



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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Bonnie Brown, Apartment Manager

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November 2025



### **Thankfulness**

"What if today, we were just grateful for everything?"  
—Charlie Brown

### **Happy Thanksgiving!**

As we celebrate Thanksgiving with family and friends in November, we'll be thinking how grateful we are to have such wonderful neighbors. Thanks for making our community such a pleasant place to live. We wish you a safe and enjoyable Thanksgiving holiday!

### **An Ounce of Prevention**

Cooler weather signals the start of cold and flu season. We may thoroughly wash our hands only to contaminate them again by touching a germy doorknob, light switch, keyboard, phone or remote. Taking a few minutes regularly to clean these household surfaces with disinfectant wipes could help stave off a nasty bug.

## 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

## Five Fast Facts: Jellyfish

Celebrate World Jellyfish Day on Nov. 3 by learning five facts to share with family and friends! (1) Jellyfish have been around a long time, predating the dinosaurs. (2) The *T. dohrnii* is nicknamed the immortal jellyfish because if sick or threatened, it can revert to a polyp—essentially regressing to babyhood. (3) Jellyfish are 95% water. (4) The *Malo kingi* is only the size of a fingernail, but it has one of the most potent venoms. (5) About 50% of jellyfish are bioluminescent, meaning they are able to glow.



## Thanksgiving's Most Unwanted

Mashed potatoes, mac and cheese and rolls—just kidding. Here are Thanksgiving's most disliked traditional dishes, according to a 2023 survey by "The Vacationer."

*Cranberry sauce.* More than 31% of respondents can't stand the stuff, but according to another survey by Ocean Spray, most Americans believe the controversial cranberries are still essential to any self-respecting traditional Thanksgiving meal. Even the sauce-haters probably have an opinion on another age-old dispute: homemade or canned?

*Sweet potatoes or yams.* Almost 30% of surveyed eaters skip the sweet potatoes, whether roasted or blanketed with marshmallows.

*Green bean casserole.* Green means "no" for 28% of respondents when it comes to this traditional casserole dish. Here's another detail to debate: Are canned, frozen or fresh green beans best?

*Turkey.* More than 27% of Americans would rather pass on the notoriously fickle main dish, whether roasted, deep-fried or smoked.

## Mealtime Traditions

Families often have mealtime traditions, from favorite recipes served to the seating arrangements. Use the following questions to reminisce and share your family's customs at the dinner table.

- Did your family have any mealtime traditions when you were a child, such as Sunday dinners or special foods served on holidays and birthdays? Share your favorite stories.
- What was your favorite meal—breakfast, lunch or dinner? What foods were your favorites?
- Who prepared the meals? Did you help cook, set the table or clean up afterward?
- How many people were at your table during a meal? Did everyone have their own place at the table, or did you switch seats?
- What did you talk about during meals, and who usually led the conversation?
- As an adult, did you continue your family's mealtime traditions, start your own, or a combination of both?





## Healing Paws and Claws

Therapy animals—animals that undergo specific training to help people, often in a group setting—can bring comfort and joy to individuals facing physical or mental challenges.

*Dogs lead the pack.* Dogs are by far the most common therapy animals. Breeds like Golden Retrievers and Labrador Retrievers are fan favorites because of their gentle, loving demeanor. They are known to

be great with children and adults, often helping people recover from trauma or cope with mental health challenges. Smaller breeds like Cavalier King Charles Spaniels and Pugs also make excellent therapy dogs.

*Cats comfort, too.* Cats are also effective therapy animals. They provide calm companionship and can help with emotional challenges. Cats tend to be less outgoing than dogs but still offer soothing support.

*Unusual choices.* Pet therapy can go beyond dogs and cats and extend into more wild choices. Animals like pigs, rabbits, mini horses and llamas have all had careers as therapy animals.

## Waddling Into History: The Peabody Hotel's Famous Duck Parade

The Peabody Hotel in Memphis, Tenn., is more than just a place to stay—it's a city icon with a story to tell. The hotel is known for its elegance and Southern charm, but what really makes the Peabody unforgettable is its world-famous duck parade.

*The duck tradition begins.* In 1933, the hotel's manager put live ducks in the lobby fountain as a joke. Guests loved it so much that it became a regular event.

*Meet the Duckmaster.* A staff member called the Duckmaster leads the ducks down a red

carpet to the lobby fountain every day.

*A special rooftop home.* The ducks live in a special glass-and-marble "Duck Palace," complete with its own bronze duck fountain, on the hotel's roof when they aren't in the fountain.

*A short gig.* The ducks live at the hotel for only three months before they are returned to a local farm to continue normal duck life in the wild.



## Wit & Wisdom

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

—William Arthur Ward

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

—John F. Kennedy

"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you."

—Eileen Caddy

"Gratitude is one of the least articulate of the emotions, especially when it is deep."

—Felix Frankfurter

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

—Melody Beattie

"The essence of all beautiful art, all great art, is gratitude."

