EQUAL HOUSING OPPORTUNITY

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
, 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
Richard.Dodds@christiancare.org
SECURITY/INFORMATION
(602) 443-5400
MAINTENANCE-W/O
602-424-9432
SALONS / BARBERS:
Health Center: (602) 443-5432
Oasis: HAIR: (602) 443-5463 (Nancy)
NAILS: (623) 332-1367 (Frida)
Fellowship Square: (602) 443-5422 (Sue)
Chaplain FS .....(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

May 2023

The modern holiday was first celebrated in 1907, when Anna Jarvis held the first Mother's Day service of worship at Andrews Methodist Episcopal Church in Grafton, West Virginia.(1)(11) Andrews Methodist Church now holds the International Mother's Day Shrine.(1) Her campaign to make Mother's Day a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died. Anna Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address public health issues. She and another peace activist and suffragette, Julia Ward Howe, had been urging for the creation of a "Mother's Day For Peace" where mothers would ask that their husbands and sons were no longer killed in wars. **From Wikipedia, the free encyclopedia**

MOBILE DOCS

THE DOCTOR IS IN
(480) 626-6318

AGAPE PRIMARY CARE HOUSE VISITS
Paula Simon NP
(623) 219-7768

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
Billet - (480) 661-6061

MOBILE DENTIST
Dentistry Of AZ
(480) 313-3310

Smiles By Delivery
(623) 584-4746

DERMATOLOGY
Care To You
(602) 639-0189

CARDIOLOGIST
Ponderosa Heart
(480) 795-1515

The Mystery of Mother Goose

The mother of many famous nursery rhymes, from "Hickory, Dickory, Dock" to "Humpty Dumpty," Mother Goose is a name that's been known for centuries in children's literature. But who was she?

Some theories suggest she was a real woman named Elizabeth Foster Goose or Mary Goose who entertained her grandchildren with funny rhymes. Others believe Mother Goose is simply the name of a character from the traditional poem "Old Mother Goose and the Golden Egg." Both this poem and a pantomime from 1806 depict Mother Goose as a magical figure flying astride a goose, which remains recognizable today. She's also often imagined as a grandmotherly storyteller or an actual goose, usually wearing a bonnet.

The first documented mention of her name was by French author Charles Perrault, who published "Tales of My Mother Goose" in 1697.

No matter how she hatched into history, Mother Goose's memorable nursery rhymes and stories continue to entertain children everywhere.

The Lakes Await

Imagine strolling the shorelines of so many lakes that you could follow the equator halfway around the world and end up traveling the same distance! The coasts around the Great Lakes, measuring nearly 11,000 miles, would allow you to do just that.

Consisting of five freshwater lakes—Superior, Michigan, Huron, Erie and Ontario—the Great Lakes are in the mid-east region of North America, on the border between Canada and the U.S. Sometimes called inland seas because of their rolling waves and strong currents, by surface area they are the largest group of freshwater lakes on Earth. Together, they're roughly the size of the United Kingdom.

Connected to both the Atlantic Ocean and the Gulf of Mexico, the Great Lakes have long been a major transportation hub. Close to 200 million tons of cargo move through the lakes every year, shipping bulk goods such as iron ore, coal, limestone and grain.

The lakes are home to Niagara Falls, one of the world's most popular travel destinations. The Great Lakes' waters are ideal for fishing and water sports; visitors might even catch a glimpse of "Bessie," a legendary creature that allegedly lives in Lake Erie!

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
Lyft (631) 201-5938
- GoGo Grandparent
1 (855) 913-1110
Need to create Account

MAY BABIES!

Manor 1:
Clark, Yvonne - 302 - 05/01
Manor 3:
Nance, (Pat) Patsy - 303 - No On D.O.B.

Happy Waitstaff Day!

May 21 is National Waitstaff Day. To all our servers, thank you for all you do!

