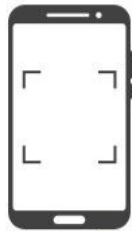




IN A MANOR OF SPEAKING

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

## January 2025

### **Sew a Snowflake**

This soothing activity results in a beautiful winter decoration when you're finished.

#### **Materials:**

- Paper plate
- Pen
- Thumbtack
- Yarn, any color(s)
- Plastic yarn needle
- Scissors
- Tape

#### **Directions:**

On the front of the paper plate, draw or trace a snowflake. Place the paper plate on a folded towel or a magazine to protect your work surface during the next step. With the thumbtack, poke a hole at each intersecting point of the snowflake.

Thread the yarn on the needle, then poke the needle through one of the holes in the plate. Using the paper plate as a pattern, weave the yarn in and out of the different holes until the design is complete. Trim off any excess yarn and tape the loose end to the front of the plate where you drew the snowflake.

Flip the plate over to see your snowflake design on the back. Make more snowflake plates, if desired, and hang them to admire.

### **First Winter Olympics**

More than a century has passed since the first Winter Olympics—then called "Winter Sports Week"—were held in Chamonix, France, in January 1924. And the very first gold medal winner was an American, speedskater Charles Jewtraw.

## 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

### Take Time for Thank-Yous

"We must find time to stop and thank the people who make a difference in our lives," said President John F. Kennedy. Start the new year by showing your appreciation to those who are important to you during National Thank You Month.



### Motivational Messages

Everyone faces challenges. But you can have a more positive outlook despite them. Using positive affirmations can go a long way toward keeping your spirits up. Start by writing a few encouraging phrases on a piece of paper or in a journal, and then make a habit of reciting each affirmation every day.

Affirmations are typically statements about your current strengths or goals for your well-being. Allow time for your positive messages to become a part of your daily thinking. You can always change or add affirmations as you see fit.

Here are some phrases to get you started:

- I have lots of knowledge and wisdom to share with others.
- I forgive myself and others for mistakes.
- I am surrounded by people who love me.
- I am a good role model to my children, grandchildren and friends.
- I am looking forward to learning something new today.
- Today, I choose to be happy.

### Passing Time With Cuckoo Clocks

At the strike of each hour, a tiny toy bird pops through a door and cheerfully delivers its song: "Coo-coo!" This charming feature has made the cuckoo clock a classic timepiece.

Historians say the wall clock's familiar design originated in Germany's Black Forest region in the 1700s. By using a system of bellows, gears and weights, clockmakers there were able to replicate the cuckoo's call and regulate when the bird popped out to announce the hour. During the area's long winters, townspeople carved the clocks using logs from the forest, then sold their creations in the warmer months.

Two distinct styles of cuckoo clocks emerged over the next century. The traditional carved style is decorated with elaborate nature scenes, while the Swiss chalet style is a painted house, often with moving figures of people and animals. Both types feature two or three weights, often shaped like pinecones, which hang from the bottom of the clock and control its functions.





## Protect Your Privacy Online

Data Privacy Day on Jan. 28 reminds us how important it is to keep our personal information secure, especially in this digital age. Use these tips to protect your data online:

- On all your devices, keep apps and software up-to-date.
- Use long, unique passwords for different accounts. Change them occasionally, or whenever there's a security breach.
- Enable multi-factor authentication for important accounts like banking and social media.
- Turn off location and activity tracking on mobile apps, and regularly clear cookies on your browser.

## Wit & Wisdom

### Choose a Word of the Year

Instead of making a New Year's resolution, many people pick a word of the year, which serves as motivation for daily activities as well as bigger goals. Brainstorm a list of inspirational words, such as "grow," "balance," or "reflect." After you choose a word, write it on a note and place it where you'll see it every day.

### Rose Parade Watch Party

Please join us in the TV room on New Year's Day as we tune in to the annual Rose Parade. The brightly colored floral floats and marching bands are always a festive way to kick off the new year!

### Happy New Year!

We wish all of our residents and their families a wonderful year full of peace and joy. We are delighted to have you in our community!

