



IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

Anyone may view this newsletter at
www.christiancare.org/campus/az/phoenix/
 ~ VOLUME 21, NO. 8 ~

Manors' Addresses:

M-I:11830 N. 19th Avenue

M-II:11802 N. 19th Avenue

M-III:1944 W. Sunnyside Drive
 (plus Apartment #), Phoenix, AZ 85029
Alex Periut, HUD Apartment Manager
Rima Banerji, HUD Assistant Manager

(602) 861-3970 (Hours: p. 6) ~ M-I Office
Susan O'Connell, Dir. Subsidized Housing:

Phoenix and Cottonwood
 (602) 443-5449 - M-I Office

Ricky Dodd's, Manors' Service Coordinator
 (602) 443-5446

SECURITY/INFORMATION/MAINTENANCE
 (602) 678-4939 or (602) 443-5400

SALONS / BARBERS:

Health Center: (602) 443-5432

Oasis: HAIR: (602) 443-5463 (Nancy)

NAILS: (623) 332-1367 (Frida)

Fellowship Square: (602) 443-5422

Chaplain Brad Auten.....(602) 443-5486

Outpatient Rehab.....(602) 443-5447

Home Health Services.....(602) 443-5447

8:00am to 4:00pm, Monday-Friday

Health Center Admissions (602) 443-5470

Sr. FITness(602) 443-5479

Volunteering.....(602) 443-5419

February 2020



St. Valentine according to Wikipedia

Valentine's Day, also called **Saint Valentine's Day** or the **Feast of Saint Valentine**,^[1] is celebrated annually on February 14. Originating as a Western Christian feast day honoring one or two early saints named Valentinus, Valentine's Day is recognized as a significant cultural, religious, and commercial celebration of romance and romantic love in many regions around the world.

There are numerous martyrdom stories associated with various Valentines connected to February 14,^[2] including a written account of Saint Valentine of Rome's imprisonment for performing weddings for soldiers who were forbidden to marry and for ministering to Christians persecuted under the Roman Empire.^[3] According to legend, Saint Valentine restored sight to the blind daughter of his judge,^[4] and he wrote her a letter signed "Your Valentine" as a farewell before his execution.^[5] The Feast of Saint Valentine was established by Pope Gelasius I in AD 496 to be celebrated on February 14 in honour of the Christian martyr, Saint Valentine of Rome, who died on that date in AD 269.

Did You Know?

Russell and Clara Stover founded Russell Stover Chocolates Inc. in 1923. The company's heart-shaped boxes of chocolates are popular Valentine's Day gifts.

Trivia Whiz

The Presidential Penny

Presidents Day on the third Monday of February celebrates all U.S. presidents, including one of the most admired, Abraham Lincoln. For over a century, Lincoln has been in pockets and purses in the form of the 1-cent coin.

The Lincoln penny was first minted in 1909 and celebrates the 100th anniversary of the 16th president's birth. It was the first U.S. coin to feature a historical figure.

Sculptor and engraver Victor David Brenner designed the coin with Lincoln's portrait on the "heads" side and two wheat stalks on the "tails" side.

The back of the penny has changed over the years. A shield is on the back of pennies from 2010 to the present.

Pennies are 97.5% zinc and 2.5% copper.

The U.S. Mint produces more than 13 billion pennies a year.



Self-Care for Seniors

Now a popular concept, practicing self-care means giving yourself the attention you need to take care of your physical and emotional health. Show yourself some love with these simple self-care habits:

Take a walk. Simply stepping away for a few moments can help clear your mind, as well as provide exercise. Walking with a friend has social benefits, too.

Treat your hands and feet. We use our hands and feet every day, so we need to take care of them. Getting manicures, pedicures and hand massages and using moisturizing lotions will help you feel pampered and relaxed.

Make time for hobbies. If you like to read, draw, crochet, sing or play cards, celebrate it! Whatever you enjoy doing, join a club, attend a class or devote time every week to your favorite pastimes.

