



IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

In a *Manor* of Speaking

April 2025



 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

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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



### Wild World: Mallard Duck

The most common wild duck in the U.S., the mallard is also thought to be the most abundant and wide-ranging duck in the world. It is found in fresh bodies of water throughout North America, Europe and Asia. Male mallards, called drakes, have a green head, a white neckband and a brown and gray body. Females have mottled brown and white feathers all over their bodies except for an iridescent blue patch on their wings. Mallards are dabbling ducks, meaning they tip their bodies vertically into the water, with their tail in the air, to feed on fish, frogs and plants. Female mallards quack, but males do not; instead, they make a soft, raspy sound.

### Blown Away by Spring

Spring and strong winds often go hand in hand. This is due to shifting atmospheric pressure and temperature changes. According to the World Meteorological Organization, the maximum natural wind gust ever recorded clocked in at 253 mph on April 10, 1996, in Barrow Island, Australia.

## 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

### Thank You, OTs!

April is  
Occupational Therapy  
Month, a chance to  
recognize the role of  
these important  
health care workers.  
Occupational  
therapists make daily  
life easier for everyone  
in their care, and our  
ongoing gratitude  
goes out to them!



### A Day With a Twist

April 26 is National Pretzel Day, a time to celebrate pretzels of all shapes and sizes. If you can't decide which is your favorite, try mixing a variety of different types of pretzels in a big bowl. The best place to celebrate might be Freeport, Ill., which is known as Pretzel City, USA, home of the Billerbeck Bakery pretzel company, founded in 1869. The Freeport High School sports teams are called the Pretzels.

### Japan's Fan Dances

Fan Dance Day on April 3 celebrates Japanese fan dancing, which dates all the way back to 600 B.C. Since then, many forms have developed, often sharing key elements of bright kimonos, bold makeup, handheld painted fans and live music. Through pantomime, musical timing and bending their bodies into geometrical shapes, dancers incorporate the fans to tell a compelling story and provide beautiful entertainment.

### Love Is in the Hair

They're the folks who are a cut above! Give them a shoutout on Hairstylist Appreciation Day, April 30.

### The Nation's Library

With a mission to preserve and provide knowledge, the Library of Congress was established April 24, 1800, in Washington, D.C., and has grown to become the largest library in the world.

Beginning as a small collection of books housed inside the new U.S. Capitol building, the library served as a resource for members of Congress. During the War of 1812, the British set fire to the Capitol, destroying the library. To help rebuild it, former President Thomas Jefferson sold his personal collection of roughly 6,500 books to Congress.

The library eventually outgrew its space in the Capitol, so a separate building was constructed. When the massive structure opened in 1897, it was praised for its stunning architecture and artwork. Around this time, the library also expanded its purpose, making its materials more accessible to the public and serving as the national library of the American people.

Now comprising three buildings, the ever-growing Library of Congress contains more than 164 million items—books, films, photos, newspapers, maps, sheet music and more—from all over the globe. It is also home to the U.S. Copyright Office and the world's largest law library.

Those who live outside of Washington, D.C., can make virtual visits to access the library's collections through its website, [LOC.gov](http://LOC.gov).

### Memorable Melody: 'The Bunny Hop'

Bandleader Ray Anthony wrote this jazzy ditty in 1952 after hearing that high school students in San Francisco had come up with a new conga line dance called "The Bunny Hop." The lyrics of Anthony's song, crooned by Tommy Mercer and Marcie Miller, instruct listeners to "put your right foot forward, put your left foot out, do the bunny hop!" The song and accompanying dance were popular at parties throughout the '50s, and to this day, as soon as the tune's melody begins at a wedding or other celebration, guests know what to do: hop, hop, hop!

### National Park Week

Did you know that the U.S. is home to 63 national parks and 423 protected sites? With so many opportunities to view Earth's natural beauty as well as historic locations and monuments, it's time to take advantage of National Park Week, held in mid-April. Kick off your adventure with this fun fact: California has the most national parks at nine, and Alaska is right behind it with eight.

