



# IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

July 2024

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 Avenue  
(plus, Apartment #), Phoenix, AZ 85029

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Susan O'Connell, Director of Operations

(480) 385-0065 (Hour 9-5)

Alex Periut, HUD Apartment Manager:

(602) 443-5449 (Hours 9-5) ~ M-I Office

Ginger Venable, HUD Asst Apartment Mgr:

(602) 861-3970 (Hours: 9-5) ~ M-I Office

Kim Cecena, Manors' Service Coordinator:

(480) 385-0058 (Hours 9-5) ~ M-1 Office

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



### Wonderful Watermelon

Nothing says summer like a juicy slice of watermelon. Not only is this refreshing fruit a great way to stay hydrated on hot days, but it also contains a type of amino acid that can provide relief to sore muscles.

### Reading Challenge: Sand, Surf and Storytime

Celebrate summer with a "beach read" challenge! Check out bestselling beach reads from the last few years, and aim to finish five new-to-you titles. Or take a more creative approach by finding books with "beach" in the title or that take place near an ocean.

### Avoid Delays at the Doctor

The average wait time to see a doctor is 18 minutes. To help avoid this delay, doctors advise asking for the first or second appointment of the day. These are prime slots because office schedules aren't yet backed up due to emergencies and late patients.

## 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 -  
(1-833-224-5538)

### 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

### Curana Health

602-613-5917  
Secondary PCP



### Red, White and Blue Rosette

#### Materials:

- Scissors
- Blue and red paper
- Double-sided tape
- Newspaper
- String

#### Directions:

Cut a piece of blue paper to 12 inches by 5 inches. From the short end, fold accordion-style along the length of the paper, making each fold about 1/2 inch. Fold the finished stack in half.

With one hand pinching the folded end, tape the other two ends together and fan out that side of the circle. Carefully fan out the other side and tape those sides together. Place a small piece of tape between the two middle folds so they stay together. You now have a rosette!

From the newspaper, cut a circle a size smaller than the rosette, and then another, smaller circle out of red paper. Tape the red circle on top of the newspaper circle, then tape that circle to the middle of your rosette. Tape a string to the back and hang with pride!

### Stay Healthy by Staying Connected

Research shows that having strong social connections can boost your health. Staying active within your community has been proven to strengthen the immune system, speed recovery from illness, and reduce anxiety and depression.

There are many ways to maintain beneficial social networks, such as staying in touch with former classmates and co-workers, taking part in family traditions and making new memories with friends.

Smiling at another person is one of the simplest ways to connect with them. Initiate conversations. Ask people about their lives, families and hobbies, and actively listen to what they have to say. Giving your full attention to the person you're with enhances the connection, and showing sincere interest in others' lives helps build relationships.

Create a list of friends and family members you want to stay in touch with and make a commitment to call, write, email or get together with those people on a regular basis. Social media and video calls can help you connect with those who live far away.

Expand your social circle by participating in activities in your community, such as book clubs, classes, parties and game nights. Looking forward to special events will boost your spirits, too.



**Wit & Wisdom**

“The best way to victory is to play well.”  
—Quique Setién

“Victory is won not in miles but in inches. Win a little now, hold your ground, and later, win a little more.”  
—Louis L’Amour

“There’s no reward without work, no victory without effort, no battle won without risk.”  
—Nora Roberts

“Even the smallest victory is never to be taken for granted. Each victory must be applauded.”  
—Audre Lorde

“I think the mental victory is worth it as much as a gold medal.”  
—Cameron van der Burgh

“There is a kind of victory in good work, no matter how humble.”  
—Jack Kemp

**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)

**JULY BABIES!**

- Manor 1:  
 Susan Lappert - 119 - 07/01  
 Mina Oshmanovic - 423 - 07/02  
 Kevin Cooper - 207 - 07/09  
 Eva Hutson - 408 - 07/11  
 Wanda Moten - 409 - 07/15  
 Peg Hodges - 417 - 07/25  
 Julane Loe  
 Dennis Pearce - 109 - 07/25  
 Pat Ceaser - 316

- Manor 3:  
 Betty Woolford - 111 - 07/06  
 Margaret Metler - 112 - 07/14  
 John (Roger) Miller - 207 - 07/15  
 Pamela Ulery - 07/31