Eat well. In addition to eating balanced, nutritious meals, choose desserts and occasional treats that you really love. Without overindulging, savor the experience of eating them, so they are special.

The Appeal of Alpacas

With their soft fleece and quirky, humanlike facial expressions, alpacas are charming animals, with personalities that can put people at ease.

Domesticated over 6,000 years ago by the Andean people of South America, alpacas are in the same family as camels and llamas. They are mostly raised for their luxurious fleece, which is often compared to cashmere, and said to be finer, softer and warmer than sheep's wool.

In recent years, alpacas have become more familiar as therapy animals, making visits to schools, retirement communities, hospitals and rehabilitation centers. Their calm, curious and friendly nature make them ideal for pet therapy, and many children and adults who interact with them can't help but smile and laugh at their amusing antics. Stroking an alpaca's soft fleece provides sensory benefits, and its gentle, social demeanor helps people feel relaxed.

The most common breed is the huacaya, which has thick, curly fleece that gives them a teddy bear-like appearance.





Presidents Day is an American holiday celebrated on the third Monday in February; Presidents Day 2020 occurs on Monday, February 17. Originally established in 1885 in recognition of President George Washington, the holiday became popularly known as Presidents Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents Day is now popularly viewed as a day to celebrate all U.S. presidents, past and present. Credit to HISTORY CHANNEL.

Wit & Wisdom

"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body."
—Joseph Addison

"Be healthy and take care of yourself, but be happy with the beautiful things that make you, you."
—Beyoncé

"A healthy outside starts from the inside."
—Robert Urich

"I do try to eat lots of salads and healthy foods. But cakes are healthy, too; you just eat a thin slice."
—Mary Berry

"Keep your vitality. A life without health is like a river without water."
—Maxime Lagacé

"Eat healthily, sleep well, breathe deeply, move harmoniously."
—Jean-Pierre Barral

"Humor and health, the staples of wealth."
—S. Austin

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 (602) 607-0863 \$6 and up

Lyft (623) 986 - 4330

\$12 and up



Groundhog Day is a popular tradition celebrated in Canada and the United States on 2 February. It derives from the Pennsylvania Dutch superstition that if a groundhog emerging from its burrow on this day sees its shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks, and if it does not see its shadow because of cloudiness, spring will arrive early.

MOBILE DOCTORS

Dr. Jensen 801-874-3135

MOBILE DENTIST

Smile Direct
623-584-4746

MOBILE DERMATOLOGY

Care 2 You-
480-202-3914

COUNSELING AND ACTIVITIES

Arizona Facts of Life-
602-254-2704

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

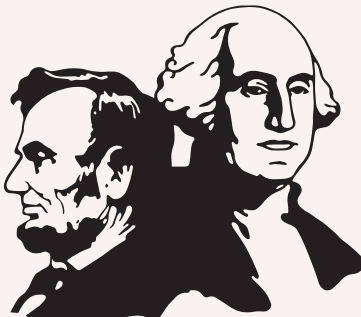

SAINT MARY'S FOOD BOXES

Call to apply for box delivery to campus: 602-242-3663

*Must be homebound or have a disability

Sealed With a Kiss

Introduced in 1907, Hershey's Kisses are now one of the most popular candies purchased for Valentine's Day. To meet Cupid's demands, it's estimated that more than 750 million of the little chocolate drops are produced for the holiday.

