



IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

In a *Manor* of Speaking



Anyone may view this newsletter by scanning the QR code above.

Manors' Addresses:

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M-II:11802 N. 19th Avenue

M-III:1944 W. Sunnyside Avenue
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(602) 424-9432

August 2025



### Summer Song

"In summer, the song sings itself."

—William Carlos Williams

### A Summer Light Show

Looking for a summer showstopper? Step outside in the early morning hours of Aug. 12-13, when the Perseid meteor shower reaches its peak. Viewers can potentially see more than 50 shooting stars each hour. Finding a dark place to watch increases your chances of getting to wish on a falling star.

### An Ironclad Legend

"Old Ironsides" is the USS Constitution, a historic U.S. Navy warship. It earned its nickname during the War of 1812 when British cannonballs seemed to bounce off its sturdy oak sides, prompting a crewman to exclaim, "Her sides are made of iron!"

## DISPATCH HEALTH

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## PODIATRY

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(602) 501-0328

## MOBILE DENTIST

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(480) 313-3310

Smiles By Delivery  
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## CARDIOLOGIST

Ponderosa Heart  
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## Curana Health

(602) 613-5917

## Soothing Skin Care

Long celebrated as a healthy beverage, green tea and its benefits can now be found brewing in the beauty aisle. Matcha, the name for dried and crushed green tea leaves, is a trendy ingredient in products such as lotions, soaps, face masks and lip balms. The plant's high levels of antioxidants, vitamin K and other compounds have a calming effect on skin and even provide some protection from sun damage.



## Picnic Power

Salt, pepper and sunlight—eating outside can boost your mood and even improve your brain structure. Whether you choose a picnic, a patio or a park bench, dining al fresco is a way to refresh both your body and mind.

Fresh air is a favorite prescription of caregivers and healthcare professionals alike, but it's also a secret ingredient to make any meal taste better. Being outdoors, especially in nature, can improve sinus health and, therefore, your sense of taste.

Feeling the sunlight on your skin and hearing birds sing is clinically linked to measurably decreased stress. The more relaxed you are while eating, the healthier you are likely to eat and the better you are able to digest your food.

Our picnic tips? Start simple. Have your coffee and breakfast outside watching the sun rise, share a snack with a friend in a park, or try a one-dish dinner on a patio. Checkered blankets and wicker baskets are not required for all the positivity a picnic can offer.

## Sisterly Bond

The first Sunday in August is National Sisters Day, a day to honor that special sibling relationship. Look back at these famous ladies with family ties.

*The Bronte sisters.* Charlotte, Emily and Anne shared a talent for writing. The authors have enchanted readers since Victorian times with their classic novels, including "Jane Eyre," "Wuthering Heights" and "Agnes Grey."

*The Andrews sisters.* Patty, Maxene and LaVerne were singing superstars of the jitterbugging 1940s. The trio is best known for boosting morale on the home front during World War II with iconic songs like "Boogie Woogie Bugle Boy."

*The Gabor sisters.* Hungarian-born Zsa Zsa, Eva and Magda were Hollywood glamour girls. The three shared the spotlight in the 1950s and '60s not only as TV and film actresses, but also as socialites.

*The Pointer sisters.* Daughters of a minister, Ruth, June and Anita began singing in their father's church. The group became a pop music sensation during the 1980s with hits such as "He's So Shy," "I'm So Excited" and "Automatic."







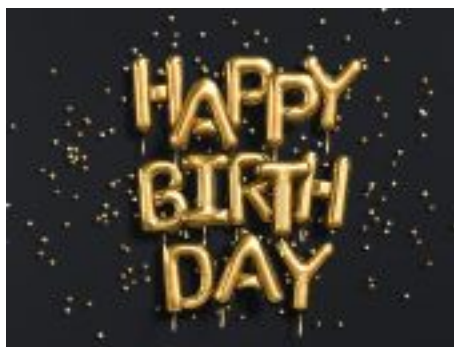
### Remember Me?

Conquering space in the 1960s was a remarkable triumph, and Neil Armstrong was the astronaut who led America's mission to the moon.

