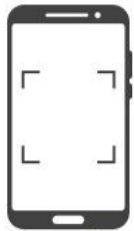




IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

In a *Manor* of Speaking



Scan Here!



 Anyone may view this newsletter by scanning the QR code above.

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

~~~~~

Susan O'Connell, Director of Operations  
 (480) 385-0065 (Hours: 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-I Office

### SECURITY/INFORMATION

(602) 443-5400

### MAINTENANCE-W/O

(602) 424-9432

## November 2024



### **November Gratitude**

A few things to be thankful for this month:

- The beauty of the changing leaves.
- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?

### **To Your Health: Don't Forget D**

Sunlight helps our bodies produce vitamin D, a nutrient important for mental and emotional health. If chilly weather keeps you indoors, be sure to eat foods that are good sources of vitamin D, such as salmon, tuna, milk, eggs and fortified cereals. Vitamin D supplements are also an option.

### **'Coin' Is One**

How many words can you come up with using the letters in "election"?



## MOBILE DOCS

### 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

-Onsite -  
(602) 501-0328

### MOBILE DENTIST

Dentistry Of AZ  
(480) 313-3310  
Smiles By Delivery  
(623) 584-4746

### CARDIOLOGIST

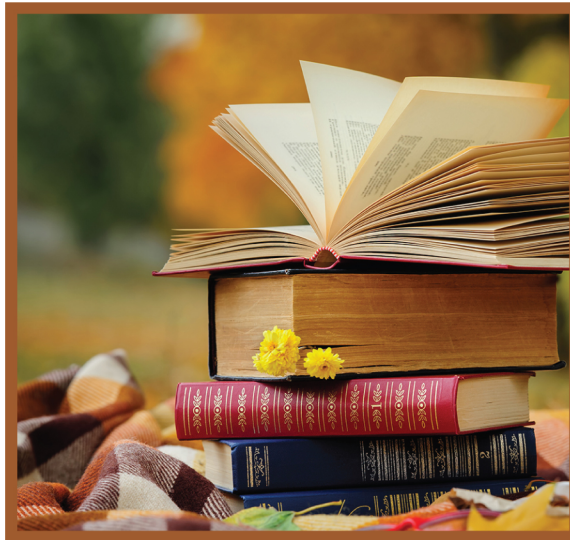
Ponderosa Heart  
(480) 795-1515

### Curana Health

(602) 613-5917

### Happy Thanksgiving

As we celebrate  
Thanksgiving with our  
families and friends  
this month, we'll be  
thinking how grateful  
we are to have such  
wonderful neighbors.  
Thanks for making  
our community so  
pleasant, and we hope  
you have a terrific  
holiday.



### Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To date, the project has collected over 120,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project, visit [LOC.gov/vets](http://LOC.gov/vets).

### Georgia Pecans on My Mind

Decades before national production took off, Thomas Jefferson imported pecan trees from Louisiana for his Monticello orchards. Now it seems the entire nation is "nuts" about Georgia pecans, and with good reason.