Sunday	Monday	Tuesday
	<p>ATTENTION:</p> <p>NEW RECYCLE BINS HAVE BEEN PLACED ON THE 1ST FLOOR OF M1 & M3 INSIDE THE TRASH CHUTE ROOMS.</p>	
2	3	4
<p>10:00 - Worship Service - M1 3rd Floor Activity Room 3:00 CHURCH SERVICES - FS NFL - SUPER BOWL 2020 - MIAMI - Groundhog Day</p>	<p>11:00 SrFIT Stretch - MI (3rd Floor Activity Room) 5:45 BINGO! - FS</p>	<p>1:30 Choir Practice - O</p>
9	10	11
<p>10:00 - Worship Service - M1 3rd Floor Activity Room 3:00 CHURCH SERVICES - FS</p>	<p>11:00 SrFIT Stretch - MI (3rd Floor Activity Room) 5:45 BINGO! - FS</p>	<p>1:00 CRAFTS - M1 (3rd Floor Activity Room) 1:30 Choir Practice - O 3:30 - Community Support Group - M1 - 3rd Floor Activity Room</p>
16	17	18
<p>Presidents Day</p> <p>10:00 - Worship Service - M1 3rd Floor Activity Room 3:00 CHURCH SERVICES - FS</p>	<p>11:00 SrFIT Stretch - MI (3rd Floor Activity Room) 1:00 "What's Your Story" M1 - 3rd Floor Activity Room 5:45 BINGO! - FS</p>	<p>1:30 Choir Practice - O</p>
23	24	25
<p>10:00 - Worship Service - M1 3rd Floor Activity Room 3:00 CHURCH SERVICES - FS</p>	<p>11:00 SrFIT Stretch - MI (3rd Floor Activity Room) 5:45 BINGO! - FS</p>	<p>1:00 CRAFTS - M1 (3rd Floor Activity Room) 1:30 Choir Practice - O 3:30 - Community Support Group - M1 - 3rd Floor Activity Room</p>

Wednesday	Thursday	Friday	Saturday
 <p>MARDI GRAS</p>			<p>1</p> <p>10:00 - Mass - FS 1:45 - Saturday @ The Movies: M1 - 3rd Floor Activity Room</p>
<p>5</p> <p>8:30 Fry's Trip - 43rd & Cactus 11:00 - Bible Study for Everyday Life: M3 Activity Room 11:30 - 2:00 - New Year's Lunch: M1 - 3rd Floor Activity Room 1:00 - Bible Study: M2 Activity Room</p>	<p>6</p> <p>10:45 - Prayer Circle - M1 - 3rd Floor Activity Room 12:30 - Super Wal-mart Trip 19th Ave & Bell Road 3:00 - Wii Sports - M1 3rd Floor Activity Room</p>	<p>7</p> <p>9:00 - Post Office Trip Departs From FS 1:30 - Sprouts & Walgreens Trip - 7th ST & Bell Road</p>	<p>8</p> <p>10:00 - Mass - FS 1:45 - Saturday @ The Movies: M1 - 3rd Floor Activity Room</p>
<p>12</p> <p>8:30 Fry's Trip - 43rd & Cactus 11:00 - Bible Study for Everyday Life: M3 Activity Room 1:00 - Bible Study: M2 Activity Room 6:00 BUNCO!! - FS</p>	<p>13</p> <p>World Radio Day 10:45 - Prayer Circle - M1 - 3rd Floor Activity Room 3:00 - Wii Sports - M3 1st Floor Activity Room</p>	<p>14</p> <p>Valentine's Day 9:00 - Bank Trip - Chase, DSFCU, And B of A- Check Bulletin Board Coordinator Lunch - 11 AM @ Golden Corral - Northern & 59th Ave 1:30 - Dollar Tree, Ross & Fry's Trip - 35th Ave and Thunderbird</p>	<p>15</p> <p>10:00 - Mass - FS 1:45 - Saturday @ The Movies: M1 - 3rd Floor Activity Room</p>
<p>19</p> <p>8:30 Fry's Trip - 43rd & Cactus 11:00 - Bible Study for Everyday Life: M3 Activity Room 1:30 - BINGO! M2 Dining Room - Hosted by United Health 1:00 - Bible Study: M2 Activity Room 6:00 BUNCO!! - FS</p>	<p>20</p> <p>10:45 - Prayer Circle - M1 - 3rd Floor Activity Room 12:30 - Super Wal-mart Trip Metro 3:00 - Wii Sports - M1 3rd Floor Activity Room</p>	<p>21</p> <p>9:00 - Post Office Trip Departs From FS 1:30 - Sprouts & Walgreens Trip - 19th Ave & Northern Ave</p>	<p>22</p> <p>10:00 - Mass - FS 1:45 - Saturday @ The Movies: M1 - 3rd Floor Activity Room</p>
<p>26</p> <p>Ash Wednesday 8:30 Fry's Trip - 43rd & Cactus 11:00 - Bible Study for Everyday Life: M3 Activity Room 1:00 - Bible Study: M2 Activity Room 6:00 BUNCO!! - FS</p>	<p>27</p> <p>10:45 - Prayer Circle - M1 - 3rd Floor Activity Room 3:00 - Wii Sports - M3 1st Floor Activity Room</p>	<p>28</p> <p>9:00 - Bank Trip - Chase, DSFCU, And B of A- Check Bulletin Board 12:00 - Cerreta Candy/Chocolate Shop - Let's Go Visit Willy Wanka =) 1:30 - 99 Cent Store - 43rd Ave & Bell Rd</p>	<p>29</p> <p>10:00 - Mass - FS 1:45 - Saturday @ The Movies: M1 - 3rd Floor Activity Room</p>