### 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)

### APRIL BABIES!

- Manor 1:**  
 Gail Spero ~ 4/4  
 Gregory Waegli ~ 4/9 ~ #203  
 Betty Rodriguez ~ 4/15 ~ #107  
 Donna Brown ~ 4/24 ~ #104  
 Roberta Curry ~ 4/28 ~ #223  
 Evelyn Tschetter ~ 4/29 ~ #124

**Manor 3:**

### Jackie Robinson Day

Each year on April 15, everyone in big-league baseball is No. 42. On Jackie Robinson Day, MLB players, managers, coaches and umpires wear the Hall of Famer's number, which has been retired for all teams, to honor his legacy and commemorate the date of his 1947 debut as the first African American MLB player.

### Let's Go for a Walk!

Spring is here to stay, and our walking club is in full swing! Check the calendar for times and join us for some fresh air and exercise.

### Laugh Lines

#### Thank a Tree

Planting trees on Arbor Day—or any day—is a popular way for people to help the planet. That's because trees get 90% of their nutrition from the air around them, in the form of carbon dioxide. Using energy from the sun, a tree converts CO2 into food and releases oxygen back into the air. Since excess CO2 is damaging to the environment and we need oxygen to breathe, trees are truly important for the ecosystem. Scientists say trees are the best method of offsetting carbon emissions, largely because they live so long and take a long time to decompose.

#### Dance Like No One Is Watching

"We're fools whether we dance or not, so we might as well dance." — Japanese proverb

#### Positive Thought

"The Earth is what we all have in common." —Wendell Berry

## COUNSELING SERVICES

Marcann Mental Health Services  
(602) 824-9309

## 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

## COVENANT HOME HEALTH

Front Office:  
602-443-5447

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



Did you know we prank one another on April 1?

Yes, I'm fool-y aware.

| Sunday                                                                                                              | Monday                                                                                                                                                                      | Tuesday                                                            |
|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| <b>April</b>                                                                                                        | (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 | 1<br><br>1:30pm<br>Manor 1 & 3<br>Supervised Gym @ Manor 2<br>Gym  |
| 6<br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room                       | 7<br><br>1:00PM - Super Walmart Trip<br>19th Ave. & Bell Road                                                                                                               | 8<br><br>1:30pm<br>Manor 1 & 3<br>Supervised Gym @ Manor 2<br>Gym  |
| 13<br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room                      | 14                                                                                                                                                                          | 15<br><br>1:30pm<br>Manor 1 & 3<br>Supervised Gym @ Manor 2<br>Gym |
| <b>Happy Easter!</b> 20<br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room | 21<br><br>1:00PM - Super Walmart Trip<br>19th Ave. & Bell Road                                                                                                              | 22<br><br>1:30pm<br>Manor 1 & 3<br>Supervised Gym @ Manor 2<br>Gym |
| 27<br><br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room                      | 28                                                                                                                                                                          | 29<br><br>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>                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br><br>8:30AM Fry's Trip - 10% OFF<br>43rd & Cactus                                                                                                                                                                        | <b>3</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>4</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>5</b><br><br>Saturday at the Movies<br>M1~ Activity Room ~ 3RD FL<br>10:00am                                                                                                                                                        |
| <b>9</b><br><br>8:30AM Fry's Trip 13<br>43rd & Cactus<br><br>*Service Coordinator Lunch*<br>Charlie Mae's Soul Food<br>Address: 2317 E. Indian School<br>Rd, Phoenix, AZ 85016<br>11AM - Sign Up With Kim<br>Manor 1 (480) 385-0058 | <b>10</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>11</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>12</b><br><br>Saturday at the Movies<br>M1~ Activity Room ~ 3RD FL<br>10:00am                                                                                                                                                       |
| <b>16</b><br><br>8:30AM Fry's Trip 13<br>43rd & Cactus                                                                                                                                                                              | <b>17</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>18</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>19</b><br><br>Saturday at the Movies<br>M1~ Activity Room ~ 3RD FL<br>10:00am                                                                                                                                                       |
| <b>23</b><br><br>8:30AM Fry's Trip 13<br>43rd & Cactus                                                                                                                                                                              | <b>24</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>25</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>26</b><br><br>Saturday at the Movies<br>M1~ Activity Room ~ 3RD FL<br>10:00am                                                                                                                                                       |
| <b>30</b><br><br>8:30AM Fry's Trip 13<br>43rd & Cactus                                                                                                                                                                              |                                                                                                                                                              |                                                                                                                                                                                                   | <b>TRANSPORTATION</b><br>Fellowship Bus Drivers & Info:<br>Tony Lopez, Supervisor<br>(602) 531-6902<br><b>DRIVERS:</b><br>- Abe - (480) 204-2206<br>- Damion - (602) 448-8094<br>- Jeffrey - (602) 768-4967<br>- Gene - (480) 340-5251 |