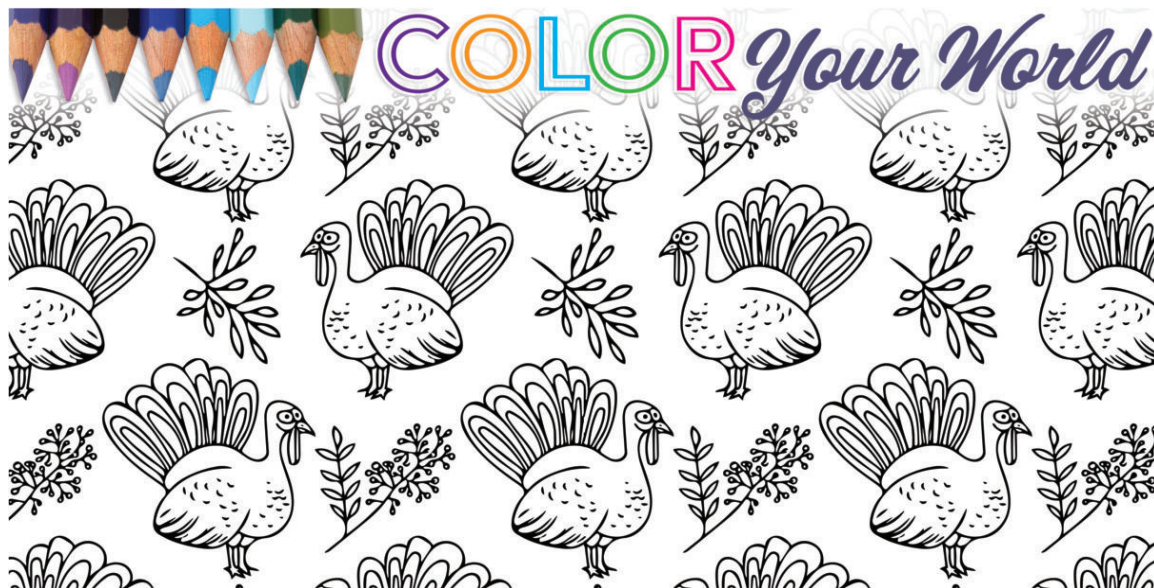
The National Pecan Shellers Association has published research proving that cooking with pecans can be as healthy as cooking with olive oil. Both contain oleic acid, a fatty acid that helps protect blood, lower cholesterol and combat heart disease. Pecans are also loaded with vitamins, minerals, antioxidants, fiber and unsaturated fats.

Averaging 80 to 100 million pounds of pecans per year, Georgia leads the nation in pecan production. This month, celebrate National Georgia Pecan Month with our nutty quiz:

1. About how many pecans are in one pecan pie?
2. What state adopted the pecan tree as its state tree in 1919?
3. The word "pecan" comes from an Algonquian word meaning what?



(Answers: 1. 78 pecans; 2. Texas; 3. "A nut that requires a stone to crack")



## 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)

## NOVEMBER BABIES!

### Manor 1:

Candy Makela ~ 11/01 ~ #102

Suijo Murtic ~ 11/06 ~ #121

Oneida Shrum #412

Mimi Gideon ~ 11/14 ~ #304

Wyethia McCoy ~ 11/20 ~ #422

Shirley O'Brien ~ 11/30 ~ #314

~~~~~

Manor 3:

Pamella Harper ~ 11/10 ~ #311

John Calhoun ~ 11/16 ~ #410

~~~~~

## The Glee of Giving

"The happiest people are those who do the most for others," said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. They say it's proof of why doing good can make you feel good.

## Wit & Wisdom

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."

—Eleanor Roosevelt

"There's nothing like a really loyal, dependable, good friend. Nothing."

—Jennifer Aniston

"The most beautiful discovery true friends make is that they can grow separately without growing apart."

—Elisabeth Foley

"Friends are those rare people who ask how we are and then wait to hear the answer."

—Ed Cunningham

"A single rose can be my garden ... a single friend, my world."

—Leo Buscaglia

"A loyal friend laughs at your jokes when they're not so good, and sympathizes with your problems when they're not so bad."

—Arnold H. Glasow



## COUNSELING SERVICES

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. Waha Lane  
Phoenix, AZ 85027  
Monday through Friday 9 am to 4pm  
Contact #602-262-4520  
\$20-\$40 Yearly



## Thanks, Veterans

On Nov. 11, express your gratitude for veterans' service to our country.