Manor-isms:



MEAL CARD:

Two ways to use your Meal Card:

1. Pre-pay (cash or check)

OR

2. Use it and be billed for meals purchased on your monthly rent statements.

Available at the M-I office:

(602) 861-3970



Alex Perlut,

HUD Office Manager
&

Rima Banerji,

HUD Asst Manager

Manager's Office

Hours:

Mon.- Fri.: 9 - 4

(Sat.: By

Appointment)

Need Insurance Guidance?

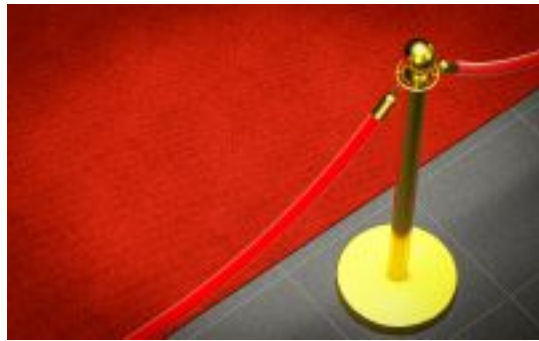
Jessica Tcheng can help you!

(949) 394-7738

Ultimate Medical Equipment

Fixes Scooters & Wheelchairs:

602-978-4100



Red Carpet Rollout

Symbolizing glitz and glamour, a red carpet is rolled out for celebrities and VIPs to make a grand entrance.

The earliest reference to this custom appears in the ancient Greek play "Agamemnon," in which the title character, a king, returns home from battle to a path of crimson tapestries laid out for him. Because red dye was difficult to make and expensive, only the elite could afford fabric in that color, and red became a sign of luxury.

The practice spread over time. In 1821, U.S. President James Monroe stepped off a riverboat onto a ceremonial red carpet in South Carolina. Starting in the early 1900s,

red carpets directed passengers boarding the exclusive express train at New York City's Grand Central Station, creating the status concept of "red-carpet treatment."

In Hollywood, the legendary Sid Grauman rolled out a red carpet outside his movie theater when he organized the first film premiere in 1922. Douglas Fairbanks and the other stars of "Robin Hood" started a tradition of arriving actors "walking the red carpet" that continues today. Most famously, the annual Academy Awards ceremony has broadcast its pre-show red carpet event since 1961. The plush walkway has become a stage for celebs to pose for photos, give interviews and greet fans.

A welcome carpet is sometimes used at other public events and is seen in colors besides red.

