



IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

In a Manor of Speaking



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 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

December 2024



### **Handcrafted Happiness**

Knitting, drawing and woodworking are just some of the handicrafts that can amp up your happiness. Experts studying the benefits of these pursuits say making something with your hands fosters creative thought, which can produce moments of joy. Crafters also report feeling more energetic and enthusiastic not only while working on a project, but also after completing it.

### **Hazelnuts for Health**

Whether you know them as hazelnuts, filberts or cobnuts, these sweet-tasting little nuts are packed with fiber, antioxidants and healthy fats. Like other tree nuts, raw or roasted hazelnuts can be a heart-healthy snack option.

### **Frosty and Festive**

"Winter is not a season, it's a celebration."  
 —Anamika Mishra

## 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

### To the Flag

Written in 1892  
and recited at many  
gatherings in the  
following years, the  
Pledge of Allegiance  
was officially  
designated the U.S.  
flag's pledge on Dec.  
28, 1945. Today, the  
date is celebrated as  
Pledge of Allegiance  
Day.



### Brain Bender: Snow Day Scramble

Unscramble each of the wintry words  
below, then rearrange the bolded letters  
in each set of answers to reveal another  
related word.

1.  
E I M N T S T: \_\_\_\_\_  
L O P W: \_\_\_\_\_  
G B A O T G N O: \_\_\_\_\_  
A C F R S: \_\_\_\_\_  
Secret word: \_\_\_\_\_
2.  
E E E F R Z: \_\_\_\_\_  
L C I E C I: \_\_\_\_\_  
O M S R T: \_\_\_\_\_  
F A U S R E F M: \_\_\_\_\_  
Secret word: \_\_\_\_\_
3.  
R O M B O: \_\_\_\_\_  
L K I S A T H: \_\_\_\_\_  
F E I L: \_\_\_\_\_  
L Y O L J: \_\_\_\_\_  
Secret word: \_\_\_\_\_

(Answers: 1. mittens, plow, toboggan,  
scarf, snowman; 2. freeze, icicle, storm,  
earmuffs, flurries; 3. broom, silk hat, life,  
jolly, Frosty)

### History of the Halcyon Days

Ahh, the halcyon days. You've likely heard this phrase used as a reference to the past, particularly a time marked by peace and happiness. But the halcyon days also refer to a period in mid-December and has origins in Greek mythology.

The story begins with Alcyone and Ceyx, a mythological queen and king in ancient Greece who were admired for their beauty and devotion to each other. After Ceyx was killed in a shipwreck, a distraught Alcyone threw herself into the sea. The gods, filled with compassion, transformed the couple into "halcyon birds," or kingfishers, so they could be together. Aeolus, Alcyone's father and king of the winds, calmed the weather for several days, allowing the birds to build nests and lay their eggs in peace.

Over time, the halcyon days came to be known as the two-week period surrounding the winter solstice, when the weather—at least in Greece!—tends to be calm and mild. However, the figurative meaning of halcyon days, marked by nostalgia for better times, is much more widespread.



## Cranberry Sauce From Scratch

Making homemade cranberry sauce isn't nearly as intimidating as it sounds—in fact, it only takes a few ingredients and about 15 minutes. You'll need 3/4 cup water, 3/4 cup sugar, a whole orange, and a 12-ounce bag of fresh or frozen cranberries. In a saucepan, combine the water and sugar. Cut the orange into quarters and squeeze the juice into the saucepan, then toss in the peels, which you'll remove before serving. Empty the bag of cranberries into the pan, then turn the burner to medium heat. Let the sauce simmer for about 10 minutes, until most of the berries have popped. Remove orange peels, let cool, then refrigerate or enjoy right away!

## Write a Letter

Celebrate National Letter Writing Day on Dec. 7. It's the perfect time of year to reach out to loved ones, and getting a handwritten letter in the mail is always a welcome surprise.

## 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)

## DECEMBER BABIES!

### Manor 1:

Marion Desmond 12/16 ~ #123

Linda Slater 12/16 ~ #321

~~~~~

Manor 3:

~~~~~

## Classic Christmas Poem

"Twas more than two centuries ago when the poem "A Visit From St. Nicholas" was published anonymously in a New York newspaper. Better known as "The Night Before Christmas," the poem's vivid descriptions shaped many characteristics of the modern Santa Claus—a "jolly old elf" whose belly "shook when he laughed, like a bowl full of jelly." The names of Santa's "eight tiny reindeer" were also established in the verses. Credit is given to Clement Clarke Moore, who claimed authorship when he republished the piece in his collection "Poems," but some scholars say Henry Livingston is the real writer.

## Wit & Wisdom

"The more positivity, love and light you reflect, the more light is mirrored your way."

—Suzy Kassem

"Reflection is one of the most underused yet powerful tools for success."

—Richard Carlson

"The moon is the reflection of your heart and moonlight is the twinkle of your love."

—Debasish Mridha

"Self-reflection is an important stage to diagnose, develop and strengthen your creativity."

—Pearl Zhu

"Reflection is the lamp of the heart. If it departs, the heart will have no light."

