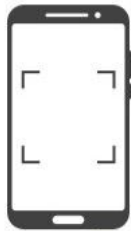




IN A MANOR OF SPEAKING

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

## February 2025



### **Tart Is Smart**

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit's flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

### **Weekly News**

The first issue of Newsweek magazine came out on Feb. 17, 1933. The publication, founded by Thomas J.C. Martyn, a former foreign editor at Time magazine, cost 10 cents a copy and had a circulation of 50,000. At its height in the early 2000s, Newsweek had a worldwide circulation of more than 4 million.

## 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

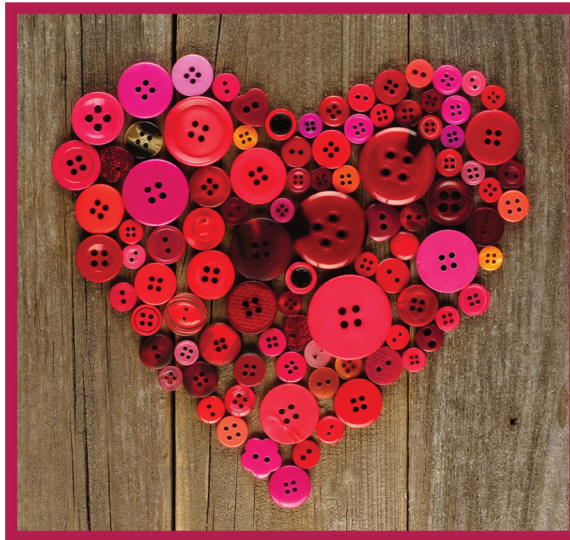
Ponderosa Heart  
(480) 795-1515

### Curana Health

(602) 613-5917

### Honoring Black History

February is Black History Month, a time to reflect on the achievements of African Americans who helped shape our great nation. These heroes will be the focus of several events this month, so check the calendar and be sure to join us.



### Hungry for a Healthy Heart

There are plenty of foods with heart health benefits:

*Beans, lentils and chickpeas.* Packed with protein, these legumes are a key component of a heart-healthy diet and can help control blood sugar. These high-fiber foods also prevent bad cholesterol from being absorbed by the body.

*Yogurt.* High in potassium, yogurt and other dairy products can help reduce high blood pressure. But the probiotics in yogurt could have an added benefit for your heart: By fighting “unfriendly” bacteria in the mouth, yogurt may protect against gum disease, which can raise your risk for heart disease.

*Grapes and raisins.* Thanks to the presence of resveratrol, which can prevent blood clotting as well as lower cholesterol and blood pressure, red grapes are a popular choice. Both red and white grapes contain polyphenols that can prevent atherosclerosis (hardening of the arteries), and raisins can fight inflammation and bacteria that cause gum disease.

### Polar Personalities

Love or hate winter, the season makes its presence known. These cool characters personify the frigid, frosty time of year.

- *Old Man Winter.* This wild-haired fellow puffs his cheeks and blows out icy breath, causing temperatures to plummet.
- *Jack Frost.* Credit or blame Jack Frost’s frozen fingers for the icy glaze that patterns windows in winter. The nose-nipper of holiday song is a “happy little sprite” in nursery rhyme, but he also has a dark side. He’s a wicked snowman in the 1997 horror film “Jack Frost” and an evil schemer in 2006’s “The Santa Clause 3.”
- *The Snow Maiden.* In one Russian fable, a childless couple creates a girl of snow who magically comes to life. But when she falls in love with a farm boy, the warmth of her heart causes her to melt and perish. In another tale, she’s the beautiful daughter of Spring and Frost who is destroyed by a ray of sun on her wedding day.
- *The Abominable Snowman.* Also called Yeti, this mythical beast has been described as a large, apelike creature that treks upright through the Himalayas, leaving humanlike footprints in the snow.





### Wit & Wisdom

"To fall in love with yourself is the first secret to happiness."  
—Robert Morely

"How you love yourself is how you teach others to love you."  
—Rupi Kaur

"If you have the ability to love, love yourself first."  
—Charles Bukowski

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."  
—Lucille Ball

"It is only when you have mastered the art of loving yourself that you can truly love others."  
—Robin Sharma

"You yourself, as much as anybody in the entire universe, deserve your love and affection."  
—Buddha

"Talk to yourself like someone you love."  
—Brené Brown

### A Presidential Month

Two of America's most famous leaders, first President George Washington and 16th President Abraham Lincoln, were born in February, contributing to the establishment of Presidents Day. The federal holiday on the third Monday of the month celebrates all U.S. presidents. Two other chief executives were also born in February: William Henry Harrison and Ronald Reagan.

### Happy Valentine's Day!

We'd like to wish all of our residents a very happy Valentine's Day. May your day be extra sweet!

### A Little Laugh

Q: What do you call the world's smallest Valentine's Day card?

A: A valen-tiny.

