



IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

July 2023

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 Drive

(plus Apartment #), Phoenix, AZ 85029

Alex Periut, HUD Apartment Manager

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

Susan O'Connell, Dir. Subsidized Housing:

Phoenix and Cottonwood

(602) 443-5449 - M-I Office

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

Oasis: HAIR: (602) 443-5463 (Nancy)

NAILS: (623) 332-1367 (Frida)

Fellowship Square: (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



An Official Fourth

With the adoption of the Declaration of Independence, America's identity as a free nation famously began on July 4, 1776. But Independence Day didn't actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.

Popcorn Pick: 'National Treasure'

Although not historically accurate, this 2004 movie is an exciting pick for a Fourth of July watch. One of the treasures of America, the Declaration of Independence is a big-ticket item in this blockbuster starring Nicolas Cage. Cryptographer Ben has a family secret concerning a hidden treasure; clues to the prize are scattered all around the country, but when the next one is hidden on the Declaration of Independence—which is housed in the National Archives—things get a whole lot more interesting.



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



Uncommon Competitions

Most of us are aware of sports like football, baseball or basketball. But what about these unusual contests?

Extreme ironing. Have you ever wanted to iron your clothes while parachuting? How about while underwater or in a canoe? Invented in 1997 in Leicester, England, the idea of this sport is to iron clothes in remote locations or during extreme activities.

Cherry pit spitting. The Teichman family hosted the first cherry pit spitting competition in 1974 on their Michigan farm, Tree-Mendus Fruit Farm. Just as the contest sounds, the goal is to spit cherry pits as far as possible. Brian Krause, who spit a cherry seed 93 feet and 6.5 inches in 2004, holds the world record.

Air guitar playing. Who hasn't strummed a couple chords on an imaginary guitar? These artists take it to the next level by attending competitions around the U.S. The winner gets a free trip to Finland to represent Team USA in the finals. One year, the champion received a guitar amp from Brian May, the lead guitarist of Queen.

Kindness Rocks

The earliest known rock painting is a 64,000-year-old cave painting in Spain. In modern day, we have a similar artistic trend: kindness rocks. Drop a Rock Day is July 3, and it is dedicated to painting, hiding and finding rocks with an uplifting message or symbol. The purpose is to bring hope, show kindness and have fun.

Painting. To begin, choose a small, smooth stone. Wash away any dirt and let it dry; then, it's time to paint. Some people draw designs, including flowers or suns, and others write words, like "be kind" or "you rock." Acrylic paint is ideal for this project because it dries quickly. Once dry, seal the rock with a nontoxic spray sealant. This is your kindness rock!

Hiding. The key is to place your rock in a public area so someone can find it, but not in a spot that will cause harm to people, animals or the environment. Go for a park or playground or near a bench or fountain. Certain sites, like national parks, have a "leave no trace" policy, so you don't want to leave kindness rocks there.

Finding. You can actively search for kindness rocks or simply let yourself stumble upon one—not literally, of course! Once you see one, let its positivity inspire you before re-hiding it. Or you can bring the rock home if the message really touches you.

Kindness rocks prove that kindness really does rock.





Word Search

Category: Major League Baseball Teams

A	D	T	I	G	E	R	S	P	G	D	M
S	W	C	U	B	S	N	I	K	H	O	M
T	S	H	D	D	S	R	S	P	R	D	D
R	T	G	I	Y	A	N	K	O	E	G	R
O	N	H	A	T	I	K	C	S	D	E	O
S	A	R	E	L	E	K	M	T	S	R	Y
E	I	S	R	D	I	S	B	E	O	S	A
L	G	A	K	E	C	C	O	M	X	N	L
O	M	D	S	R	E	D	S	X	G	G	S
I	D	G	C	P	A	D	R	E	S	V	D
R	A	N	G	E	R	S	L	G	G	C	C
O	B	R	A	V	E	S	N	I	W	T	E

Word Search Solutions:

- Angels
- Astros
- Braves
- Cubs
- Dodgers
- Giants
- Marlins
- Mets
- Orioles
- Padres
- Pirates
- Rangers
- Rays
- Reds
- Red Sox
- Rockies
- Royals
- Tigers
- Twins
- White Sox