- Armstrong was born Aug. 5, 1930, in Wapakoneta, Ohio.
- By age 16, he had earned his pilot's license.
- Armstrong studied aeronautical engineering on a U.S. Navy scholarship at Purdue University.
- During college, he was called to duty in the Korean War, where he flew 78 combat missions.
- NASA chose him for its astronaut corps in 1962.
- In July 1969, he was named mission commander of Apollo 11 and was responsible for landing the Lunar Module Eagle safely on the moon's surface.
- More than 600 million people watched as Armstrong became the first man to walk on the moon.

### On the Menu: Elote

You may have seen this dish on menus and in cookbooks as Mexican street corn, since it's commonly sold in Mexico by sidewalk vendors and at festivals. An ear of sweet corn is boiled, roasted or grilled, then slathered in mayonnaise and rolled in crumbled cheese. A squeeze of lime juice and a sprinkle of seasonings, including salt, chili powder and cayenne pepper, add a flavorful final touch. Elote is usually enjoyed on a stick, but the kernels can be shucked and served in a cup with the same ingredients; this preparation is called *esquites*, or "toasted corn."



### Manor 1

Suada Bilalovic ..... #221  
Mary Knittig ..... 8/4

### Manor 3

Linda Voigt ..... #110  
Betty Sisler ..... 8/10  
Jenny Casto ..... 8/12 #208  
Joan Haas ..... 8/17 #211

### Wit & Wisdom

"Let us dare to dream and shoot for the moon. Even if we don't fetch the moon, a million stars may fill us with wonder."

—Erik Pevernagie

"Once you can accept the universe as matter expanding into nothing that is something, wearing stripes with plaid comes easy."

—Albert Einstein

"Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist.

Be curious."

—Stephen Hawking

"I would rather be a superb meteor, every atom of me in magnificent glow, than a sleepy and permanent planet."



—Jack London

"Dwell on the beauty of life. Watch the stars, and see yourself running with them."

—Marcus Aurelius

"Those are the same stars, and that is the same moon, that look down upon your brothers and sisters, and which they see as they look up to them, though they are ever so far away from us, and each other."