Wit & Wisdom

"Green is the prime color of the world, and that from which its loveliness arises."
—Pedro Calderon de la Barca

"Nature's first green is gold."
—Robert Frost

"Green is the fresh emblem of well-founded hopes. In blue the spirit can wander, but in green it can rest."
—Mary Webb

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon."
—Doug Larson

"I just need green. I need to wake up and see grass and squirrels."
—Andre Leon Talley

"For still there are so many things that I have never seen: In every wood in every spring there is a different green."
—J.R.R. Tolkien

May 2023

MOBILE PSYCHIATRIC & COUNSELING SERVICES

Arizona Facts of Life-
602-254-2704

TBN Mental Health
(480) 521-6586

Peace Of Mind
(480) 284-5392

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

Sunday	Monday	Tuesday
Fellowship Bus Drivers & Info: Tony Lopez, Supervisor (602) 531-6902 DRIVERS: - Abe - (480) 204-2206 - Damion - (602) 448-8094 - Jeffrey - (602) 768-4967	1 **1:00PM - Super Walmart Trip** 19th Ave & Bell Road **2:00PM–3:30PM - GriefShare Group** - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud & Kathy Downs at (602) 561-4752. Cost Is Free	2 **11:00AM–12:00PM Sr Fit Stretch With Mark** - For M1 & M3 M1 - 3rd Floor Activity Room
7 (FS) - Stands for Fellowship Square (AR) - Stands for Activity Room - 2nd Floor	8 **2:00pm–3:30pm - GriefShare Group** - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud & Kathy Downs at (602) 561-4752. Cost Is Free	9 **11:00AM–12:00PM Sr Fit Stretch With Mark** - For M1 & M3 M1 - 3rd Floor Activity Room
14 For ALL Activities Regarding Fellowship Square - Please Refer to the FS Calendar OR Contact Director of Activities, Joanna Garcia, @ (602) 443-5421	15 **1:00PM - Super Walmart Trip** 19th Ave & Bell Road **2:00PM–3:30PM - GriefShare Group** - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud & Kathy Downs at (602) 561-4752. Cost Is Free	16 **11:00AM–12:00PM Sr Fit Stretch With Mark** - For M1 & M3 M1 - 3rd Floor Activity Room
21	22 **2:00pm–3:30pm - GriefShare Group** - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud & Kathy Downs at (602) 561-4752. Cost Is Free	23 **11:00AM–12:00PM Sr Fit Stretch With Mark** - For M1 & M3 M1 - 3rd Floor Activity Room
28	**Memorial Day** 29	30 **11:00AM–12:00PM Sr Fit Stretch With Mark** - For M1 & M3 M1 - 3rd Floor Activity Room