## 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)

## JANUARY BABIES!

### Manor 1:

Norma Lindsey ~ 1/15 ~ #414

Marvin Radtke ~ 1/20 ~ #420

~~~~~

Manor 3:

~~~~~

## Unfamiliar Idioms

January ends with Idiom Week, celebrating the funny figures of speech that make language interesting. A common English idiom is "It's raining cats and dogs" to describe a heavy downpour. Idioms differ by culture, so enjoy these idioms that are common in other countries:

Spain: "A lot of noise and no walnuts" = All talk and no action.

France: "The carrots are cooked" = It's too late to change a situation.

Thailand: "Ride an elephant to catch a grasshopper" = Do a lot of work for little reward.

Egypt: "Put a watermelon in your belly" = Relax, don't worry.

## 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

## Bundle Up

Cold weather causes the body's blood vessels and arteries to constrict, raising blood pressure and making the heart work harder. Dress in layers to keep warm, and wear a hat and gloves when you're outdoors.

| Sunday                                                                                                                                           | Monday                                                                                                                                                                                                                                      | Tuesday                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <p>(FS) - Stands for Fellowship Square<br/>(AR) - Stands for Activity Room - 2nd Floor<br/>~~~~~<br/>Terros Crisis Line 1<br/>1-800-631-1314</p> | <p>TRANSPORTATION<br/>Fellowship Bus Drivers &amp; 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</p> |  |
| 5<br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room                                                    | 6<br><br>1:00PM - Super Walmart Trip 19th Ave. & Bell Road                                                                                                                                                                                  | 7<br><br>1:30pm<br>Manor 1 & 3<br>Supervised Gym @ Manor 2<br>Gym                   |
| 12<br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room                                                   | 13                                                                                                                                                                                                                                          | 14<br><br>1:30pm<br>Manor 1 & 3<br>Supervised Gym @ Manor 2<br>Gym                  |
| 19<br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room                                                   | <p><b>Martin Luther King Jr. Day</b> 20</p> <p>1:00PM - Super Walmart Trip 19th Ave. &amp; Bell Road<br/>*****<br/>Praise &amp; Worship Sing-along Manor 1 - 3rd Floor- Activity Room @ 5:30PM<br/>Calvary Church of the Valley</p>         | 21<br><br>1:30pm<br>Manor 1 & 3<br>Supervised Gym @ Manor 2<br>Gym                  |
| 26<br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room                                                   | 27                                                                                                                                                                                                                                          | 28<br><br>1:30pm<br>Manor 1 & 3<br>Supervised Gym @ Manor 2<br>Gym                  |