Wit & Wisdom

"Life's a party.
Invite yourself."
—Gary Johnson

"Never be the first to
arrive at a party or the
last to go home, and
never, ever be both."
—David Brown

"It's not about
going to a party.
It's life as a party."
—Diane von
Furstenberg

"How little sleep one
got at a slumber party
is a matter of great
pride and an index
of the success of
the party."
—Elizabeth
Radin Simons

"Life is short, wear
your party pants."
—Loretta LaRoche

"Good parties
create a temporary
youthfulness."
—Mason Cooley

"I am thankful for
the mess to clean
after a party because
it means I have
been surrounded
by friends."
—Nancie J. Carmody

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)
- GoGo Grandparent
1 (855) 913-1110
Need to create Account

JULY BABIES!

- Manor 1:
Lappert, Susan - 119 - 07/01
Oshmanovic, Mina
Cooper, Kevin - 207 - 07/09
Hutson, Eva - 408 - 07/11
Elliott, Jeanne - 211 - 07/25
Hodges, Margaret - 417 - 07/25
Loe, Julane - 219 - 07/25
Pearce, Dennis - 109 - 07/25
- Manor 3:
Woolford, Betty - 111 - 07/06
Metler, Margaret - 302 - 07/14
Miller, John - 207 - 07/15
Guthrie, Diane - 407

TAKE IT SLOW &
ENJOY YOUR DAY!



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>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>2 (FS) - Stands for Fellowship Square (AR) - Stands for Activity Room - 2nd Floor</p>	<p>3 1:00PM - Super Walmart Trip 19th Ave & Bell Road 2:00PM-3:30PM - GriefShare 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>4 Independence Day 11:00AM-11:30AM Sr Fit Stretch With Mark - For M1 & M3 M1 - 3rd Floor Activity Room</p>
<p>9 For ALL Activities Regarding Fellowship Square - Please Refer to the FS Calendar OR Contact Director of Activities, Faith, @ (602) 443-5421</p>	<p>10 2:00pm-3:30pm - GriefShare 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>11 11:00AM-11:30AM Sr Fit Stretch With Mark - For M1 & M3 M1 - 3rd Floor Activity Room</p>
<p>16</p>	<p>17 1:00PM - Super Walmart Trip 19th Ave & Bell Road 2:00PM-3:30PM - GriefShare 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>18 11:00AM-11:30AM Sr Fit Stretch With Mark - For M1 & M3 M1 - 3rd Floor Activity Room</p>
<p>23/30</p>	<p>24/31 2:00pm-3:30pm - GriefShare 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>25 11:00AM-11:30AM Sr Fit Stretch With Mark - For M1 & M3 M1 - 3rd Floor Activity Room</p>

