



# 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/](http://www.christiancare.org/campus/az/phoenix/)  
 ~ VOLUME 21, NO. 8 ~

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**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

## August 2023



### A Peek at a Popular Plant

Recognized by its rubbery, round leaves, *Pilea peperomioides* is one of today's trendiest houseplants. As a nod to the flat leafy circles, common names for the species include Chinese money plant, pancake plant and UFO plant. A healthy *Pilea* will happily sprout many babies that are easy to divide and give away to loved ones, inspiring another nickname: the friendship plant.

### Juggling for Mind and Body

We're not clowning around—juggling is a mental and physical workout that anyone can do! The focus involved in keeping objects in the air boosts brainpower, improves hand-eye coordination and relieves stress. Tossing, catching and picking up dropped props works muscles in the arms, shoulders, back and legs. Juggling even counts as cardio, burning around 280 calories per hour, similar to walking.

## 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

### TEAM SELECT

Dr. Kathi Lacourt  
602-715-2568



### Hummus Deviled Eggs

Enjoy this fresh take on a classic appetizer.

#### Ingredients:

- 6 hard-boiled eggs, peeled
- 1/4 cup hummus
- 1/4 cup shredded cheddar cheese
- 3 tablespoons cooked and crumbled bacon, divided
- 1 teaspoon yellow mustard
- 1 teaspoon salt
- Smoked paprika, for garnish
- Parsley, for garnish

#### Directions:

Cut hard-boiled eggs in half lengthwise. Remove yolks and place in a medium bowl. With a fork, mash yolks into a fine crumble.

Add hummus, cheddar cheese, 2 tablespoons bacon, mustard and salt to the yolks; mix well.

Use a spoon or piping bag to evenly disperse the yolk mixture into halved egg whites. Sprinkle with remaining 1 tablespoon bacon, paprika and parsley.

Serve chilled.

For more recipes, visit [FreshCravings.com](http://FreshCravings.com).

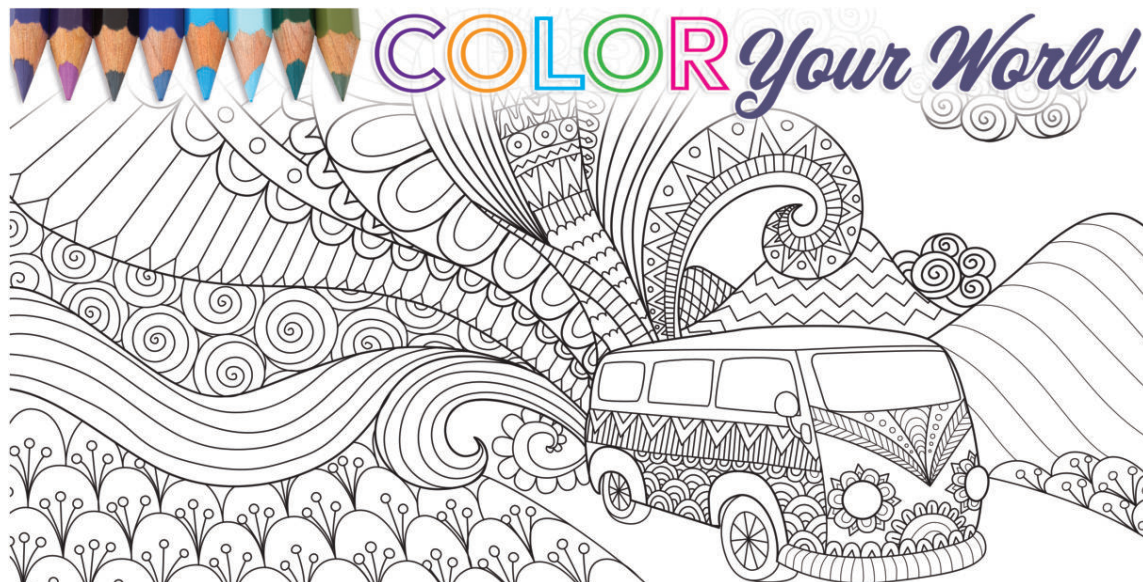
### MLK's Momentous Words

This month marks the 60th anniversary of the March on Washington for Jobs and Freedom, which occurred on Aug. 28, 1963. Labor activist A. Philip Randolph and NAACP leader Roy Wilkins originally organized the event, but it soon became a collaboration with major civil rights groups and icons of the time, including Martin Luther King Jr.