# Calendar of Events

| <b>Wednesday</b>                                                                                                                                                                                                                     | <b>Thursday</b>                                                                                                                                                                    | <b>Friday</b>                                                                                                                                                                                                           | <b>Saturday</b>                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| <p><b>New Year's Day</b>      <b>1</b></p>                                                                                                                                                                                           | <p><b>2</b></p> <p>1:30pm<br/>Manor 1 &amp; 3<br/>Supervised Gym<br/>@ Manor 2 Gym</p>                                                                                             | <p><b>3</b></p> <p>9:00AM - Post Office Trip<br/>Sign-Up &amp; Pickup Location Is<br/>at Center View 2nd Floor<br/>(602) 424-9443<br/>~<br/>1:30PM - Sprouts &amp;<br/>Walgreens Trip -<br/>19th Ave. And Northern</p>  | <p><b>4</b></p> <p>Saturday at the Movies<br/>M1~ Activity Room ~ 3RD FL<br/>2:00pm</p>  |
| <p><b>8</b></p> <p>8:30AM Fry's Trip 13<br/>43rd &amp; Cactus<br/>.<br/>*Service Coordinator Lunch*<br/>Bobby Q BBQ<br/>Address: 8501 N. 27th Ave.,<br/>Phoenix, AZ 85051<br/>11AM - Sign Up With Kim<br/>Manor 1 (480) 385-0058</p> | <p><b>9</b></p> <p>1:30pm<br/>Manor 1 &amp; 3<br/>Supervised Gym<br/>@ Manor 2 Gym<br/>~~~~~<br/>Wonders of the Word<br/>3:30-5PM M1 3rd Floor AR<br/>Men &amp; Women Invited</p>  | <p><b>10</b></p> <p>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 &amp; Thunderbird</p>                                            | <p><b>11</b></p> <p>Saturday at the Movies<br/>M1~ Activity Room ~ 3RD FL<br/>2:00pm</p> |
| <p><b>15</b></p> <p>8:30AM Fry's Trip 13<br/>43rd &amp; Cactus</p>                                                                                                                                                                   | <p><b>16</b></p> <p>1:30pm<br/>Manor 1 &amp; 3<br/>Supervised Gym<br/>@ Manor 2 Gym<br/>~~~~~<br/>Wonders of the Word<br/>3:30-5PM M1 3rd Floor AR<br/>Men &amp; Women Invited</p> | <p><b>17</b></p> <p>9:00AM - Post Office Trip<br/>Sign-Up &amp; Pickup Location Is<br/>at Center View 2nd Floor<br/>(602) 424-9443<br/>~<br/>1:30PM - Sprouts &amp;<br/>Walgreens Trip -<br/>19th Ave. And Northern</p> | <p><b>18</b></p> <p>Saturday at the Movies<br/>M1~ Activity Room ~ 3RD FL<br/>2:00pm</p> |
| <p><b>22</b></p> <p>8:30AM Fry's Trip 13<br/>43rd &amp; Cactus</p>                                                                                                                                                                   | <p><b>23</b></p> <p>1:30pm<br/>Manor 1 &amp; 3<br/>Supervised Gym<br/>@ Manor 2 Gym<br/>~~~~~<br/>Wonders of the Word<br/>3:30-5PM M1 3rd Floor AR<br/>Men &amp; Women Invited</p> | <p><b>24</b></p> <p>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 &amp; Thunderbird</p>                                            | <p><b>25</b></p> <p>Saturday at the Movies<br/>M1~ Activity Room ~ 3RD FL<br/>2:00pm</p> |
| <p><b>29</b></p> <p>8:30AM Fry's Trip 13<br/>43rd &amp; Cactus</p>                                                                                                                                                                   | <p><b>30</b></p> <p>1:30pm<br/>Manor 1 &amp; 3<br/>Supervised Gym<br/>@ Manor 2 Gym<br/>~~~~~<br/>Wonders of the Word<br/>3:30-5PM M1 3rd Floor AR<br/>Men &amp; Women Invited</p> | <p><b>31</b></p> <p>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 &amp; Thunderbird</p>                                            | <p>Love Your Neighbor As<br/>Yourself.<br/><b>BE THAT KIND OF NEIGHBOR!</b></p>          |



## 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)

### **Cold and Flu Truth**

"Feed a cold, starve a fever." This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.



### **Words To Remember**

History books are filled with wise words from countless leaders and innovators, offering insight and inspiration for years to come. Take note of these well-known speeches from America's past and present:

*The Gettysburg Address.* "Four score and seven years ago ..." History students are familiar with that opening line of Abraham Lincoln's Gettysburg Address, a brief but memorable speech on American purpose delivered Nov. 19, 1863, on the Civil War battlefield in Pennsylvania.

*Farewell to Baseball Address.* Diagnosed with the disease that bears his name, legendary first baseman Lou Gehrig said goodbye to his teammates

and fans at Yankee Stadium on July 4, 1939, with these heartfelt words: "Today I consider myself the luckiest man on the face of the earth."

*"I Have a Dream."* Delivered on Aug. 28, 1963, on the steps of the Lincoln Memorial, these famous remarks by Martin Luther King Jr. on equality are among the country's most iconic and inspirational.

*"Women's Rights Are Human Rights."* On Sept. 5, 1995, then-first lady Hillary Clinton addressed United Nations members at a women's conference in Beijing, delivering a memorable message on gender equality.