Wednesday	Thursday	Friday	Saturday
		<h1>July</h1>	1
<p style="text-align: right;">5</p> <p>8:30AM Fry's Trip - 10% OFF 43rd & Cactus 3:00PM-5:30PM (WOW) - Women of the Word M1 3rd Floor Sign Up With Carla @ 602-281-5483 6:00PM BUNCO - CV 2nd Floor Activity Room</p>	<p style="text-align: right;">6</p> <p>2:00PM Sr Fit Stretch With Mark - M3 - 1st Floor - Activity Room</p>	<p style="text-align: right;">7</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 Bible Study With Marvin Radtke - 2:30pm-3:30pm - M3 3rd Floor Conference Room</p>	8
<p style="text-align: right;">12</p> <p>8:30AM Fry's Trip 14 43rd & Cactus - Service Coordinator Lunch Special: CULVER'S - 10225 N 28th Dr, 11AM - Sign Up With Ricky 602-443-5446. 3:00PM-5:30PM (WOW) - Women of the Word M1 3rd Floor Sign Up With Carla @ 602-281-5483</p>	<p style="text-align: right;">13</p> <p>2:00PM Sr Fit Stretch With Mark - M3 - 1st Floor - Activity Room</p>	<p style="text-align: right;">14</p> <p>10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board 1:30PM - Dollar Tree, Ross & Fry's Trip - 3415 W Thunderbird Rd Bible Study With Marvin Radtke - 2:30pm-3:30pm - M3 3rd Floor Conference Room</p>	15
<p style="text-align: right;">19</p> <p>8:30AM Fry's Trip - 43rd & Cactus 3:00PM-5:30PM (WOW) - Women of the Word M1 3rd Floor Sign Up With Carla @ 602-281-5483 6:00PM BUNCO - CV 2nd Floor Activity Room</p>	<p style="text-align: right;">20</p> <p>2:00PM Sr Fit Stretch With Mark - M3 - 1st Floor - Activity Room</p>	<p style="text-align: right;">21</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 Bible Study With Marvin Radtke - 2:30pm-3:30pm - M3 3rd Floor Conference Room</p>	22
<p style="text-align: right;">26</p> <p>8:30AM Fry's Trip - 43rd & Cactus 3:00PM-5:30PM (WOW) - Women of the Word M1 3rd Floor Sign Up With Carla @ 602-281-5483 6:00PM BUNCO - CV 2nd Floor Activity Room</p>	<p style="text-align: right;">27</p> <p>2:00PM Sr Fit Stretch With Mark - M3 - 1st Floor - Activity Room</p>	<p style="text-align: right;">28</p> <p>10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board 1:30PM - 99 Cent Only Store, 2315 E Bell Road Bible Study With Marvin Radtke - 2:30pm-3:30pm - M3 3rd Floor Conference Room</p>	29

Manor-isms:



Alex Periot,
HUD Office Manager
&
Kim Cecena,
HUD Adm Assistant

Manager's Office Hours:

Mon.- Fri.: 8 - 5:15
(Sat.: By
Appointment)

AAA Ultimate Medical Equipment

Fixes Scooters &
Wheelchairs:
602-978-4100

AZ MediQuip, Inc. Scooter Repair

Fernando Celaya
Business
Development
Manager
480-955-4721

SAFETY TIP OF THE MONTH!

Be aware of your surroundings! Don't miss what is happening around you by looking down at your cell phone. Look for hazards and watch your step.



A Swing Through the Open

The Open Championship, sometimes known as the British Open, is the oldest golf tournament in the world. Originating in 1860, it is the final event of the majors—the most respected tournaments in men's golf—which also include the Masters Tournament, PGA Championship and the U.S. Open.

At its inception, the Open was hosted at Prestwick Golf Club in Scotland. In 1873, the tournament began to rotate locations. Currently, there are 10 total courses in rotation: five in Scotland, four in England and one in Northern Ireland. All locations are coastal links golf courses, meaning they are built on sandy coastland with lots of green, deep bunkers and no

trees. Playing conditions are often windy, rainy and cold.

The Old Course at St. Andrews in Scotland is the oldest golf course in the world, founded in 1552.

Winning the Open there is a high point in any golfer's career.

The Open's victor receives the Golf Champion Trophy, aka the Claret Jug, along with the title "The Champion Golfer of the Year." The trophy and title are passed on at the next tournament, but winners get to keep their cash prize of nearly \$2 million, as well as a gold medal.

The tournament's oldest and youngest winners are a father and son from the 19th century: Old Tom Morris, who won at 46, and Young Tom Morris, who won at 17.

The reigning champ is Cameron Smith, who won in 2022 with a score of 268. The 2023 championship is set for July 16–23 at Royal Liverpool Golf Club in England.

Proverbs 3:5 KJV

[5] Trust in the Lord with all thine heart; and lean not unto thine own understanding

Philippians 4:13 KJV

[13] I can do all things through Christ which strengtheneth me.

John 14:3 KJV

[3] And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.

Psalms 113:3 KJV

[3] From the rising of the sun unto the going down of the same the Lord's name is to be praised.



Unique Shark Central

Shark Week is a famous event in July that grabs the attention of people all around the world. It began in July 1988 on the Discovery Channel as a way to correct misconceptions of sharks and aid in conservation efforts. In honor of the fascinating fish that live in our oceans, let's learn a bit about some of the coolest sharks.