| Sunday                                                                                                                                | Monday                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| (FS) - Stands for Fellowship Square<br>(AR) - Stands for Activity Room - 2nd Floor<br>~~~~~<br>Terros Crisis Line 1<br>1-800-631-1314 | TRANSPORTATION<br>Fellowship Bus Drivers & Info:<br>Tony Lopez, Supervisor<br>(602) 531-6902<br>DRIVERS:<br>- Abe - (480) 204-2206<br>- Damion - (602) 448-8094<br>- Jeffrey - (602) 768-4967<br>- Gene - (480) 340-5251 | Love Your Neighbor As Yourself.<br>BE THAT KIND OF NEIGHBOR!                                                                                                                                                                 |
| <b>3</b>                                                                                                                              | <b>4</b>                                                                                                                                                                                                                 | <b>5</b>                                                                                                                                                                                                                     |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1<br>- 3rd Floor Activity Room                                               | 1:00PM - Super Walmart Trip<br>19th Ave. & Bell Road                                                                                                                                                                     | Chair Exercise<br>M1 - 3rd Floor<br>2-2:30PM<br>Wellness Program<br>Manor 1<br>3rd Floor Activity Room at 2:00PM<br>Manor 3<br>1st Floor Activity Room<br>At 1:00PM<br>Grief Share 2-3:30PM<br>FS Private Dining Room (Free) |
| <b>10</b>                                                                                                                             | <b>Veterans Day</b>                                                                                                                                                                                                      | <b>11</b>                                                                                                                                                                                                                    |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1<br>- 3rd Floor Activity Room                                               |                                                                                                                                                                                                                          | Chair Exercise<br>M1 - 3rd Floor<br>2-2:30PM<br>Wellness Program<br>Manor 1<br>3rd Floor Activity Room at 2:00PM<br>Manor 3<br>1st Floor Activity Room<br>At 1:00PM<br>Grief Share 2-3:30PM<br>FS Private Dining Room (Free) |
| <b>17</b>                                                                                                                             | <b>18</b>                                                                                                                                                                                                                | <b>19</b>                                                                                                                                                                                                                    |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1<br>- 3rd Floor Activity Room                                               | 1:00PM - Super Walmart Trip<br>19th Ave. & Bell Road<br>*****<br>Praise & Worship Sing-along<br>Manor 1 - 3rd Floor- Activity Room @ 5:30PM<br>Calvary Church of the Valley                                              | Chair Exercise<br>M1 - 3rd Floor<br>2-2:30PM<br>Wellness Program<br>Manor 1<br>3rd Floor Activity Room at 2:00PM<br>Manor 3<br>1st Floor Activity Room<br>At 1:00PM<br>Grief Share 2-3:30PM<br>FS Private Dining Room (Free) |
| <b>24</b>                                                                                                                             | <b>25</b>                                                                                                                                                                                                                | <b>26</b>                                                                                                                                                                                                                    |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1<br>- 3rd Floor Activity Room                                               |                                                                                                                                                                                                                          | Chair Exercise<br>M1 - 3rd Floor<br>2-2:30PM<br>Wellness Program<br>Manor 1<br>3rd Floor Activity Room at 2:00PM<br>Manor 3<br>1st Floor Activity Room<br>At 1:00PM<br>Grief Share 2-3:30PM<br>FS Private Dining Room (Free) |