**Enjoy Your Own Scoop**  
“Don’t let your ice cream melt while you’re counting somebody else’s sprinkles.” —Akilah Hughes



| Wednesday                                                                                                                                                                            | Thursday                                                                                                                                             | Friday                                                                                                                                                                                   | Saturday                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| <p>3</p>                                                                                                                                                                             | <p>Independence Day! 4</p> <p>Happy 4th of July!</p>                                                                                                 | <p>5</p> <p>9:00AM - Post Office Trip Sign-Up &amp; Pickup Location Is at Center View 2nd Floor (602) 424-9443</p> <p>1:30PM - Sprouts &amp; Walgreens Trip - 19th Ave and Northern</p>  | <p>6</p>                                   |
| <p>10</p> <p>8:30AM Fry's Trip - 10% OFF 43rd &amp; Cactus 3:00PM-5:00PM</p> <p>6:00PM BUNCO - CV 2nd Floor Activity Room</p>                                                        | <p>11</p> <p>Chair Exercise With Savannah M3 2-2:30 1st Floor AR</p> <p>Wellness Program M1 @1:pm 3rd FI Activity Rm M3 @2:pm 1St FI Activity Rm</p> | <p>12</p> <p>10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board</p> <p>1:30PM - Dollar Tree, Bell Rd</p>                                                 | <p>13</p>                                  |
| <p>17</p> <p>8:30AM Fry's Trip 43rd &amp; Cactus</p> <p>- Service Coordinator Lunch Chiles 10220 N 28th Dr, Phoenix, AZ 85051. 11AM - Sign Up With Kim in Manor 1 (480) 385-0058</p> | <p>18</p> <p>Chair Exercise With Savannah M3 2-2:30 1st Floor AR</p> <p>Wellness Program M1 @1:pm 3rd FI Activity Rm M3 @2:pm 1St FI Activity Rm</p> | <p>19</p> <p>9:00AM - Post Office Trip Sign-Up &amp; Pickup Location Is at Center View 2nd Floor (602) 424-9443</p> <p>1:30PM - Sprouts &amp; Walgreens Trip - 19th Ave and Northern</p> | <p>20</p>                                  |
| <p>24</p> <p>8:30AM Fry's Trip - 43rd &amp; Cactus</p> <p>3:00PM-5:00PM 6:00PM BUNCO - CV 2nd Floor Activity Room</p>                                                                | <p>25</p> <p>Chair Exercise With Savannah M3 2-2:30 1st Floor AR</p> <p>Wellness Program M1 @1:pm 3rd FI Activity Rm M3 @2:pm 1St FI Activity Rm</p> | <p>26</p> <p>10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board</p> <p>1:30PM - Dollar Tree, Bell Rd</p>                                                 | <p>27</p>                                  |
| <p>31</p> <p>8:30AM Fry's Trip - 43rd &amp; Cactus</p> <p>3:00PM-5:00PM 6:00PM BUNCO - CV 2nd Floor Activity Room</p>                                                                | <p><b>JULY</b></p>                                                                                                                                   | <p>FS) - Stands for Fellowship Square<br/>                 (AR) - Stands for Activity Room - 2nd Floor</p>                                                                               | <p>Terros Crisis Line 1 1-800-631-1314</p> |

## Manor-isms:



**Manor's Office #**  
**602-861-3970**

**Alex Perlut**  
**EXT 5449**

**HUD Office Manager**

**Ginger Venable**  
**EXT 3970**

**Apartment Asst**  
**Manager**

**Kim Cecena**  
**EXT 9981**

**Service Coordinator**

**Manager's Office**  
**Hours:**

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

### **Safety Tip** **of the Month**

**Protect your skin!**

**Wear suns screen,**  
**protective clothing,**  
**hats, and sunglasses.**  
**Don't forget to lots**  
**of drink water. Skin**  
**cancer is the most**  
**common cancer in**  
**the U.S A. Stay**  
**Hydrated!**

### **Here's the Scoop**

**National Ice Cream**  
**Day is July 21, and**  
**businesses often**  
**churn out freebies and**  
**specials to celebrate.**



### **First Steps on the Moon**

On July 20, 1969, half a billion people around the globe watched one of the most significant events of the 20th century: Man walked on the moon.

NASA's Apollo space program was the answer to President John F. Kennedy's 1961 proposal that the U.S. aspire to land a man on the moon by the end of the decade. Scientists and engineers dedicated years of work to make that dream a reality.

With astronauts Neil Armstrong, Buzz Aldrin and Michael Collins aboard, Apollo 11 launched July 16, 1969, from Florida's Kennedy Space Center. Four days later, the lunar module Eagle, with Armstrong and Aldrin aboard, touched down on the moon's surface. Back on Earth, the

Mission Control team in Houston cheered as Armstrong radioed the message, "The Eagle has landed."