The tradition of rolling out a red carpet has a long history



HAPPY BIRTHDAY

MANOR 1:

Diane Medoff 1/4 - 110

Grant, Jane - 2/13 - 324

Durbic, Josip - 2/19 - 208

Zeigner, Patricia - 2/19 - 112

Mitchem, Sandra - 2/20 - 220

Salvatore, Linda - 2/23 - 106

Moore, Suzanne - 2/28 - 206

MANOR 3:

Caramela, Aileen - 2/19 - 304

Love Stories

Many readers go head over heels for romance novels. The genre attracts about \$1 billion in national book sales each year.



Quilts of Gratitude

Anyone who has cozied up with a quilt knows the warmth and comfort it provides. The nonprofit organizations Quilts of Valor and Quilts of Honor give the gift of handmade quilts to military veterans and active-duty service members.

The Quilts of Valor Foundation was established in 2003 by Catherine Roberts, whose son was deployed in Iraq. She had a dream about a soldier sitting on a bed, and his mood shifted from despair to hope after being wrapped in a quilt. Roberts realized the power of a cozy blanket, and started the group in her Delaware home to lift up those who had been touched by war. Volunteers make patriotic quilts and present them in a special ceremony in which recipients are thanked for their service, wrapped in a quilt and given a hug.

Quilts of Honor was created in 2010 by Californian Gail Belmont, who played the trumpet in the U.S. Army Band during the Vietnam War era. Sounding taps at military funerals, she saw firsthand the need for comfort and healing for those who have served, and wanted to make sure those heroes were not forgotten. "Quilted hugs of gratitude" are sewn by volunteers, who often work together at quilting bees.



The **Super Bowl** is the annual championship game of the National Football League (NFL). The game is the culmination of a regular season that begins in the late summer of the previous year.

The game was created as a part of the merger agreement between the NFL and its then-rival, the American Football League (AFL). It was agreed that the two's champion teams would play in the **AFL-NFL World Championship Game** until the merger was to officially begin in 1970. After the merger, each league was re-designated as a "conference", and the game has since been played between the conference champions to determine the NFL's league champion.

The New England Patriots and the Pittsburgh Steelers have the most Super Bowl championship titles, with six. The Patriots have the most Super Bowl appearances, with eleven. The National Football Conference (NFC) leads the league with 27 wins to 26 wins for the American Football Conference (AFC).



Services & More...



Christian Care Health Center

Have an upcoming surgery? Need skilled nursing care?

Check out follow-up care by talking with

Lizette Mills,
Admissions
Coordinator.

(602) 443-5470

Manors SrFITness

Hours

In Manor II - Fitness

Room

Tuesdays: 7:30 AM -
2:30 PM

Thursdays: 7:30 AM -
2:30 PM

(By appointment
only)

In M-I Activity room

-Stretch Class

Mondays: 11 -
11:30 AM

602-443-5479

Monday 11:00 AM

SrFIT Stretch Class:

M-I Activity Room

An instructor-led, chair-based, gentle stretch class to help with flexibility & posture. Get to exercise & relax along with vibrant music!

February 2020



“This Month In History” FEBRUARY

1929: Winners of the first Academy Awards are announced. A formal ceremony for the honorees was held three months later.

1932: Athletes from 17 countries compete at the third Winter Olympics, held in Lake Placid, N.Y.

1940: American folk singer Woody Guthrie composes “This Land Is Your Land.” He didn’t record the song until 1944.

1957: The first portable electric typewriters hit the market.

1968: In the town of Haleyville, Ala., the first call is made to test the new national 911 emergency telephone system.

1982: After 27 years of music and dancing, the final episode of “The Lawrence Welk Show” is produced.

1992: The fleet of famous silver Goodyear blimps gets a makeover with a new design in blue and gold.

2010: At Super Bowl XLIV, the New Orleans Saints win their first NFL championship, defeating the Indianapolis Colts 31–17.

2017: Hip-hop artist Shawn “Jay-Z” Carter is chosen for induction into the Songwriters Hall of Fame. He was the first rapper to receive the honor.