtime, rather than just 15 minutes.

1970: Almost 56 hours into a mission to the moon, Apollo 13 commander Jim Lovell reports to ground control, “Houston, we’ve had a problem.” Days later, after a gripping rescue mission, millions around the world watched the spacecraft splash down safely in the Pacific Ocean.

1994: South Africa holds its first multiracial elections, with Nelson Mandela earning 62% of the popular vote to become the country’s first Black president.

2010: Apple debuts its tablet computer, the iPad. Consumers purchased 300,000 units on the first day.

2021: A rare copy of “Action Comics #1,” featuring the debut of Superman, sells for a record-breaking \$3.25 million.