The march's goal was to bring awareness to the inequalities that the African American community still faced, even 100 years after President Abraham Lincoln signed the Emancipation Proclamation—granting freedom to over 3.5 million enslaved people. The crowd goal for the march from the Washington Monument to the Lincoln Memorial was 100,000, but the event drew double that, with an estimated 250,000 supporters in attendance.

Many people spoke or sang tributes, but the most memorable was King's "I Have a Dream" speech. Originally meant to be only four minutes and titled "Normalcy, Never Again," the speech turned into a 16-minute impassioned oration. King partially improvised the most famous portion of his speech when prompted by singer Mahalia Jackson, who said "Tell 'em about the dream, Martin, tell 'em about the dream!"





## Wit & Wisdom

"My connection to the Earth is reinforced through the rhythm of the waves."  
—Mike Dolan

"Life is a series of waves to be embraced and overcome."  
—Danny Meyer

"Meditation is like going to the bottom of the sea, where everything is calm and tranquil. On the surface there may be a multitude of waves, but the sea is not affected below."  
—Sri Chinmoy

"The boisterous sea of liberty is never without a wave."  
—Thomas Jefferson

"Beauty sleeps on the calm dreamy bosom of the ocean, or lives in the dance of its wild waves."  
—Thomas Clark Henley

"The winds and the waves are always on the side of the ablest navigators."  
—Edward Gibbon

## 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)

## AUGUST BABIES!

### Manor 1:

Mercado, Maria - 306

Knittig, Mary - 08/04

Becker, Catherine - 411 - 08/12

### Manor 3:

Voigt, Linda - 110 - 08/02

Sisler, Betty - 402 - 08/10

Casto, Jenny - 208 - 08/12

Haas, Joan - 08/17

Lebrun, Paul - 107 - 08/27

Dodds, Ricky - 08/17



**Evony of America**  
**(National Mobility)**  
(888) 375-5558

## 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

## Did You Know?

In the U.K., a zucchini is called a courgette.

Sunday	Monday	Tuesday
<p><b>TRANSPORTATION</b></p> <p><b>Fellowship Bus Drivers &amp; Info:</b> <b>Tony Lopez, Supervisor</b> <b>(602) 531-6902</b></p> <p><b>DRIVERS:</b></p> <ul style="list-style-type: none"> <li>- Abe - (480) 204-2206</li> <li>- Damion - (602) 448-8094</li> <li>- Jeffrey - (602) 768-4967</li> <li>- Rhonda - 480-340-5251</li> </ul>	<h1>August</h1>	1
6	7	8
<p><b>(FS)</b> - Stands for Fellowship Square <b>(AR)</b> - Stands for Activity Room - 2nd Floor</p>	<p><b>1:00PM - Super Walmart Trip</b> 19th Ave &amp; Bell Road <b>2:00PM-3:30PM - GriefShare Group</b> - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud &amp; Kathy Downs at (602) 561-4752. Cost Is Free</p>	
13	14	15
<p>For ALL Activities Regarding Fellowship Square - Please Refer to the FS Calendar OR Contact Director of Activities, <b>Faith, @ (602) 443-5421</b></p>	<p><b>2:00pm-3:30pm - GriefShare Group</b> - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud &amp; Kathy Downs at (602) 561-4752. Cost Is Free</p>	
20	21	22
	<p><b>1:00PM - Super Walmart Trip</b> 19th Ave &amp; Bell Road <b>2:00PM-3:30PM - GriefShare Group</b> - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud &amp; Kathy Downs at (602) 561-4752. Cost Is Free</p>	
27	28	29
	<p><b>2:00pm-3:30pm - GriefShare Group</b> - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud &amp; Kathy Downs at (602) 561-4752. Cost Is Free</p>	