Six hours later, Armstrong climbed down the module's ladder, stepped onto the moon and famously declared, "That's one small step for a man, one giant leap for mankind." A camera attached to the Eagle broadcast the event, and an estimated 530 million viewers watched the historic moment live.

For the next 2.5 hours, Armstrong and Aldrin explored the moon's surface, collecting geologic samples, taking photographs and performing scientific tests. Among the items they left behind were an American flag and a plaque commemorating the lunar landing.

The Apollo 11 crew safely splashed down in the Pacific Ocean off Hawaii on July 24, officially completing the mission's objective and paving the way for future space exploration.

FLOWER OF THE MONTH | JULY

*Larkspur*

*Love and happiness*





### Patriotic Movie Picks

Queue up one of these movie picks that celebrate the red, white and blue.

*"The Longest Day" (1962)*. With an all-star international cast that includes legends John Wayne, Richard Burton and Sean Connery, this film follows the action of the 1944 D-Day invasion from multiple points of view.

*"Glory" (1989)*. Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

*"Independence Day" (1996)*. An invasion by space aliens, a Fourth of July mission and a rousing speech about saving mankind make this action movie a favorite.

*"Miracle" (2004)*. This feel-good film is the inspiring true story of the U.S. men's hockey team win over the Soviet Union at the 1980 Winter Olympics.

*"Captain America: The First Avenger" (2011)*. With a superhero sporting red, white and blue and a patriotic spirit, this Marvel Comics adventure radiates U.S. pride.

*"Hidden Figures" (2016)*. Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps with the mission that makes John Glenn the first American to orbit the Earth.

### Dynamic Drumbeats

It's a lot of fun to bang on a drum. Just ask anyone who's ever participated in a drum circle.

A popular form of music therapy for all ages, drum circles provide an opportunity to improve one's health in numerous ways. The simple act of making music in a group has been proven to boost confidence, relieve stress and enhance creativity.

Drumming also provides physical benefits. Participants can build upper body strength with gentle, hands-on movements. These movements also increase circulation and loosen stiff joints, providing relief to people with arthritis or similar conditions.

Many seniors who have taken part in drum circles praise the activity for allowing them to express themselves with music. Other percussion instruments like shakers are sometimes too quiet, while drums have a stronger, more satisfying effect, resonating with participants in a comforting and relaxing way.

The best thing about drum circles is that anyone can do it! Drummers are able to stay seated while they play, and instructions from the circle leader are easy to follow. No musical knowledge or experience is required.



### 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

#### Quotes

- "Dreams are the foundation of America." - Lupita Nyong'o
- "America means opportunity, freedom, power." - Ralph Waldo Emerson
- "America, to me, is freedom." - Willie Nelson

# July 2024



## "Then & Now"

### Exploring Space

Since the space program began, the U.S. has launched hundreds of spacecraft, ranging from satellites circling the Earth to probes surveying the other planets. Your mission: Explore some of these machines and their journeys into space.

| Year | Spacecraft                  | Mission                                       |
|------|-----------------------------|-----------------------------------------------|
| 1962 | Mariner 2                   | Gather data about Venus.                      |
| 1972 | Pioneer 10                  | Observe Jupiter and deep space.               |
| 1977 | Voyager 1 & 2               | Explore Jupiter, Saturn, Uranus and Neptune.  |
| 1989 | Galileo                     | Study Jupiter and its moons.                  |
| 1990 | Hubble Telescope            | Orbit Earth and provide images of space.      |
| 2003 | Spirit & Opportunity Rovers | Land on Mars and explore its terrain.         |
| 2006 | New Horizons                | Learn about Pluto and the outer solar system. |
| 2020 | Perseverance Rover          | Search for signs of ancient life on Mars.     |

## "This Month In History"

### JULY

- 1903:** Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.
- 1914:** A dance craze begins after the fox trot is performed at a club in New York City.
- 1926:** Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.
- 1937:** Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.
- 1946:** The bikini swimsuit debuts at a fashion show in Paris.

- 1958:** President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.
- 1960:** Harper Lee's "To Kill a Mockingbird" is published and quickly becomes a bestseller. The novel was awarded the Pulitzer Prize a year later.
- 1988:** Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women's 100-meter. Her record of 10.49 seconds still stands today.
- 2002:** Major League Baseball's All-Star Game ends in a 7-7 tie after 11 innings because both teams run out of pitchers.
- 2018:** In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.