—Abdallah ibn Alawi al-Haddad

"Let go of rejections and focus on self-reflection. For it is within that you will find the light you seek."

—Amy Leigh Mercree

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

## Rockin' Rockettes

The iconic Radio City Rockettes began performing their famous high kicks onstage at New York City's Radio City Music Hall in 1932. Since then, the precision dance troupe has drawn more than 75 million people to their annual holiday spectacular.

| Sunday                                                                                                | Monday                                                                                                                                                                                 | Tuesday                                                          |
|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| <b>1</b><br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room  | <b>2</b><br><br>1:00PM - Super Walmart Trip 19th Ave. & Bell Road                                                                                                                      | <b>3</b><br><br>1:30pm Manor 1 & 3 Supervised Gym @ Manor 2 Gym  |
| <b>8</b><br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room  | <b>9</b>                                                                                                                                                                               | <b>10</b><br><br>1:30pm Manor 1 & 3 Supervised Gym @ Manor 2 Gym |
| <b>15</b><br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room | <b>16</b><br><br>1:00PM - Super Walmart Trip 19th Ave. & Bell Road<br>*****<br>Praise & Worship Sing-along Manor 1 - 3rd Floor- Activity Room @ 5:30PM<br>Calvary Church of the Valley | <b>17</b><br><br>1:30pm Manor 1 & 3 Supervised Gym @ Manor 2 Gym |
| <b>22</b><br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room | <b>23</b>                                                                                                                                                                              | <b>24</b><br><br>1:30pm Manor 1 & 3 Supervised Gym @ Manor 2 Gym |
| <b>29</b><br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room | <b>30</b>                                                                                                                                                                              | <b>31</b><br><br>1:30pm Manor 1 & 3 Supervised Gym @ Manor 2 Gym |

| Wednesday                                                                                                                                                                                                        | Thursday                                                                                                                                          | Friday                                                                                                                                                                                                                   | Saturday                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| 4<br>8:30AM Fry's Trip - 10% OFF<br>43rd & Cactus<br>~                                                                                                                                                           | 5<br>1:30pm<br>Manor 1 & 3<br>Supervised Gym<br>@ Manor 2 Gym<br>~~~~~<br>Wonders of the Word<br>3:30-5PM M1 3rd Floor AR<br>Men & Women Invited  | 6<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                                    | 7                                                               |
| 11<br>8:30AM Fry's Trip 13<br>43rd & Cactus<br>.<br>*Service Coordinator Lunch*<br>Cracker Barrel<br>Address: 21611 N. 26th Ave.,<br>Phoenix, AZ 85027<br>11AM - Sign Up With Kim<br>Manor 1 (480) 385-0058<br>. | 12<br>1:30pm<br>Manor 1 & 3<br>Supervised Gym<br>@ Manor 2 Gym<br>~~~~~<br>Wonders of the Word<br>3:30-5PM M1 3rd Floor AR<br>Men & Women Invited | 13<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                                                                        | 14                                                              |
| 18<br>8:30AM Fry's Trip -<br>43rd & Cactus<br>~                                                                                                                                                                  | 19<br>1:30pm<br>Manor 1 & 3<br>Supervised Gym<br>@ Manor 2 Gym<br>~~~~~<br>Wonders of the Word<br>3:30-5PM M1 3rd Floor AR<br>Men & Women Invited | 20<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                                   | 21                                                              |
| <b>Christmas</b> 25                                                                                                                                                                                              | 26<br>1:30pm<br>Manor 1 & 3<br>Supervised Gym<br>@ Manor 2 Gym<br>~~~~~                                                                           | 27<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                                                                        | 28                                                              |
| DECEMBER                                                                                                                                                                                                         | (FS) - Stands for Fellowship<br>Square<br>(AR) - Stands for Activity<br>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<br>Yourself.<br>BE THAT KIND OF NEIGHBOR! |

## 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)

### Happy Hanukkah

The Jewish holiday Hanukkah is a joyous eight-day celebration. Known as the Festival of Lights, the holiday brings family and friends together to light a menorah, sing songs, play games and eat special foods. Hanukkah marks the victory of a group of Jewish rebels over the armies of Syria in 165 B.C. and the rededication of the Temple in Jerusalem.



### Foul-Weather Games

In snow, sleet, fog and rain ... dedicated athletes continue to play! Intense weather conditions can transform already exciting sports events into legendary moments. Maybe Mother Nature wanted to get in on the action in these games:

Dec. 31, 1967: Known as the "Ice Bowl," this championship game between the Green Bay Packers and the Dallas Cowboys remains the coldest game in NFL history, at minus 15 degrees and a wind chill of minus 48 degrees. The Packers' home turf, Lambeau Field, froze solid when the heating system failed, and officials' whistles stuck to their lips. The Packers

powered through, though, defeating the Cowboys 21-17.