Wednesday	Thursday	Friday	Saturday
2 <b>8:30AM Fry's Trip - 10% OFF</b> 43rd & Cactus <b>3:00PM-5:30PM</b> <b>(WOW) - Women of the Word</b> M1 3rd Floor Sign Up With Carla @ 602-281-5483 6:00PM BUNCO - CV 2nd Floor Activity Room	3	4 <b>9:00AM - Post Office Trip</b> Sign-Up & Pickup Location Is at Center View 2nd Floor 602-424-9443 <b>1:30PM - Sprouts &amp; Walgreens</b> <b>Trip - 19th Ave and Northern</b> <b>Bible Study With Marvin</b> <b>Radtke - 2:30pm-3:30pm - M3</b> 3rd Floor Conference Room	5
9 <b>8:30AM Fry's Trip</b> 43rd & Cactus - Service Coordinator Lunch <b>Special: Little Miss BBQ</b> <b>8901 N 7th St, Phoenix</b> <b>11AM - Sign Up With Ricky</b> 602-443-5446. <b>3:00PM-5:30PM</b> <b>(WOW) - Women of the Word</b> M1 3rd Floor Sign Up With Carla @ 602-281-5483	10	11 <b>10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of</b> <b>A - Check Bulletin Board</b> <b>1:30PM - Dollar Tree, Ross</b> <b>Trip - 3415 W</b> Thunderbird Rd <b>Bible Study With Marvin</b> <b>Radtke - 2:30pm-3:30pm - M3</b> 3rd Floor Conference Room	12
16 <b>8:30AM Fry's Trip -</b> 43rd & Cactus <b>3:00PM-5:30PM</b> <b>(WOW) - Women of the Word</b> M1 3rd Floor Sign Up With Carla @ 602-281-5483 <b>6:00PM BUNCO - CV 2nd</b> Floor Activity Room	17	18 <b>9:00AM - Post Office Trip</b> Sign-Up & Pickup Location Is at Center View 2nd Floor 602-424-9443 <b>1:30PM - Sprouts &amp; Walgreens</b> <b>Trip - 19th Ave and Northern</b> <b>Bible Study With Marvin</b> <b>Radtke - 2:30pm-3:30pm - M3</b> 3rd Floor Conference Room	19
23 <b>8:30AM Fry's Trip -</b> 43rd & Cactus <b>3:00PM-5:30PM</b> <b>(WOW) - Women of the Word</b> M1 3rd Floor Sign Up With Carla @ 602-281-5483 <b>6:00PM BUNCO - CV 2nd</b> Floor Activity Room	24	25 <b>10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of</b> <b>A - Check Bulletin Board</b> <b>1:30PM - Dollar Tree, Ross</b> <b>Trip - 3415 W</b> Thunderbird Rd <b>Bible Study With Marvin</b> <b>Radtke - 2:30pm-3:30pm - M3</b> 3rd Floor Conference Room	26
30 <b>8:30AM Fry's Trip -</b> 43rd & Cactus <b>3:00PM-5:30PM</b> <b>(WOW) - Women of the Word</b> M1 3rd Floor Sign Up With Carla @ 602-281-5483 <b>6:00PM BUNCO - CV 2nd</b> Floor Activity Room	31		



## 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**

Report hazards! If  
you see a potential  
safety hazard report it  
on the work order line  
- 602-424-9432.

### **Brainteaser**

Question: This type  
of bird must have 16  
feathers to be legal.  
What kind of bird  
is it?

Answer: A  
badminton  
shuttlecock.



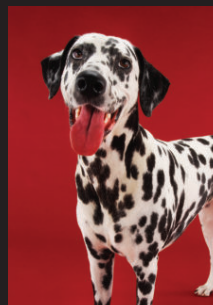
### **Flamboyant Flamingo Facts**

Although many birds boast pink plumage, you are most likely to think of a flamingo first. These recognizable, long-legged birds live throughout the world, including the Caribbean, South America, Africa and Europe. Fly through the following fun facts to learn more about these intriguing animals.

- The word "flamingo" comes from the early Spanish word *flamenco*, meaning "flame-colored."
- Have you ever heard "you are what you eat"? That saying holds true for flamingos; they get their pink and red color from the algae and shrimp they ingest.

- The flamingo is the national bird of the Bahamas.
- Bright pink plastic flamingos are popular lawn ornaments in America. The first one, named Diego, was designed in 1957 by Don Featherstone.
- A flock, called a flamboyance, can be full of thousands of social flamingos.
- Both flamingo parents can feed their young with a milky substance produced in their throats called crop milk.
- The "knee" that seems to be bending backwards is really their ankle! The animal's actual knee is higher up and not visible through their feathers.
- A flamingo can fly up to 35 mph.
- The reason for the flamingo's one-legged stance isn't completely known. One theory is that standing on one leg reduces the energy and muscle strength the bird must use.