Wednesday	Thursday	Friday	Saturday
3 **8:30AM Fry's Trip** - 10% OFF 43rd & Cactus **3:00PM–5:30PM (WOW) - Women of the Word** M1 3rd Floor Sign Up With Carla @ 602-281-5483 **6:00PM BUNCO** - CV 2nd Floor Activity Room	4 **2:00PM Sr Fit Stretch With Mark** - M3 - 1st Floor - Activity Room	5 **9:00AM - Post Office Trip** Sign-Up & Pickup Location Is at Center View Main Lobby **1:30PM - Sprouts & Walgreens** Trip - 19th Ave and Northern **Bible Study With Marvin Radtke - 2:30PM–3:30PM** - M3 3rd Floor Conference Room	6
10 **8:30AM Fry's Trip** - 43rd & Cactus **- Service Coordinator Lunch Special: Cracker Barrel -** 21611 N 26th Ave 11AM - Sign Up With Ricky - 602-443-5446. **3:00PM–5:30PM (WOW) - Women of the Word** M1 3rd Floor Sign Up With Carla @ 602-281-5483	11 **2:00PM Sr Fit Stretch With Mark** - M3 - 1st Floor - Activity Room	12 **9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A** - Check Bulletin Board **1:30PM - Dollar Tree, Ross & Fry's Trip** - 3415 W Thunderbird Rd **Bible Study With Marvin Radtke - 2:30PM–3:30PM** - M3 3rd Floor Conference Room	13
17 **8:30AM Fry's Trip** - 43rd & Cactus **3:00PM–5:30PM (WOW) - Women of the Word** M1 3rd Floor Sign Up With Carla @ 602-281-5483 **6:00PM BUNCO** - CV 2nd Floor Activity Room	18 **2:00PM Sr Fit Stretch With Mark** - M3 - 1st Floor - Activity Room	19 **9:00AM - Post Office Trip** Sign-Up & Pickup Location Is at Center View Main Lobby **1:30PM - Sprouts & Walgreens** Trip - 19th Ave and Northern **Bible Study With Marvin Radtke - 2:30PM–3:30PM** - M3 3rd Floor Conference Room	20
24 **8:30AM Fry's Trip** - 43rd & Cactus **3:00PM–5:30PM (WOW) - Women of the Word** M1 3rd Floor Sign Up With Carla @ 602-281-5483 **6:00PM BUNCO** - CV 2nd Floor Activity Room	25 **2:00PM Sr Fit Stretch With Mark** - M3 - 1st Floor - Activity Room	26 **9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A** - Check Bulletin Board **1:30PM - 99 Cent Only Store, 2315 E Bell Road** **Bible Study With Marvin Radtke - 2:30PM–3:30PM - M3 3rd Floor Conference Room**	27
31 **8:30AM Fry's Trip** - 43rd & Cactus **3:00PM–5:30PM (WOW) - Women of the Word** M1 3rd Floor Sign Up With Carla @ 602-281-5483 **6:00PM BUNCO** - CV 2nd Floor Activity Room			

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 Periut,
HUD Office Manager
&
Kim Cecena,
HUD Adm Assistant

Manager's Office Hours:
Mon.- Fri.: 8 - 5:15
(Sat.: By Appointment)

Ultimate Medical Equipment
Fixes Scooters & Wheelchairs:
602-978-4100

'Wolf' Is One
How many words can you come up with using the letters in "Flower Moon"?

The Tomb of the Unknowns

One of the nation's many Memorial Day observances is the annual wreath-laying ceremony at the Tomb of the Unknowns. The monument overlooking Washington, D.C., is considered the most hallowed resting place at Arlington National Cemetery.

In 1921, Congress approved the burial of one unknown serviceman from World War I in a tomb at the cemetery's new Memorial Amphitheater. Just over a decade later, the white marble sarcophagus that sits atop the tomb was completed. The face of each side is adorned with engravings, including wreaths and the Greek figures representing Peace, Victory and Valor. Over the years, unknown soldiers from World War II, the Korean War and the Vietnam War were also interred.

Since 1937, the tomb has been guarded around the clock by soldiers of the Army's elite 3rd U.S. Infantry Regiment. In a measured pace, a lone sentinel walks 21 steps back and forth in front of the tomb. The number symbolizes one of the highest military honors, the 21-gun salute. A changing of the guard ceremony takes place every half-hour or hour, depending on the time of year.

The unknown Vietnam War soldier was disinterred in 1998, after DNA testing revealed his identity. It was decided that the crypt for the Vietnam War Unknown would remain vacant, and its cover now bears the inscription "Honoring and Keeping Faith With America's Missing Servicemen, 1958–1975."

Isaiah 55:6

"Seek ye the Lord while he may be found, call ye upon him while he is near."

Acts 3:19

"Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord."

1 Peter 5:6

"Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time."

Psalm 30:5

"For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning."

Say It With Flowers

Flowers are a popular gift, and there's more to picking out an arrangement than you might think. Almost every flower has a hidden meaning attached to its petals. In the 1800s, flowers were often used to send messages, and many people kept floral guidebooks in their homes. What perfumed words could you send with your bouquets?

Roses. These timeless beauties can have many meanings depending on their color. Classic red symbolizes romantic love; sunny yellow shows friendship or jealousy; pink hues can signify gratitude or sympathy; and white stands for innocence or secrecy.