## 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 Birthday to the U.S.

#### Army Reserve

The United States Army Reserve, a force made up of both military members and civilians, was founded on April 23, 1908. Living up to the slogan "Ready Now! Shaping Tomorrow," their role is to be ready to go within a moment's notice when the U.S. military is in need of additional manpower.

### Happy Pet Parents Day!

Cats, dogs, lizards, horses, guinea pigs, rabbits—all can become a part of the family. To honor all the people who make pets a part of their lives, National Pet Parents Day is observed on the last Sunday in April.

This yearly holiday honors the pet parents who love and care for critters of all shapes and sizes, whether they have two legs, four legs or no legs at all! The unconditional love and companionship that pets provide is what makes it so easy for them to become valued members of your family. For all the wonderful things you do as a pet parent, treat yourself to something special on National Pet Parents Day!

### Put Pen to Paper

Celebrate National Card and Letter Writing Month in April by penning a heartfelt note to someone in your life. In today's digital world, the recipient will welcome the handwritten message.

### Chasing Rainbows

A rainbow is one of the most wondrous sights in nature. Here's how you can spot one!

Rainbows are caused by light shining through water, so the best time to look for them is during a break in a rainstorm, when the sun is peeking out. Early mornings and late afternoons are better. Look for the sun in the sky and then turn your back to it—rainbows only appear across from the sun.

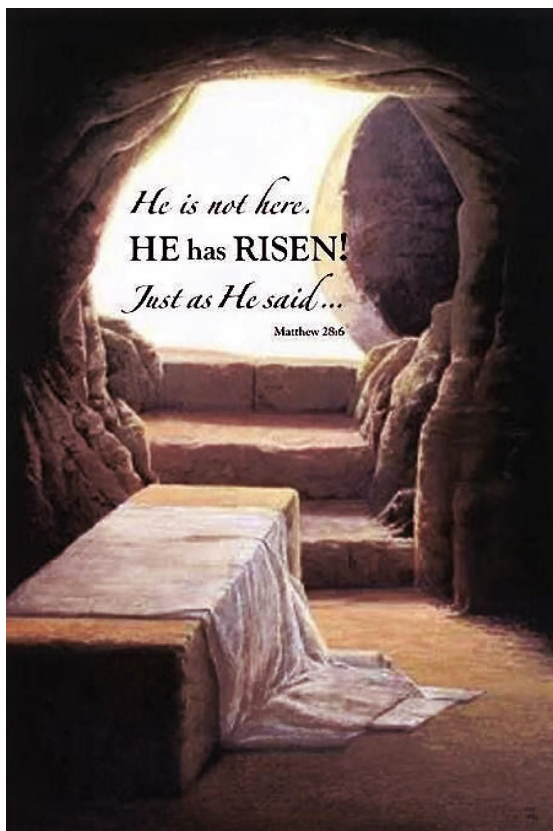
The sky beneath a rainbow is brighter than the sky above it, so if you see a bright patch of sky, look closely. There may be a faint rainbow! When a rainbow itself is especially vibrant, there may be a double rainbow reflected from the top of the arc. The colors of this rainbow will be in reverse.

### Easter Joy

We want to wish all of our residents a happy Easter! We hope you and your loved ones have a joyous holiday.

FLOWER OF THE MONTH | APRIL





### Remembering Passover

*Moshe said to the people, "Remember this day, on which you left Egypt, the abode of slavery; because Adonai, by the strength of his hand, has brought you out of this place." —Exodus 13:3 (CJB)*

### Rejoice in Passover

Passover is a time of reflection, hope and peace for all. It is a time for friends and family to come together to rejoice. May your heart be filled with joy at this special time of year.