| <b>Wednesday</b>                                                                                                                                                                                                                                                        | <b>Thursday</b>                                                                                                                                                                                                                     | <b>Friday</b>                                                                                                                                                                                     | <b>Saturday</b> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>November</b>                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                     | <b>1</b><br><br>9:00AM - Post Office Trip<br>Sign-Up & Pickup Location Is<br>at Center View 2nd Floor<br>(602) 424-9443<br>~<br>1:30PM - Sprouts &<br>Walgreens Trip -<br>19th Ave. And Northern  | <b>2</b>        |
| <b>6</b><br><br>8:30AM Fry's Trip - 10% OFF<br>43rd & Cactus<br>~<br>6:00PM BUNCO - CV 2nd<br>Floor Activity Room                                                                                                                                                       | <b>7</b><br><br>Wellness Program<br>M1 @ 1:30PM<br>3rd FI Activity Rm<br>M3 @ 2PM<br>1st FI Activity Rm<br>Chair Exercise<br>M3 2-2:30PM<br>1st Floor AR<br>Wonders of the Word<br>3:30-5PM M1 3rd Floor AR<br>Men & Women Invited  | <b>8</b><br><br>9:00AM - Bank Trip - Chase,<br>DSFCU, Wells Fargo, And B of<br>A - Check Bulletin Board<br>~<br>1:30PM - Dollar Tree,<br>35th & Thunderbird                                       | <b>9</b>        |
| <b>13</b><br><br>8:30AM Fry's Trip<br>43rd & Cactus<br>.<br>*Service Coordinator Lunch*<br>Pong Pong Chinese<br>Address: 3332 W Bell Rd,<br>Phoenix, AZ 85053<br>11AM - Sign Up With Kim<br>Manor 1 (480) 385-0058<br>.<br>6:00PM BUNCO - CV 2nd<br>Floor Activity Room | <b>14</b><br><br>Wellness Program<br>M1 @ 1:30PM<br>3rd FI Activity Rm<br>M3 @ 2PM<br>1st FI Activity Rm<br>Chair Exercise<br>M3 2-2:30PM<br>1st Floor AR<br>Wonders of the Word<br>3:30-5PM M1 3rd Floor AR<br>Men & Women Invited | <b>15</b><br><br>9:00AM - Post Office Trip<br>Sign-Up & Pickup Location Is<br>at Center View 2nd Floor<br>(602) 424-9443<br>~<br>1:30PM - Sprouts &<br>Walgreens Trip -<br>19th Ave. And Northern | <b>16</b>       |
| <b>20</b><br><br>8:30AM Fry's Trip -<br>43rd & Cactus<br>~<br>6:00PM BUNCO - CV 2nd<br>Floor Activity Room                                                                                                                                                              | <b>21</b><br><br>Wellness Program<br>M1 @ 1:30PM<br>3rd FI Activity Rm<br>M3 @ 2PM<br>1st FI Activity Rm<br>Chair Exercise<br>M3 2-2:30PM<br>1st Floor AR<br>Wonders of the Word<br>3:30-5PM M1 3rd Floor AR<br>Men & Women Invited | <b>22</b><br><br>9:00AM - Bank Trip - Chase,<br>DSFCU, Wells Fargo, And B of<br>A - Check Bulletin Board<br>~<br>1:30PM - Dollar Tree,<br>35th & Thunderbird                                      | <b>23</b>       |
| <b>27</b><br><br>8:30AM Fry's Trip -<br>43rd & Cactus<br>~<br>6:00PM BUNCO - CV 2nd<br>Floor Activity Room                                                                                                                                                              | <b>28</b><br><br><b>Thanksgiving</b>                                                                                                                                                                                                | <b>29</b><br><br>9:00AM - Bank Trip - Chase,<br>DSFCU, Wells Fargo, And B of<br>A - Check Bulletin Board<br>~<br>1:30PM - Dollar Tree,<br>35th & Thunderbird                                      | <b>30</b>       |

## Manor-isms:



Manors' 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)

### Global Greetings

Hi! *Bonjour!* ;*Hola!*

However you say "hello," participate in World Hello Day on Nov. 21 and give a friendly greeting to at least 10 people. Join others in 180 countries around the world by advancing peace through personal communication on this day.



### Flowers of November

Changing leaves take center stage this time of year, but several flowers hold special meaning during the month of November.

*Chrysanthemum.* From Greek words meaning "gold flower," this stunning autumnal bloom is not only found in shades of orange and yellow, but also white, red, pink, purple and green. Mums, which are the primary birth flower of November, are associated with loyalty, friendship and joy, and in their native China, the flowers are believed to bring youth and good fortune.

