



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 Avenue
(plus Apartment #), Phoenix, AZ 85029

Ginger, HUD Apartment Manager
(602) 861-3970 (Hours: p. 6) ~ M-I Office

Alex Peruit, 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

February 2024



Awaiting the Season's Change

"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch." —Patience Strong

Beloved Rom-Com

The first film to sweep the Oscars, winning all five major categories (best picture, director, actor, actress and screenplay), "It Happened One Night" premiered in February 1934. Celebrate the movie's 90th birthday with a screening of the romantic comedy starring Clark Gable and Claudette Colbert.

Year of the Dragon

Happy Lunar New Year! The Year of the Dragon begins on Feb. 10. Of the 12 animals in the Chinese zodiac, the dragon is the only mythological creature, and it's associated with power, intelligence, confidence and prosperity.

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

Rosy's Pharmacy

Medication
Delivery - (602)
331-5323



Chalkboard Heart

Materials:

- Scissors
- Cardboard
- Hole punch
- Newspaper
- Wide paintbrush
- Chalkboard paint
- Decorative ribbon
- Chalk

Directions:

Cut a large heart shape out of the cardboard. Use the hole punch to make two holes at the top of the heart, one on each lobe.

To protect your work surface, put down several sheets of newspaper. With the paintbrush, coat the front of the heart with chalkboard paint. Multiple coats may be necessary. Let dry completely between coats.

When the paint is dry, thread the ribbon through the holes at the top of the heart and tie the ends in a knot to make a loop. Hang the homemade chalkboard sign in your home and write notes and reminders on it with chalk or chalk pens.

Gluten-Free Pumpkin and Chocolate Chip Bread

Ingredients:

- 4 cups oat flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- Pinch of salt
- 1 cup (2 sticks) butter, softened
- 2 cups granulated sugar
- 4 large eggs
- 2 teaspoons vanilla extract
- 1 can (15 ounces) pumpkin
- 2 cups chopped walnuts
- 1 cup bittersweet chocolate chips
- 1/2 cup powdered sugar
- 1 tablespoon milk

Directions:

Heat oven to 350° F. Grease two 8-by-4-inch loaf pans. In large bowl, combine oat flour, baking soda, cinnamon, nutmeg and salt.

In separate large bowl, use mixer to beat butter and sugar until light and fluffy. Beat in eggs one at a time. Add vanilla, oat flour mixture and pumpkin; beat until just blended. Stir in walnuts and chocolate chips. Spoon mixture into prepared pans.

Bake 50 to 55 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan. Cool completely.

In small bowl, stir powdered sugar and milk until smooth. Drizzle mixture over pumpkin bread.

Find more recipes at
www.CansGetYouCooking.com.

Wit & Wisdom

"How sweet the words
of truth, breathed
from the lips of love."
—James Beattie

"Once in a young
lifetime one should
be allowed to have as
much sweetness as
one can possibly
want and hold."
—Judith Olney

"What's in a name?
That which we call a
rose by any other
name would smell
as sweet."
—William
Shakespeare

"The road to greatness
is often sought,
but if journeyed
with kindness, it is
sweetly paved."
—Tom Althouse

"Connecting our
hearts through love
yields a nectar so
sweet we are
forever full."
—Amy Leigh Mercree

"But friendship is the
breathing rose, with
sweets in every fold."
—Oliver Wendell
Holmes



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:

Waltz, Dorothy - 311 - 2/07

Taylor, Michelle - 322 - 2/10

Schoonhoven, Carla - 312 - 2/10

Grant, Jane - 324 - 2/13

Durbic, Josip - 208 - 2/19

Zeigner, Patricia (Pat) 112 - 2/19

Mitchem, Sandra - 220 - 2/20

Manor 3:

Anderson, Shirley - 109 - 2/07



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
TRANSPORTATION Fellowship Bus Drivers & Info: Tony Lopez, Supervisor (602) 531-6902 DRIVERS: - Abe - (480) 204 - 2206 - Damion - (602) 448 - 8094 - Jeffrey - (602) 768 - 4967 - Rhonda - (480) 340 - 5251		
4	5	6
(FS) - Stands for Fellowship Square (AR) - Stands for Activity Room - 2nd Floor	1:00PM - Super Walmart Trip 19th Ave & Bell Road 2:00PM-3:30PM - Grief Share Group - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud & Kathy Downs at (602) 561-4752. Cost Is Free	Chair Exercise With Savannah - M1 - 3rd Floor - 2-2:30PM Bible Study With Pat - Names Of God - M3 - 3rd Floor Conference Room - 11:30am - 12:30pm
11	12	13
For ALL Activities Regarding Fellowship Square - Please Refer to the FS Calendar OR Contact Director of Activities, Faith, @ (602) 443-5421	2:00pm-3:30pm - Grief Share Group - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud & Kathy Downs at (602) 561-4752. Cost Is Free	Chair Exercise With Savannah - M1 - 3rd Floor - 2-2:30PM Bible Study With Pat - Names Of God - M3 - 3rd Floor Conference Room - 11:30am - 12:30pm
18	19	20
	Presidents Day 1:00PM - Super Walmart Trip 19th Ave & Bell Road 2:00PM-3:30PM - Grief Share Group - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud & Kathy Downs at (602) 561-4752. Cost Is Free	Chair Exercise With Savannah - M1 - 3rd Floor - 2-2:30PM Bible Study With Pat - Names Of God - M3 - 3rd Floor Conference Room - 11:30am - 12:30pm
25	26	27
	2:00pm-3:30pm - Grief Share Group - Private Dining Room of Fellowship Square - Center View Registration or Questions, Contact Bud & Kathy Downs at (602) 561-4752. Cost Is Free	Chair Exercise With Savannah - M1 - 3rd Floor - 2-2:30PM Bible Study With Pat - Names Of God - M3 - 3rd Floor Conference Room - 11:30am - 12:30pm

Wednesday	Thursday	Friday	Saturday
<p><i>February</i></p>	1 Chair Exercise With Savannah - M3 - 1st Floor - 2-2:30PM	2 9:00AM - Post Office Trip Sign-Up & Pickup Location Is at Center View 2nd Floor 602-424-9443 1:30PM - Sprouts & Walgreens Trip - 19th Ave and Northern	3
7 8:30AM Fry's Trip - 10% OFF 43rd & Cactus 3:00PM-5:00PM (WOW) - Women of the Word M1 3rd Floor Sign Up With Carla @ 602-281-5483 6:00PM BUNCO - CV 2nd Floor Activity Room	8 Chair Exercise With Savannah - M3 - 1st Floor - 2-2:30PM	9 10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board 1:30PM - Dollar Tree, Ross Trip - 3415 W. Thunderbird Rd.	10
14 8:30AM Fry's Trip 43rd & Cactus - Service Coordinator Lunch Special: Culver's - 1825 W Deer Valley Rd, Phoenix 11AM - Sign Up With Ricky 602-443-5446. 3:00PM-5:00PM (WOW) - Women of the Word M1 3rd Floor Sign Up With Carla @ 602-281-5483	15 Chair Exercise With Savannah - M3 - 1st Floor - 2-2:30PM	16 9:00AM - Post Office Trip Sign-Up & Pickup Location Is at Center View 2nd Floor 602-424-9443 1:30PM - Sprouts & Walgreens Trip - 19th Ave and Northern	17
21 8:30AM Fry's Trip - 43rd & Cactus 3:00PM-5:00PM (WOW) - Women of the Word M1 3rd Floor Sign Up With Carla @ 602-281-5483 6:00PM BUNCO - CV 2nd Floor Activity Room	22 Chair Exercise With Savannah - M3 - 1st Floor - 2-2:30PM	23 10:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board 1:30PM - 99 Cent Store - 2315 E Bell Rd	24
28 8:30AM Fry's Trip - 43rd & Cactus 3:00PM-5:00PM (WOW) - Women of the Word M1 3rd Floor Sign Up With Carla @ 602-281-5483 6:00PM BUNCO - CV 2nd Floor Activity Room	29 Chair Exercise With Savannah - M3 - 1st Floor - 2-2:30PM		

Manor-isms:



Alex Periot, EXT 3970
HUD Office Manager
&

Kim Cecena, EXT 9981
HUD Adm Assistant

Manager's Office

Hours:

Mon.- Fri.: 8am - 5pm
(Sat.: By
Appointment)

AAA Ultimate Medical Equipment

Fixes Scooters &
Wheelchairs:
602-978-4100

Safety Tip of the Month

Emergency Alerts!
Medical Alert
Pendants and cell
phones are two easy
ways to get help fast
in an emergency.



The Prez Says ...

Remember the nation's historical leaders by matching each president to one of his iconic quotes.

A. Dwight D. Eisenhower; B. Thomas Jefferson; C. George Washington; D. Barack Obama; E. Ronald Reagan; F. Abraham Lincoln; G. John F. Kennedy; H. George H.W. Bush; I. Lyndon B. Johnson; J. Franklin D. Roosevelt

1. "Honesty is the first chapter in the book of wisdom."
2. "The best way to not feel hopeless is to get up and do something."
3. "The anchor in our world today is freedom, holding us steady in times

of change, a symbol of hope to all the world."