### 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)

### FEBRUARY BABIES!

**Manor 1:**  
Elizabeth Holmes ~ 2/3  
Dorothy Waltz ~ #311 ~ 2/7  
Carla Schoonhoven ~ #312 ~ 2/10  
Jane Grant ~ #324 ~ 2/13  
Patrcia Zeigner ~ #112 ~ 2/19  
Sandra Mitchem ~ 2/20

**Manor 3:**  
Shirley Anderson ~ #109 ~ 2/7  
William Seaber ~ #305 ~ 2/26

### A Groundhog's Nap

Before he emerges from his burrow to predict the arrival of spring, America's most famous groundhog, Punxsutawney Phil, spends the winter in a deep snooze. During the mammal's annual hibernation, its body temperature drops from 99 to 37 degrees, and its heart rate slows from 80 to about five beats per minute.

On Feb. 4, send a shout-out to someone who always delivers—your letter carrier!

## 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

## Super Bowl Party

It's Super Bowl time! Which team are you rooting for? Or are you cheering for the commercials, or just looking for the chips and dip? Whatever draws you to the big game, join us for football, food and fun during our Super Bowl party!

| Sunday                                                                                                                                                                      | Monday                                                                                                                                                                                                                   | Tuesday                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|
| (FS) - Stands for Fellowship Square<br>(AR) - Stands for Activity Room -<br>~~~~~<br>Terros Crisis Line 1<br>1-800-631-1314<br>~~~~~<br>Chaplain Greg Worch<br>602-443-5486 | 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 |                                                          |
| <b>2</b>                                                                                                                                                                    | <b>3</b>                                                                                                                                                                                                                 | <b>4</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                                                                                                                                                                     | 1:30pm<br>Manor 1 & 3<br>Supervised Gym @ Manor 2<br>Gym |
| <b>9</b>                                                                                                                                                                    | <b>10</b>                                                                                                                                                                                                                | <b>11</b>                                                |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1<br>- 3rd Floor Activity Room                                                                                     |                                                                                                                                                                                                                          | 1:30pm<br>Manor 1 & 3<br>Supervised Gym @ Manor 2<br>Gym |
| <b>16</b>                                                                                                                                                                   | <b>17</b>                                                                                                                                                                                                                | <b>18</b>                                                |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1<br>- 3rd Floor Activity Room                                                                                     | Presidents Day<br><br>1:00PM - Super Walmart Trip<br>19th Ave. & Bell Road                                                                                                                                               | 1:30pm<br>Manor 1 & 3<br>Supervised Gym @ Manor 2<br>Gym |
| <b>23</b>                                                                                                                                                                   | <b>24</b>                                                                                                                                                                                                                | <b>25</b>                                                |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1<br>- 3rd Floor Activity Room                                                                                     |                                                                                                                                                                                                                          | 1:30pm<br>Manor 1 & 3<br>Supervised Gym @ Manor 2<br>Gym |

| <b>Wednesday</b>                                                                                                                                                                                                 | <b>Thursday</b>                                                                                                                                              | <b>Friday</b>                                                                                                                                                                                     | <b>Saturday</b>                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
|                                                                                                                                                                                                                  | <i>February</i>                                                                                                                                              |                                                                                                                                                                                                   | <b>1</b><br><br>Saturday at the Movies<br>M1~ Activity Room ~ 3RD FL<br>2:00pm  |
| <b>5</b><br><br>8:30AM Fry's Trip - 10% OFF<br>43rd & Cactus                                                                                                                                                     | <b>6</b><br><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  | <b>7</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>8</b><br><br>Saturday at the Movies<br>M1~ Activity Room ~ 3RD FL<br>2:00pm  |
| <b>12</b><br><br>8:30AM Fry's Trip 13<br>43rd & Cactus<br><br>*Service Coordinator Lunch*<br>Olive Garden<br>Address: 2710 W North Ln,<br>Phoenix, AZ 85021<br>11AM - Sign Up With Kim<br>Manor 1 (480) 385-0058 | <b>13</b><br><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 | <b>14</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>15</b><br><br>Saturday at the Movies<br>M1~ Activity Room ~ 3RD FL<br>2:00pm |
| <b>19</b><br><br>8:30AM Fry's Trip 13<br>43rd & Cactus                                                                                                                                                           | <b>20</b><br><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 | <b>21</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>22</b><br><br>Saturday at the Movies<br>M1~ Activity Room ~ 3RD FL<br>2:00pm |
| <b>26</b><br><br>8:30AM Fry's Trip 13<br>43rd & Cactus                                                                                                                                                           | <b>27</b><br><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 | <b>28</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                                      |                                                                                 |



## 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)



### Love Is All Around

"When you put love out in the world, it travels, and it can touch people and reach people in ways that we never even expected." —Laverne Cox

### A Celebration of Sound

For more than six decades, the world of music comes to a crescendo when performers and other industry members gather for the Grammy Awards. The annual live ceremony is televised to millions of viewers around the world who tune in to watch music's biggest stars.

The Grammys were created in 1958 by the Recording Academy to honor achievements in the recording industry. Winners are chosen by their peers, and commercial aspects like record sales do not influence votes. Trophies in the form of gold gramophones are awarded in more than 90 categories in various genres, including pop, rock, rhythm and blues, country and classical music. The night's four most-coveted Grammys go to the album, record and song of the year and best new artist.