*Red poppy.* Veterans Day, Nov. 11, is a time to recognize all past and

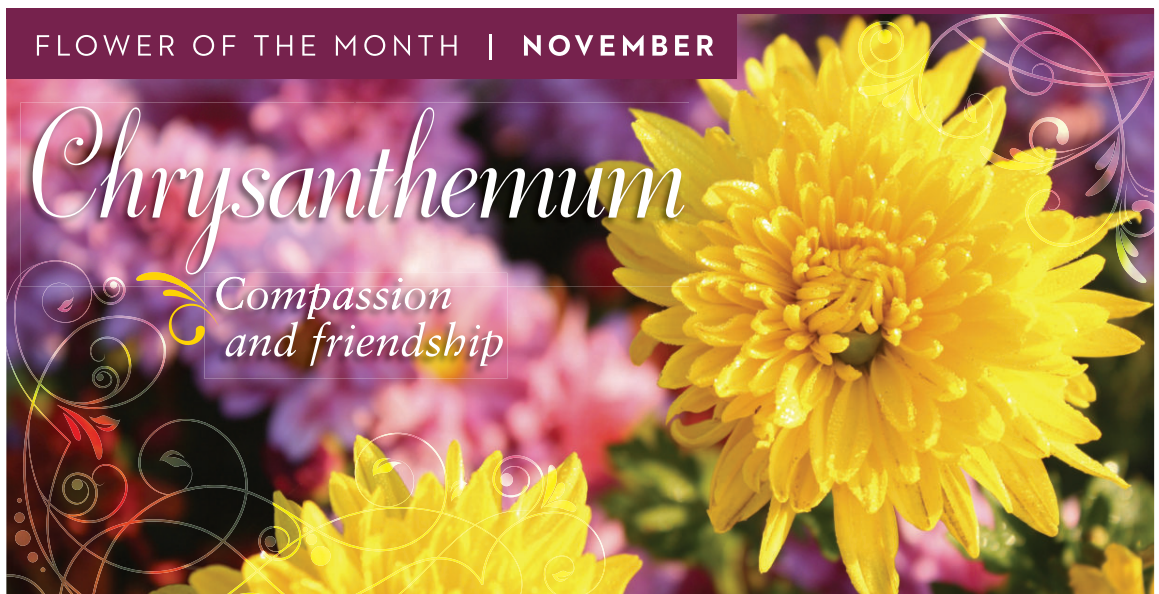
present U.S. veterans and thank them for their service. The red poppy has been linked with veterans since World War I, thanks to the poem "In Flanders Fields," written by Canadian soldier Lt. Col. John McCrae. Red poppies are a large part of veterans' ceremonies in countries such as Australia, Canada and the U.K., where Nov. 11 is known as Remembrance Day. In the U.S., red poppies are more often associated with Memorial Day in May, but you'll still find veterans groups handing out artificial poppies in November as a sign of support.

*Forget-me-not.* The delicate blue forget-me-not is a poignant symbol of Alzheimer's disease and other dementias. This flower is displayed by people with dementia and their caregivers, as well as advocates for a cure. Since November is Alzheimer's Disease Awareness Month, now is a good time to showcase the forget-me-not.

FLOWER OF THE MONTH | NOVEMBER

*Chrysanthemum*

*Compassion  
and friendship*





## Just For Fun

### The Memorable Adventures of a Moose and Squirrel

Hokey smoke! This month marks the anniversary of one of television's most beloved animated duos, Rocky and Bullwinkle.

Created by Jay Ward and Alex Anderson, Rocket J. Squirrel and Bullwinkle J. Moose made their debut on "Rocky and His Friends," which premiered Nov. 19, 1959. Best friends and residents of Frostbite Falls, Minn., the unlikely pair consistently found themselves in the midst of various adventures, armed only with Rocky's flying skills and Bullwinkle's "mighty moose muscle."

Most of the time, their troubles were caused by villains Boris and Natasha, spies from the fictional nation of Pottsylvania. Each serial episode also included other recurring cartoon segments, such as "Peabody's Improbable History," "Fractured Fairy Tales" and "Dudley Do-Right of the Mounties."

Marked by a clever and lovable brand of humor that appealed to both kids and adults, the show was also known for its satires on historical and current events, parodies, and instances of breaking the fourth wall, in which characters spoke directly to the audience and the show's narrator.

The cartoon switched networks and was renamed "The Bullwinkle Show" before ending in 1964, then became known as "The Rocky and Bullwinkle Show" in reruns, where it gained new generations of fans.