—Sojourner Truth

| Sunday                                                                                                                                                                                                                                                                                                  | Monday                                                                                                                                                                                                              | Tuesday                                                                                                                              | Wednesday                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                    | Saturday                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <div>TRANSPORTATION</div> <div>Fellowship Bus Drivers &amp; Info:</div> <div>Tony Lopez, Supervisor</div> <div>(602) 531-6902</div> <div>DRIVERS:</div> <div>- Abe - (480) 204-2206</div> <div>- Damion - (602) 448-8094</div> <div>- Jeffrey - (602) 768-4967</div> <div>- Gene - (480) 340-5251</div> | <div>(FS) - Stands for Fellowship Square</div> <div>(AR) - Stands for Activity Room</div> <div>~~~~~</div> <div>Terros Crisis Line 1</div> <div>1-800-631-1314</div> <div>~~~~~</div>                               |                                                    |                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                    | <div>1</div> <div>9:00AM - Post Office Trip</div> <div>Sign-Up &amp; Pickup Location Is</div> <div>at Center View 2nd Floor</div> <div>(602) 424-9443</div> <div>~</div> <div>1:30PM - Sprouts &amp;</div> <div>Walgreens Trip -</div> <div>19th Ave. And Northern</div>  | <div>2</div>                                                                                       |
| <div>3</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1</div> <div>- 3rd Floor Activity Room</div>                                                                                                                                                                                 | <div>4</div> <div>1:00PM - Super Walmart Trip</div> <div>19th Ave. &amp; Bell Road</div> <div>Movie day! Manor 1 3rd floor</div> <div>activity room 4:00 PM. Come</div> <div>join us</div> <div>for a movie!</div>  | <div>5</div> <div>UNO Manor 1 3rd Floor @ 11</div> <div>AM Activity Room Manor 1 &amp;</div> <div>3 Residents Welcome to Come!</div> | <div>6</div> <div>8:30AM Fry's Trip - 10% OFF</div> <div>43rd &amp; Cactus</div>                                                                                                                                              | <div>7</div> <div>Scrabble Manor 3 1st Floor</div> <div>Activity Room @ 11 AM Manor</div> <div>1 &amp; 3 Residents Welcome!</div> <div>Christian Themed</div> <div>documentaries Manor 1 activity</div> <div>room 3rd floor @ 3:30. Come</div> <div>join us!</div> | <div>8</div> <div>9:00AM - Bank Trip - Chase,</div> <div>DSFCU, Wells Fargo, And B of</div> <div>A - Check Bulletin Board</div> <div>~</div> <div>1:30PM - Dollar Tree,</div> <div>35th &amp; Thunderbird</div>                                                           | <div>9</div>                                                                                       |
| <div>10</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1</div> <div>- 3rd Floor Activity Room</div>                                                                                                                                                                                | <div>11</div> <div>Movie day! Manor 1 3rd floor</div> <div>activity room 4:00 PM. Come</div> <div>join us</div> <div>for a movie!</div>                                                                             | <div>12</div> <div>Scrabble Manor 1 3rd Floor</div> <div>Activity Room @ 11 AM Manor</div> <div>1 &amp; 3 Residents Welcome!</div>   | <div>13</div> <div>8:30AM Fry's Trip</div> <div>43rd &amp; Cactus</div> <div>*Service Coordinator Luncheon</div> <div>@ 11 AM*</div> <div>Texas Roadhouse</div> <div>10051 N Metro Pkwy E,</div> <div>Phoenix, AZ 85051</div> | <div>14</div> <div>Uno Manor 3 1st Floor Activity</div> <div>Room @ 11 AM. Manor 1 &amp; 3</div> <div>Residents Welcome!</div> <div>Christian Themed</div> <div>documentaries Manor 1 activity</div> <div>room 3rd floor @ 3:30. Come</div> <div>join us!</div>    | <div>15</div> <div>9:00AM - Post Office Trip</div> <div>Sign-Up &amp; Pickup Location Is</div> <div>at Center View 2nd Floor</div> <div>(602) 424-9443</div> <div>~</div> <div>1:30PM - Sprouts &amp;</div> <div>Walgreens Trip -</div> <div>19th Ave. And Northern</div> | <div>16</div>  |
| <div>17</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1</div> <div>- 3rd Floor Activity Room</div>                                                                                                                                                                                | <div>18</div> <div>1:00PM - Super Walmart Trip</div> <div>19th Ave. &amp; Bell Road</div> <div>Movie day! Manor 1 3rd floor</div> <div>activity room 4:00 PM. Come</div> <div>join us</div> <div>for a movie!</div> | <div>19</div> <div>Yahtzee Manor 1 3rd Floor</div> <div>Activity Room @ 11 AM Manor</div> <div>1 &amp; 3 Residents Welcome!</div>    | <div>20</div> <div>8:30AM Fry's Trip</div> <div>43rd &amp; Cactus</div>                                                                                                                                                       | <div>21</div> <div>Bingo Manor 3 1st Floor</div> <div>Activity Room @ 11 AM Manor</div> <div>1 &amp; 3 Residents Welcome!</div> <div>Welcome back! W.O.W. Bible</div> <div>Study Manor 1 3rd floor activity</div> <div>room @ 3:30</div>                           | <div>22</div> <div>9:00AM - Bank Trip - Chase,</div> <div>DSFCU, Wells Fargo, And B of</div> <div>A - Check Bulletin Board</div> <div>~</div> <div>1:30PM - Dollar Tree,</div> <div>35th &amp; Thunderbird</div>                                                          | <div>23</div>                                                                                      |
| <div>24</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1</div> <div>- 3rd Floor Activity Room</div>                                                                                                                                                                                | <div>25</div> <div>Movie day! Manor 1 3rd floor</div> <div>activity room 4:00 PM. Come</div> <div>join us</div> <div>for a movie!</div>                                                                             | <div>26</div> <div>Bingo Manor 1 3rd Floor</div> <div>Activity Room @ 11 AM Manor</div> <div>1 &amp; 3 Welcome to Come!</div>        | <div>27</div> <div>8:30AM Fry's Trip</div> <div>43rd &amp; Cactus</div>                                                                                                                                                       | <div>28</div> <div>Yahtzee Manor 3 1st Floor</div> <div>Activity Room @ 11 AM Manor</div> <div>1 &amp; 3 Residents Welcome!</div> <div>W.O.W. Bible Study Manor 1</div> <div>3rd floor activity room @ 3:30</div>                                                  | <div>29</div> <div>9:00AM - Post Office Trip</div> <div>Sign-Up &amp; Pickup Location Is</div> <div>at Center View 2nd Floor</div> <div>(602) 424-9443</div> <div>~</div> <div>1:30PM - Sprouts &amp;</div> <div>Walgreens Trip -</div> <div>19th Ave. And Northern</div> | <div>30</div>                                                                                      |
| <div>31</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1</div> <div>- 3rd Floor Activity Room</div>                                                                                                                                                                                |                                                                                                                                                                                                                     |                                                                                                                                      |                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                           |                                                                                                    |