## Whether you wag, shake or roll over



celebrate man's best friend on

# National Dog Day!

🐾 AUG. 26 🐾

## At the Movies With Elvis

The King of Rock and Roll wasn't only a singer: The well-rounded performer also starred in 31 films. Grab your favorite movie snack and settle in for an Elvis movie marathon with these favorite flicks:

*"Love Me Tender."* In his first film, released in 1956, Presley plays Clint Reno, the brother of a Confederate soldier who participated in a train robbery. What happens when the federal government comes looking for the stolen loot?

*"King Creole."* This black-and-white movie is largely considered Presley's best. The 1958 musical crime-drama stars other famous names, such as Walter Matthau and Carolyn Jones. Nightclub singer Danny Fisher (Presley) just wants to earn a living to help his father and sister, but trouble arises when he gets involved in New Orleans' organized crime circuit.

*"Jailhouse Rock."* In this 1957 movie, Presley plays ex-con Vincent Everett, who—just like the King—finds fame as a pop star but soon sees that the record business isn't as he expected. The dance sequence set to the title song is one of Elvis' ultimate on-screen moments.

*"Viva Las Vegas."* An easy, enjoyable watch, this 1964 musical comedy follows Lucky Jackson (Presley), a race car driver who strikes up a romance with a swim instructor (Ann-Margret) at the hotel where he's working to earn extra cash to fix his car.

Not enough Elvis? Other top picks include *"Loving You," "Flaming Star," "Blue Hawaii," "Wild in the Country"* and *"The Trouble With Girls."*

## Yahtzee!

### A Delightful Dice Game

A roll of the dice—five, to be exact—can turn up lots of combinations ... and a high score. In Yahtzee, that's the goal! Players have 13 rounds to rack up the points by rolling combinations in a certain category, such as Three of a Kind, Full House and the elusive Yahtzee, where all five dice are the same.

It's said that Yahtzee was invented in 1954 by a Canadian couple, who called their creation "The Yacht Game." They'd play with friends while hosting gatherings on their yacht, and the pastime proved so popular that everyone wanted a copy for themselves. In 1956, the couple went to game maker Edwin S. Lowe, who had popularized Bingo in the U.S., to place an order. In exchange for 1,000 game sets, Lowe bought the rights to the Yacht Game.

Lowe first used the name "Yahtzee" on April 3, 1956, and obtained a patented trademark on April 19. The game struggled to sell until he started hosting Yahtzee parties, which allowed the nuanced game to be enjoyed and understood in action. Now, decades later, 50 million copies of Yahtzee are sold each year.



## 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

CLOSED UNTIL

FURTHER NOTICE!

### **Dogs in the Movies**

Go fetch some "pupcorn" and enjoy one of these flicks starring man's best friend:

- "Benji"
- "Beethoven"
- "Homeward Bound"
- "Best in Show"
- "Marley & Me"



# August 2023



## “This Month In History” AUGUST

**1901:** Louis Armstrong is born. His rich, gravelly voice and jazzy trumpet-playing made him one of the most influential figures in his genre and generation.

**1911:** The “Mona Lisa” is stolen from the Louvre! All Vincenzo Peruggia had to do to steal the Leonardo da Vinci painting was hide out in a closet and wait for the museum to close. The famous artwork was recovered two years later.

**1936:** The Berlin Olympics open with 3,963 athletes. The “hero of the games,” African American Jesse Owens won four gold medals in track and field.

**1944:** The Forest Service authorizes Smokey Bear as the new face of fire prevention.

**1955:** A trusty source for wonderful, wacky and wild achievements, “The Guinness Book of Records” is published for the first time.

**1965:** “I Got You Babe” by Sonny & Cher hits No. 1. The duo’s signature song would stay there for three weeks.

**1978:** Ben Abruzzo, Maxie Anderson and Larry Newman complete the first successful transatlantic balloon trip! Piloting the helium balloon Double Eagle II, it took them 137 hours to fly from Maine to Miserey, France, just northwest of Paris.

**1981:** MTV shows its first music video, “Video Killed the Radio Star” by the Buggles.

**2006:** Pluto is demoted. The International Astronomical Union voted to change Pluto’s official label from ninth planet from the sun to dwarf planet.