The first Grammys, held in 1959, saw Rat Packers Frank Sinatra, Sammy Davis Jr. and Dean Martin join other entertainers like Gene Autry, Johnny

Mercer and Henry Mancini in Beverly Hills, Calif., while a simultaneous event took place in New York City. These multi-city ceremonies continued for several years before being changed to a single venue, which today is in Los Angeles.

Although the Grammys are largely music-related, the Recording Academy honors other types of recorded content such as best spoken word album. Presidents Jimmy Carter, Bill Clinton and Barack Obama have each won Grammys in this category.



FLOWER OF THE MONTH | FEBRUARY

# Violet

*Loyalty  
and modesty*





### Tapping a Sweet Topping

Whether for waffles or pancakes, the breakfast table wouldn't be as sweet without maple syrup. This tasty topping begins as sap from maple trees, which are tapped annually in early spring.

Syrup producers—called sugar-makers—know it's time to tap sugar maple trees when a particular weather pattern emerges: Nights are still below freezing, and daytime temperatures are mild. This variance in temperature causes the sap to flow within the tree's trunk so it can be harvested. A typical tapping season lasts about four to six weeks.

Sugar maples are usually first tapped at about 40 years old, and many go on producing for more than a century. Some are tapped the traditional way using spouts, or spiles, which are driven into the tree, allowing the sweet liquid to drip into attached buckets. Modern and large-scale syrup producers use plastic tubing that runs directly from the trees into collection tanks.

Once the sap is collected, an extensive process removes the water from it. About 40 gallons of sap produces one gallon of syrup.

Maple syrup is graded by its color, which indicates the intensity of its flavor—the darker the syrup, the stronger the maple taste.

### In Honor of Our First President

Towering above the nation's capital as a tribute to the first president of the United States, the Washington Monument is one of America's most recognized landmarks.

Plans for a structure honoring George Washington began before he even became president: In 1783, the Continental Congress voted to erect a statue of Washington commemorating his leadership of the American army during the Revolutionary War. But Washington canceled the project after he took office, unwilling to spend federal funds on his own memorial.

In 1833, the Washington National Monument Society revived the idea and raised private donations. Construction began in 1848, but a dwindling budget and the Civil War interrupted its progress. The project was resumed again in 1879, and the monument was officially dedicated on Feb. 21, 1885, one day before Washington's birthday.

Because of the time gap between phases of construction, the quarry stone used in the monument couldn't be matched, which is why the bottom of the finished structure is noticeably lighter than the top.



### 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

### 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.



# February 2025



"Then & Now"

## Advertising Icons

Created to sell everything from tires and cereal to fast food and insurance, corporate mascots can not only affect product sales, but also impact pop culture. Here are some of the most iconic characters in ad history.

| Year | Mascot                 | Company/Product               |
|------|------------------------|-------------------------------|
| 1898 | The Michelin Man       | Michelin tires                |
| 1916 | Mr. Peanut             | Planters peanuts              |
| 1928 | The Green Giant        | Green Giant canned vegetables |
| 1939 | Elsie the Cow          | Borden dairy products         |
| 1951 | Tony the Tiger         | Kellogg's Frosted Flakes      |
| 1963 | Ronald McDonald        | McDonald's restaurants        |
| 1965 | Poppin' Fresh Doughboy | Pillsbury foods               |
| 1989 | Energizer Bunny        | Energizer batteries           |
| 1997 | Gidget the Chihuahua   | Taco Bell restaurants         |
| 2000 | Gecko                  | Geico insurance               |

## "This Month In History"

### FEBRUARY

**1878:** Thomas Edison receives a patent for his first major invention, the phonograph.

**1905:** The first Rotary Club meets in Chicago. The service organization now has more than 35,000 clubs worldwide.

**1914:** In Washington, D.C., a groundbreaking ceremony is held on the western end of the National Mall for the Lincoln Memorial.

**1922:** Embracing the "broadcasting boom," President Warren G. Harding

has a radio installed in the White House.

**1935:** The board game Monopoly goes on sale with a price tag of \$2. Now a classic favorite, millions have played the property trading game.

**1947:** Inventor Edwin H. Land demonstrates his Polaroid Land Camera, which could produce a black-and-white photo in 60 seconds.

**1954:** A group of children in Pittsburgh is the first to be inoculated against polio with a new vaccine developed by Dr. Jonas Salk.

**1968:** With smiles, songs and stories, the TV series "Mister Rogers' Neighborhood" premieres on national public television.

**1985:** The Coca-Cola Company launches a new flavored soft drink, Cherry Coke.

**1995:** American businessman Steve Fossett completes the first solo flight across the Pacific Ocean in a balloon.

**2006:** At the Winter Olympics in Italy, U.S. speedskater Shani Davis becomes the first black athlete to win an individual gold medal in Winter Games history.

**2011:** "The Artist" wins the Oscar for best picture. It was the first silent film to win the award since "Wings" in 1927.

**2014:** Comedian Jimmy Fallon becomes the host of the late-night talk show "The Tonight Show."