Oct. 22, 1997: According to sportscaster Bob Costas, Game 4 of the 1997 World Series had "ideal conditions for baseball—if you happen to be a penguin." Snow flurries and a wind chill of 18 degrees inspired the nickname "Snow Globe Game." The then-Cleveland Indians (now the Guardians) defeated the Florida Marlins 10-3.

Jan. 1, 2011: It wasn't cold weather that caused the 2011 NHL Winter Classic to be delayed by seven hours, but thunderstorms paired with unseasonably warm temps in the 40s. These conditions meant the outdoor ice rink was at risk of flooding, and although the late start time prevented that from happening, players still encountered puddles caused by intermittent rain. Despite the soggy skating, the Washington Capitals defeated rivals Pittsburgh Penguins.

FLOWER OF THE MONTH | DECEMBER

# Narcissus

*Vanity and  
sweetness*





### Common Cold Myths

While there is no cure for the common cold, much folklore surrounds the illness, from how it's spread to home remedies. Here are some popular myths and the truth behind them.

*The cold causes a cold.* Have you ever heard someone say to bundle up or you'll get sick? People do tend to catch more colds in winter, but frigid air is not to blame. We spend more time indoors and in closer contact with others during this time, causing germs to spread more easily.

*Coughs and sneezes are the only way colds are spread.* Airborne germs can make others nearby sick, but studies show that hand-to-hand contact is the biggest culprit in spreading viruses.

*Hand sanitizer works as well as soap.* Gels are fine in a pinch, but scrubbing with soap and water is the best way to rid your hands of germs. If sanitizer is all that's available, it needs to contain at least 60% alcohol to be effective.

*Feed a cold, starve a fever.* The truth is simple: Eat if you are hungry, but don't force yourself. Staying hydrated is important when you are ill, so be sure to drink plenty of fluids.

*Garlic around your neck will ward off colds.* Wearing garlic will not keep you from getting sick, but eating the antioxidant-rich plant may boost the immune system.

### Fun and Festive Fashions

Festive designs with clashing colors and lots of embellishments—that's the idea behind the ugly holiday sweater tradition.

Holiday-patterned knitted pullovers first became popular after World War II. Called jingle bell sweaters, they featured winter scenes such as snowflakes and reindeer. In the 1980s, several TV and movie characters sported updated styles of the nostalgic sweaters as well as new ones with bold, colorful patterns, which were fashionable at the time.

A new tongue-in-cheek trend was sparked in 2001, when two friends in Canada threw a party and asked their guests to wear ugly holiday sweaters. The gathering grew into an annual event, and others joined in the festive practice. People began scouring thrift stores for vintage sweaters while brand-new ugly sweaters showed up in department stores and on fashion runways. Getting decked out in the novelty garments has become a jolly way to celebrate the season.

When it comes to ugly sweaters, the flashier, the better! Holiday patterns are often adorned with sequins, pompoms, bows, garlands and even lights. At this time of year, many parties feature ugly sweater contests, with participants competing for the title of tackiest design.



### 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

### Sweet and Festive Craft

Create a shiny holiday tree with chocolate candy kisses. Cover a Styrofoam cone shape with a piece of foil, then attach the candies to the cone with glue or toothpicks. Start with a single row around the bottom and keep adding rows of candies until the cone is covered.

# December 2024



## America's Official Poets

Each year, the Library of Congress names a poet laureate of the United States to promote the reading and writing of poetry. Find inspiration in the works of these poets of the nation.

| <u>Year Appointed</u> | <u>Poet Laureate</u> |
|-----------------------|----------------------|
| 1937                  | Joseph Auslander     |
| 1945                  | Louise Bogan         |
| 1958                  | Robert Frost         |
| 1968                  | William Jay Smith    |
| 1976                  | Robert Hayden        |
| 1985                  | Gwendolyn Brooks     |
| 1993                  | Rita Dove            |
| 2000                  | Stanley Kunitz       |
| 2015                  | Juan Felipe Herrera  |
| 2022                  | Ada Limón            |

## "This Month In History"

### DECEMBER

**1901:** With a goal of setting rules and safety standards, representatives from over 60 universities meet to form the Intercollegiate Athletic Association of the United States. In 1910, the organization was renamed the NCAA.

**1924:** At age 2, Judy Garland makes her stage debut at her father's movie theater in Grand Rapids, Minn.

**1948:** The United Nations General Assembly adopts the Universal Declaration of Human Rights. Defining

fundamental freedoms of all human beings, the document has been translated into more than 500 languages.

**1973:** Astronauts on NASA's Skylab 4 mission take a 7-hour spacewalk, the longest at the time.

**1987:** Ron Hextall of the Philadelphia Flyers becomes the first NHL goalie to score a goal by intentionally firing the puck into the other team's net.

**2001:** "The Lord of the Rings: The Fellowship of the Ring" premieres. It was the first film in the trilogy based on author J.R.R. Tolkien's fantasy series.

**2007:** At 81, Queen Elizabeth II becomes the oldest ever monarch of the U.K., surpassing her great-great-grandmother, Queen Victoria.

**2016:** Global retailer Amazon makes its first delivery by drone. The package arrived at its destination 13 minutes after it was ordered.