### Happy Passover!

We wish you all a blessed and joyous festival!

### Ballpark Highlights

Some Major League Baseball stadiums are as iconic as the sport itself, and each one has its unique features. Here are some that make game days even more memorable.

**Wrigley Field.** The Chicago Cubs' century-old home is full of nostalgic features, and one of the most famous is the ivy that covers the brick walls of the outfield. It was planted in 1937 and grows so thick, baseballs get lost in it.

**Fenway Park.** Standing 37 feet high and stretching across the left field of the nation's oldest active MLB stadium is the fabled Green Monster, a fence that got its name when it was painted in 1947. Boston Red Sox fans can now watch the game from seats atop it.

**Oracle Park.** The Giants' ballpark sports views of the San Francisco Bay. The water is so close that fans can boat and kayak in a cove just off right field in hopes of catching home runs, or "splash hits."

**Chase Field.** The Arizona Diamondbacks make their home in the desert city of Phoenix, so it's fitting their stadium has a seating section with a swimming pool!

**T-Mobile Park.** Because of the city's rainy weather, Seattle Mariners fans are used to umbrellas, and its ballfield has one, too. Since debuting in 1999, the retractable roof has scored big for its open-air design.



### Services & More...



**CHRISTIAN CARE  
 REHABILITATION CENTER**

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

Manor II - Fitness Room

602-443-5479

Wellness

Coordinators Ben & Leticia

### A Seated Stretch

Give your lower body a good stretch with a simple seated exercise. Using a sturdy chair, sit on the seat's edge with both feet flat on the floor. Hold the sides of the seat for support. Starting on your right side, lift your foot and extend your leg out in front of you at a diagonal angle. Tap your heel once on the floor, then bring your foot back to the starting position. Repeat the move with your left foot. Work up to 10 stretches on each side.

# April 2025



## No Fooling!

Instead of playing a prank on April Fools' Day, play one of the dozens of songs with the word "fool" in the title. Here are some of the most notable hits. Can you think of others?

| Year | Song                          | Artist                          |
|------|-------------------------------|---------------------------------|
| 1956 | "Why Do Fools Fall in Love?"  | Frankie Lymon and the Teenagers |
| 1958 | "Poor Little Fool"            | Ricky Nelson                    |
| 1961 | "Fool #1"                     | Brenda Lee                      |
| 1967 | "Chain of Fools"              | Aretha Franklin                 |
| 1972 | "Everybody Plays the Fool"    | The Main Ingredient             |
| 1979 | "What a Fool Believes"        | Doobie Brothers                 |
| 1981 | "What Kind of Fool"           | Barbra Streisand and Barry Gibb |
| 1988 | "Famous Last Words of a Fool" | George Strait                   |
| 1991 | "Don't Want to Be a Fool"     | Luther Vandross                 |

## "This Month In History"

### APRIL

**1902:** Tally's Electric Theater in Los Angeles opens. It was the first theater in the U.S. to be built with the sole purpose to show movies, not stage shows.

**1917:** The United States formally enters World War I, marking a turning point in the conflict that had been ongoing for nearly three years. The Great War ended just over a year and a half later.

**1923:** Yankee Stadium in New York City hosts its first baseball game. The Yankees defeated the Red Sox 4-1.

**1938:** Bugs Bunny makes his first cartoon appearance in "Porky's Hare Hunt."

**1954:** The United States Air Force Academy is established just north of Colorado Springs, Colo. Cadets attend the academy to receive military training for either the Air Force or Space Force.

**1969:** The first temporary artificial heart is used to successfully sustain a patient for 65 hours while waiting for a human heart to become available.

**1977:** Fifteen women in the House of Representatives hold the first Women's Caucus meeting. The bipartisan organization is now known as the Congressional Caucus for Women's Issues.

**1997:** At age 21, golfer Tiger Woods takes the title of Masters champion, becoming the tournament's youngest winner—a record he still holds today.

**2004:** Google launches the free email service Gmail. Since the announcement was made on April Fools' Day, the public was skeptical of its authenticity. Today, Gmail is actively used by 1.8 billion people around the globe.