### The Beauty of the Badlands

Spanning 244,000 acres across southwestern South Dakota is a vast prairie with striking rock formations. The Oglala Lakota tribe named the area *Mako Sica*, meaning "Land Bad." Established as a national monument in 1939, the Badlands became a national park on Nov. 10, 1978.

About 75 million years ago, the Badlands were covered by a shallow sea. As the waters receded, layers of sediment settled and began forming the distinct landscape. Over time, erosion by wind and water carved massive plateaus, dramatic pinnacles and deep gorges, while exposing vibrant bands of color in the rocky terrain.

Because of the area's ancient history, the park contains one of the world's richest fossil beds, where the remains of prehistoric camels, horses, giant rhinos, saber-tooth cats and marine reptiles have been discovered. Paleontologists conduct regular digs and continue to uncover specimens.

The Badlands are also home to the nation's largest mixed-grass prairie, boasting over 400 plant species. Wildlife such as bison, bighorn sheep, deer, coyotes, prairie dogs, eagles, hawks, and the endangered black-footed ferret roam the park.

The rugged beauty of the Badlands draws about 1 million visitors every year.

## Services & More...



CHRISTIAN CARE  
REHABILITATION CENTER

Short-term rehabilitation located on campus!  
Post-surgical recovery, respite care, & more.  
Contact Admissions:  
(602) 443-5443

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

### Gaze at the Night Sky

Take advantage of a cool fall night by sitting outside for some skygazing.

Experts say evenings between the crescent and quarter moon are the best for observing stars with the naked eye. Give your eyes about 15 minutes to adjust to the dark, and use binoculars for even better views.

# November 2024



"Then & Now"

## Cooking Lessons

Cookbooks serve up tried-and-true recipes, helpful techniques, culinary history and culture. Check out this menu of bestselling titles, many of which remain kitchen classics.

| Year | Cookbook Title                                                              | Author             |
|------|-----------------------------------------------------------------------------|--------------------|
| 1931 | "The Joy of Cooking"                                                        | Irma Rombauer      |
| 1940 | "Hors d'Oeuvre & Canapés"                                                   | James Beard        |
| 1950 | "Betty Crocker's Picture Cook Book"                                         | Agnes White Tizard |
| 1961 | "Mastering the Art of French Cooking"                                       | Julia Child        |
| 1976 | "The Taste of Country Cooking"                                              | Edna Lewis         |
| 1984 | "Chef Paul Prudhomme's Louisiana Kitchen"                                   | Paul Prudhomme     |
| 1996 | "Rick Bayless's Mexican Kitchen"                                            | Rick Bayless       |
| 2006 | "The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa" | Marcus Samuelsson  |
| 2017 | "Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking"             | Samin Nosrat       |

## "This Month In History"

### NOVEMBER

**1876:** Yale defeats Princeton in the first college football game played on Thanksgiving.

**1935:** Departing from San Francisco, the China Clipper seaplane carries over 110,000 pieces of mail across the Pacific Ocean, arriving in the Philippines seven days later. The completion of the voyage marked the beginning of trans-Pacific airmail service and travel.

**1945:** The super-strong, spunky girl with the mismatched socks is introduced to readers when

Astrid Lindgren's book "Pippi Longstocking" is published in Sweden.

**1963:** Priced at \$15.95, the Easy-Bake Oven debuts in toy stores. Half a million of the mini appliances were sold during the first year.

**1982:** The first Honda Accord rolls off the assembly line in Marysville, Ohio, making Honda the first Asian automaker to manufacture cars in the U.S.

**1993:** A football record is set when the Miami Dolphins defeat the Philadelphia Eagles, crowning head coach Don Shula the winningest coach in NFL history.

**2005:** Angela Merkel is sworn in as the first female chancellor of Germany.

**2019:** The iconic black leather outfit worn by Olivia Newton-John in the 1978 film "Grease" is auctioned off for \$405,700, with 100% of the proceeds donated to the actress' cancer research organization.