*"The Power of Vulnerability."* Released in June 2010, this speech by researcher and storyteller Brené Brown is one of the most-viewed TED talks of all time. Brown's words on authenticity, connections and courage have helped her become a leading voice on mental health and relationships.

FLOWER OF THE MONTH | JANUARY

*Carnation*

*Love and  
affection*





### That's a Wrap

*Pop-pop-pop!* For decades, the packing material known as Bubble Wrap has been making life a little easier—and more entertaining!

In 1957, Alfred Fielding and Marc Chavannes attempted to create textured wallpaper by heat-sealing two plastic shower curtains together. Their unexpected result—a plastic sheet with dozens of air bubbles—didn't exactly serve their original purpose, yet they knew they had something special. Naming their product Bubble Wrap, they set out to make it a success.

Bubble Wrap's big break arrived in 1960, when IBM began shipping their new 1401 computers to customers and needed something better than balled-up newspaper to protect the machinery during transport. Bubble Wrap was the answer. Soon, shipping and handling companies embraced the product as the ideal packing material: lightweight, effective and inexpensive.

For many, however, Bubble Wrap's most famous feature is how fun it is to pop! The amusing activity isn't just child's play: Research has shown that popping Bubble Wrap can help reduce stress and boost energy.

The material has also found a home among craft supplies. Artists can use Bubble Wrap as a stamp to make polka-dotted patterns, sew the material into handbags and even create jewelry.

### Yoga and You

"Anyone can do yoga." That's what we often hear from health and fitness experts. But for many of us, the thought of getting down on the floor and twisting the body into various positions isn't an ideal form of exercise.

Fortunately, yoga is very flexible—even if you aren't! Several styles of yoga move at a slow, relaxed pace. All poses can be modified, and props, such as chairs, straps and blocks, can be used to move more easily into positions.

Yoga programs often build seniors' confidence by allowing beginners to work at their own speed and helping them become more aware of their abilities. This awareness helps participants grow comfortable with their bodies, which, along with gentle stretching that increases range of motion and flexibility, can help prevent falls.

The exercise is especially beneficial for seniors in other ways, too. In addition to providing relief to people with arthritis and other bone and joint aches, yoga can also increase blood circulation and help control blood sugar levels. Breathing exercises and meditation—two essential features of yoga—work to improve respiratory function and boost energy. And don't forget that yoga is good for the mind as well as the body. Those who participate in yoga often report less stress and better sleep.



### 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

### 'Who Loves Ya, Baby?'

Enjoy a lollipop on Jan. 21 in honor of Telly Savalas, who was born on that day in 1922. Best known for his award-winning role as a streetwise detective with a sweet tooth on the '70s series "Kojack," Savalas also starred in films such as "The Dirty Dozen" and "On Her Majesty's Secret Service."



# January 2025



## Word Gets Around

New words make their way into our language all the time, often based on trends, inventions, new technology and slang. See when these now-common terms were first talked about.

### Decade Words

| Decade | Words                                               |
|--------|-----------------------------------------------------|
| 1940s  | country music, TV, jeep, cook-off, jet stream       |
| 1950s  | action figure, bumper sticker, videotape, TV dinner |
| 1960s  | junk food, fender bender, vibe, carpool, ZIP code   |
| 1970s  | retro, ATM, shopaholic, comfort food, gas-guzzler   |
| 1980s  | photo op, couch potato, mouse pad, cardio, email    |
| 1990s  | World Wide Web, brain freeze, spoiler alert, bestie |
| 2000s  | bucket list, podcast, cornhole, sudoku, selfie      |

"Then & Now"

## "This Month In History" JANUARY

**1901:** The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

**1938:** Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and Black musicians performed together on a U.S. stage.

**1943:** Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

**1953:** Chevrolet debuts its new sports car, the Corvette.

**1986:** James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

**1994:** American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

**2006:** An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

**2010:** Apple introduces its first iPad, a touch-screen tablet computer.

**2019:** A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.