4. "It is infinitely better to have a few good men, than many indifferent ones."

5. "Ask not what your country can do for you. Ask what you can do for your country."

6. "The only thing we have to fear is fear itself."

7. "There are no great limits to growth because there are no limits of human intelligence, imagination and wonder."

8. "A people that values its privileges above its principles soon loses both."

9. "Yesterday is not ours to recover, but tomorrow is ours to win or to lose."

10. "I have an irrepressible desire to live till I can be assured that the world is a little better for my having lived in it."

(Answers: 1. B; 2. D; 3. H; 4. C; 5. G; 6. J; 7. E; 8. A; 9. I; 10. F)

FLOWER OF THE MONTH | FEBRUARY

Violet

*Loyalty
and modesty*



Highlighting Black History

The U.S. is home to dozens of museums dedicated to preserving the history and honoring the achievements of African Americans. Celebrate Black History Month with a tour of some top destinations:

National Museum of African American History and Culture. Located on the National Mall in Washington, D.C., this is the largest Black history museum in the country, with several floors of around 40,000 artifacts—many of which you can view online in an extensive database.

National Civil Rights Museum. Experience hands-on history at this dynamic museum in Memphis, located on the grounds of the Lorraine Motel where Martin Luther King Jr. was assassinated. Visitors can relive moments from the Civil Rights Movement by sitting on a Montgomery bus and at an original lunch counter from the Greensboro sit-ins.

National Underground Railroad Freedom Center. More than 100,000 people escaped slavery via the secretive network of passages and safe houses known as the Underground Railroad. The interactive exhibits at this Cincinnati museum invite visitors to hear powerful stories about Harriet Tubman and other historic figures.

The Negro Leagues Baseball Museum. This Kansas City, Mo., attraction is located just one block away from the site where the Negro National League was formed in 1920. A highlight of the museum is the Field of Legends, where visitors can stand among bronze statues of ballplayers such as Satchel Paige and Josh Gibson.

Red and Wild

The first Friday in February is National Wear Red Day. This special holiday, set during American Heart Month, is intended to raise awareness for heart disease. People aren't the only creatures who can wear the vibrant hue. Spot these animals who show their spirit in red all year long.

Amphibians. Many ribbiting amphibians don a bright red color: strawberry poison dart frogs, phantasmal poison frogs, granular poison frogs and tomato frogs. Nature lovers in the Eastern U.S. can search for red salamanders and red efts (eastern newts in their juvenile stage).

Mammals. Bushy-tailed with boundless energy, the Eurasian red squirrel is a bit bigger than a chipmunk and sports a rusty red coat, white belly and magnificent ear tufts. The soft, fuzzy fur of the red panda blends in with the moss that grows in the Himalayan forests they call home.

Birds. Seen soaring through rainforests, the scarlet macaw is one of the largest parrot species, at 33 inches long. Beloved northern cardinals make for a pleasing sight with their red feathers and prominent head crest. The only red shorebird, the scarlet ibis turns a brilliant ruby hue from feasting on crustaceans.



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

Tuesdays:

7:00AM–12:00PM

Thursdays:

7:00AM–12:00PM

Fridays: 7:00AM

-8:30AM + 11:00AM - 1:00PM

(ALL By appointment only)

602-443-5479

Wellness Coordinator
Savannah Poling



Stealthy Chuckles

Q: What's a ninja's favorite type of shoe?

A: Sneakers!

February 2024



"This Month In History" FEBRUARY

1942: Year-round daylight saving time, called "war time," is signed into U.S. law by President Franklin D. Roosevelt. To save energy, all time zones moved ahead one hour until the end of World War II.

1950: Disney's animated fairy tale feature "Cinderella" delights audiences when it opens in movie theaters.

1960: In a civil rights movement milestone, four Black college students begin a sit-in protest at a lunch counter in Greensboro, N.C., where they had been denied service.

1972: With over 15 million manufactured, the Volkswagen Beetle becomes the world's bestselling car.

1989: A network of 24 GPS satellites is launched into orbit over Earth, revolutionizing navigation and everyday technology.

1998: British singer-songwriter Elton John is knighted by Queen Elizabeth II for his contributions to music and his charity work.

2006: A blizzard buries the Northeast. New York City received a record-setting 26.9 inches of snow.

2020: At the Oscars, the South Korean thriller "Parasite" is named best picture. It was the first foreign-language film to win the top honor.