Gerbera daisies. Large and friendly, these blossoms represent cheerfulness due to their bright colors. Innocence and beauty are also associated with this floral gift.

Tulips. Elegant and classic, this springtime favorite represents comfort and happiness. Like roses, tulips can have different meanings connected to various colors: purple for royalty, red for love, white for forgiveness and yellow for cheer.

Sunflowers. Legend says that Spanish explorers thought they had found gold when they first saw fields of sunflowers, and the blooms are still valued today as symbols of warmth, adoration and longevity.

Give These Sports a Second Look

Though these sports aren't as mainstream as football, basketball, baseball or soccer, don't brush them off as second-string options. They contain plenty of strategy, skill and stimulation to keep you entertained.

Lacrosse. Developed nearly 1,000 years ago by the Iroquois people, lacrosse is considered the oldest team sport in America. During the modern version of the fast-paced game, players use a stick with a net on the end to pass, catch, carry and shoot a small ball into the other team's goal.

Rowing. Also called crew, this boat-racing sport is popular at Ivy League schools and in the Olympics. In many team events, a leader called the coxswain sits or lies down at one end of the boat to give commands to the rowers. It's tradition to toss the coxswain in the water after a victory!

Mixed martial arts. A more recent sport, and one of the fastest growing in the world, mixed martial arts is exactly what it sounds like: Athletes cross-train in multiple disciplines like judo, boxing and wrestling, using skills from each to defeat their opponent in a fighting match.

Ultimate. Commonly called ultimate Frisbee, this sport is one of the most joyful out there. Players follow a code of conduct known as "the spirit of the game," which requires them to referee themselves.

Services & More...

Christian Care Health Center

Have an upcoming surgery? Need skilled nursing care? Check out follow-up care by talking with **Tammy Hoskins** *Admissions Director.* **(602) 424 - 9420**

Manors Sr Fitness Hours
In Manor II - Fitness Room
Mondays: 8:00AM–3:00PM
Wednesdays: 8:00AM–3:00PM
Fridays: By Appointment Only
(ALL By appointment only)
602-443-5479

Tuesdays: Manor 1 3rd floor Activity Rm: 11:00AM–11:30AM
Thursdays: Manor 3 1st floor Activity Rm: 2:00PM–2:30PM
SR FIT Stretch
An instructor-led, chair-based, gentle stretch class to help with flexibility & posture. Exercise & relax along with vibrant music!

May 2023

MAY IS
ASIAN AMERICAN
— AND —
PACIFIC ISLANDER
Heritage MONTH

"This Month In History"

MAY

1907: John Wayne is born on May 26. An American patriot and cowboy legend, Wayne spent three decades as one of the top box-office draws, appearing in over 170 films.

1919: Tired of burnt toast, Charles Strite comes up with the idea for the pop-up toaster. Heating both sides of a slice of bread at once and ejecting it when it's done, the toaster is now the most common kitchen appliance.

1927: Charles "Lucky Lindy" Lindbergh is the first pilot to fly a solo nonstop flight from New York City to Paris. Ushering in a new era of air transportation, the 3,600-mile flight took 33 1/2 hours.

1940: The first McDonald's opens in California. As of 2021, there are more than 40,000 locations worldwide.

1954: In the Brown v. Board of Education case, the Supreme Court rules that racial segregation in public schools is unconstitutional. A cornerstone of the civil rights movement, this decision set the precedent for ending "separate but equal" laws.

1978: Users on ARPANET, an early version of today's internet, are annoyed when they receive an electronic sales ad—the first spam email—from Digital Equipment Corporation.

1980: The video game Pac-Man premieres in Japan. Having sold nearly 48 million copies of the game, the franchise has grossed over $14 billion.

2004: After 10 seasons, the 236th and final episode of the sitcom "Friends" airs on NBC.

Illustratus
www.illustratus.com
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