**Manors' Office Phone Number**  
(602) 861-3970

**Alex Perlut**  
EXT 5449

**Director of Subsidized Housing & Security**

**Bonnie Brown**  
EXT 3970

**HUD Apartment Manager**  
**Ginger Venable**  
EXT 5446

**HUD Service Coordinator**

**Kim Cecena**  
EXT 9981

**Administrative Assistant**

### Manager's Office Hours:

Monday - Friday 9am - 5pm

(Sat.: By Appointment)

Service Coordinator office  
hours:

Monday- Thursday 9am - 5pm

### **Lightweight Lit**

What makes a book a "beach read"? Historically, this term referred to popular books released during the summer that captured a wide audience, similar to blockbuster movies. Now the idea of a beach read has evolved to mean literature that's generally easy to consume, whether it's a page-turning thriller, a joyful romance or a juicy drama. Publishers say readers are drawn to these types of books because they match the carefree mood of the season.



### **Carnival Competitions**

Whether playing for prizes or bragging rights, summer fairgoers still relish these classic carnival games.

*High Striker.* Also known as Ring the Bell or a Strength Tester, this nearly century-old carnival game has a tower, a puck that runs up the tower and a bell at the top. Operators give players a sledgehammer and the

task to hit the pad at the base of the tower hard enough to propel the puck to ring the bell, essentially testing their strength.

*Spin Wheels.* These wheels, each with a section of a prize and outcome, can be dated back to antiquity. The brightly colored game of chance was a quick hit in early American carnivals, and casinos later adopted the idea for their own thrill-seekers.

*Ring Toss.* Historians don't know who first thought to toss rings at festivals, but they date one version back to ancient Greece, where the rings represented eternity. Today, the friendly, accessible carnival staple is played across the world.



### **Brain Bender: Class Clown**

Buttons, Giggles and Scooter are three clowns who star in the Crazy Daisy Circus. Each clown performs a solo act in one of three rings that are lined up in a row inside the big top.

Using the clues provided, can you figure out each clown's talent, and in which ring their act takes place?

- The clown who makes balloon animals is in the center ring.
- The juggling clown performs in a ring next to Scooter.

- Giggles is not the unicycle rider. Her ring is somewhere to the right of Buttons' ring.

*(Answer: Buttons rides a unicycle in the left ring, Scooter makes balloon animals in the center ring, and Giggles juggles in the right ring.)*







## No Bones About It

On Aug. 12, 1990, Sue Hendrickson stumbled over something small that turned out to be something very, very big.

Hendrickson was part of a team searching for fossil bones in South Dakota. While the rest of the team struggled with a flat tire, Hendrickson went exploring and found small pieces of bones poking from a bluff above her. Those visible pieces turned out to be part of a much larger *Tyrannosaurus rex* skeleton.