Whale shark. As long as a school bus, the whale shark is the largest fish in the world. The patterns on the back of these filter feeders are unique, like fingerprints.

Goblin shark. Dubbed "living fossils," they are the only member of their 125-million-year-old family still surviving today.

Dwarf lantern shark. So small they fit in a human hand, these rare sharks have glowing bellies that blend in with the bouncing sunlight in the ocean.

Greenland shark. With a 400-year lifespan, the longest-living vertebrate produces a natural antifreeze that protects it from freezing ocean waters—as low as 28 degrees Fahrenheit.

Ornate wobbegong. Patterned like coral reefs, this carpet shark camouflages itself to ambush its prey from the seafloor.

Cookiecutter shark. This tiny fish gets its name from the round shape of its bite mark. When they shed their teeth, they swallow and digest them to strengthen their skeleton.

Disco Fever

Hey, "Hot Stuff"! Put on your "Boogie Shoes," hop aboard the "Love Train" and take a ride to "Funky Town" as we remember the days of disco.

Disco dominated the 1970s, but the name actually dates back to 1940s discotheques, which were French nightclubs that featured recorded music rather than live performers. The musical style, influenced by both African American and Latino cultures, emerged in the '60s. This upbeat genre of song and dance found a home at underground clubs, where DJs carefully selected records to get partygoers into the groove.

Encouraging people of all backgrounds to come together and dance, disco clubs envisioned a bright future—literally. An illuminated dance floor that flashed to the song's beat and a spinning mirror ball added to the feel-good energy of a typical disco hall. Dancers could freestyle or learn popular moves like "The Hustle" while dressed in disco fashions such as bell bottoms, bold polyester shirts and platform shoes.

Led by the Queen of Disco, Donna Summer, the genre also included stars Gloria Gaynor; KC and the Sunshine Band; Chic; the Village People; Earth, Wind & Fire; and the Bee Gees—whose soundtrack for the 1977 film "Saturday Night Fever" helped bring disco to the masses.

By the end of the '70s, the U.S. was home to over 15,000 disco clubs. To this day, disco's influence can be seen in electronic dance music, hip-hop, modern pop and more.

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

Mondays:

8:00AM–3:00PM

Wednesdays:

8:00AM–3:00PM

Fridays: By

Appointment Only

(ALL By appointment only)

602-443-5479

**Tuesdays: Manor 1
3rd floor Activity Rm:**

11:00AM–11:30AM

**Thursdays: Manor 3
1st floor Activity Rm:**

2:00PM–2:30PM

SR FIT Stretch

An instructor-led, chair-based, gentle stretch class to help

with flexibility & posture. Exercise &

relax along with

vibrant music!

July 2023

Pick a Flavor!

NATIONAL ICE CREAM DAY

Third Sunday in July



“This Month In History”

JULY

1906: Leroy Robert “Satchel” Paige is born. With a baseball career lasting five decades, he was the first African American pitcher to play in the American League.

1916: The Boeing Company is founded. Currently the world’s largest aerospace company, it was ranked 54th on the Fortune 500 list in 2020, 104 years after its formation.

1940: Billboard’s first song sales chart is published on July 27. The music magazine’s charts, which rank songs

based on physical sales, digital downloads and radio airplay, remain the industry standard today.

1960: Come and get the new drawing toy: the Etch A Sketch! One of the best-known toys of the century, kids could snatch one of these up in 1960 for \$2.99—equal to \$30 in 2023.

1980: Willie Jones of Atlanta is brought to the hospital with heatstroke and a fever of 115° F. He survived and gained the honor of highest recorded body temperature. The moral of the story? Always keep cool on hot summer days.

2007: The New 7 Wonders of the World are announced! The list includes the Taj Mahal, Machu Picchu and the Colosseum, among others.

2016: The mobile game Pokémon Go hits the app store. Combining digital gameplay with physical activity—to move around in the world of the game, the player has to walk around in real life—the engaging app was an instant hit, with over 500 million downloads by year’s end.