Sue, as the fossil came to be known, is one of the largest and most complete *T. rex* skeletons to yet be discovered.

Unfortunately, Sue's discovery wasn't without controversy. Ownership disputes involving the fossil-finding institute, the private landowner and the federal government meant the bones languished for about five years before being put up for auction.

The Field Museum of Chicago was the ultimate winner of the 1997 auction, and Sue's assembled skeleton—standing just under 13 feet tall and just over 40 feet long—went on display in May 2000.

## Animals That Beat the Heat

These resilient animals don't mind the dog days of summer, thanks to their species' strange survival skills.

*Sweating sunscreen.* Europeans who first saw hippos reported that the giant African animals sweated blood after seeing red drops leak from their hides. They were right about the color and wrong about the substance. Scientists have since discovered that hippos secrete their own reddish orange sunscreen, which also prevents infection, repels water and possibly keeps insects at bay.

*An earful of A/C.* Both elephants and jackrabbits help cool their bodies with their oversized ears. The large surface areas of their ears are filled with blood vessels, which shrink and grow depending on the body's need for heat.

*Sleep on it.* West African lungfish have survived almost 400 million years of all kinds of weather thanks to strange adaptations like estivation, a "summer sleep" similar to hibernation, but for summertime and even longer periods of drought.



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Wellness Coordinators

Ben & Leticia

## According to Planner

Aug. 1 is National Planner Day. Check out these different planner styles to refresh your to-do list.

*Bullet journals.* Free spirits can ditch the daily calendar for a bullet journal, simply a lined or dot grid paper planner where writers are encouraged to doodle, daydream and get things done.

*Time blocking.* Beloved by achievers from Benjamin Franklin to today's CEOs, time blocking is a method of scheduling set time ranges for specific tasks. This highly structured strategy helps planners stay focused and intentional.

*Pocket planner.* Take your tasks to go with a checkbook-sized pocket planner, which usually has a few lines for each day in a weekly spread. The small size can keep users focused on a few key priorities for each day or week.



## Pulitzer-Winning Pages

Bookworms celebrate their love of literature on National Book Lovers Day, Aug. 9. Here's a brief and not comprehensive selection of Pulitzer Prize-winning novels from each decade.

| Decade | Names                                          |
|--------|------------------------------------------------|
| 1950s  | "The Old Man and the Sea," by Ernest Hemingway |
| 1960s  | "To Kill a Mockingbird," by Harper Lee         |
| 1970s  | "Elbow Room," by James Alan McPherson          |
| 1980s  | "Beloved," by Toni Morrison                    |
| 1990s  | "A Thousand Acres," by Jane Smiley             |
| 2000s  | "The Known World," by Edward P. Jones          |
| 2010s  | "The Sympathizer," by Viet Thanh Nguyen        |
| 2020s  | "Trust," by Hernan Diaz                        |

## "This Month In History" AUGUST

**1492:** The Niña, Pinta and Santa Maria leave Spanish port for their accidental destination of the Americas.

**1790:** The first U.S. census begins. The population count has been repeated every ten years since then.

**1914:** Cleveland, Ohio, installs the world's first electric traffic signal. The manually operated light directed traffic at Euclid Avenue and East 105th Street.

**1926:** New York athlete Gertrude Ederle swims the English Channel, becoming the first woman to do so.

**1949:** The Basketball Association of America and the National Basketball League merge to form the National Basketball Association (NBA).

**1957:** "American Bandstand," a TV show of teens dancing to rock and roll, premieres with host Dick Clark.

**1969:** Woodstock opens in a New York field, bringing more than 400,000 people to see its three days of concerts featuring Joan Baez, Santana, The Grateful Dead, Creedence Clearwater Revival, Janis Joplin, Jimi Hendrix and more.

**1978:** The first transatlantic balloon flight is completed successfully when the Double Eagle II lands near Paris, France, after traversing more than 3,200 miles from Presque Isle, Maine.

**2009:** Usain Bolt breaks his own 100-meter dash record at the World Championships in Berlin by completing the race in 9.58 seconds.