—Friedrich Nietzsche

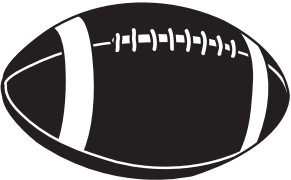
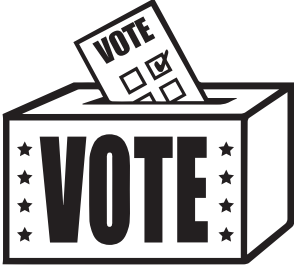
"A man's indebtedness is not virtue; his repayment is.

Virtue begins when he dedicates himself actively to the job of gratitude."

—Ruth Benedict

"Silent gratitude isn't much use to anyone."

—Gertrude Stein

| Sunday                                                                                    | Monday                                                                                                                                   | Tuesday                                                                                                                            | Wednesday                                                                                                                                                                                                                | Thursday                                                                                     | Friday                                                                                                                                                                       | Saturday |
|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
|           |                                                                                                                                          | (FS) - Stands for Fellowship Square<br>(AR) - Stands for Activity Room<br>~~~~~<br>Terros Crisis Line 1<br>1-800-631-1314<br>~~~~~ | TRANSPORTATION<br>Fellowship Bus Drivers & Info:<br>Tony Lopez, Supervisor<br>(602) 531-6902<br>DRIVERS:<br>- Abe - (480) 204-2206<br>- Damion - (602) 448-8094<br>- Jeffrey - (602) 768-4967<br>- Gene - (480) 340-5251 |                                                                                              |                                                                                           | 1        |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1<br>- 3rd Floor Activity Room2  | 1:00PM - Super Walmart Trip<br>19th Ave. & Bell Road<br>Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!3  |  4                                               | 8:30AM Fry's Trip - 10% OFF<br>43rd & Cactus5                                                                                                                                                                            | Christian Themed documentaries Manor 1 activity room 3rd floor @ 3:00. Come join us!6        | 9:00AM - Post Office Trip<br>Sign-Up & Pickup Location Is at Center View 2nd Floor<br>(602) 424-9443<br>~<br>1:30PM - Sprouts & Walgreens Trip -<br>19th Ave. And Northern7  | 8        |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1<br>- 3rd Floor Activity Room9  | Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!10                                                         | Veterans Day<br> 11                             | 8:30AM Fry's Trip<br>43rd & Cactus<br>*Service Coordinator Luncheon @ 11 AM*<br>Abacus Inn Chinese<br>3509 W Thunderbird RD<br>Phoenix, 8505312                                                                          | W.O.W. Bible Study Manor 1<br>3rd floor activity room @ 3:00 -4:00PM13                       | 9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board<br>~<br>1:30PM - Dollar Tree, 35th & Thunderbird14                                         | 15       |
| (CCV) Christ's Church of the Valley Service - 11:30AM - M1<br>- 3rd Floor Activity Room16 | 1:00PM - Super Walmart Trip<br>19th Ave. & Bell Road<br>Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!17 | 18                                                                                                                                 | 8:30AM Fry's Trip<br>43rd & Cactus<br>Come enjoy the sounds of the harp with Norma. M1 Activity room 4:00pm19                                                                                                            | W.O.W. Bible Study Manor 1<br>3rd floor activity room @ 3:00 -4:00PM<br>Thanksgiving Party20 | 9:00AM - Post Office Trip<br>Sign-Up & Pickup Location Is at Center View 2nd Floor<br>(602) 424-9443<br>~<br>1:30PM - Sprouts & Walgreens Trip -<br>19th Ave. And Northern21 | 22       |
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**Manors' Office Phone Number**  
(602) 861-3970

**Alex Periut**  
EXT 5449

**Director of Subsidized Housing & Security**

**Bonnie Brown**  
EXT 3970

**HUD Apartment Manager**  
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

#### **Mums Say So Much**

The traditional flower for the month of November, the chrysanthemum is believed to represent happiness and longevity. Because mums typically bloom in the fall, they also symbolize beauty in the face of the coming winter.



#### **Multipurpose Pennies**

Copper coins weighing you down? Put your pennies to work outside your wallet with these household hacks. Just be sure to use coins minted before 1982, since they are made of 95% copper.

- Add a penny to the vase of a fresh bouquet to delay wilting.
- Keep garden slugs away with a buried ring of pennies around your plants.

#### **Ooh-Rah!**

Happy birthday, Marines! On Nov. 10, 1775, the Continental Congress established the U.S. Marine Corps.

#### **A Lasting Impression**

French painter Claude Monet is most famous for his series of 250 oil paintings entitled "Water Lilies." But did you know Monet's painting of boats on the water at dawn entitled "Impression, Sunrise" spawned the name for the entire Impressionist movement? We celebrate his birth anniversary Nov. 14, 1840.

#### **We Support Caregivers**

November is National Family Caregivers Month, and we'd like to give a shoutout to all the family members and caregivers of our residents. Your dedication to your loved ones does not go unnoticed.

#### **A Famous Flub**

It's one of the most famous newspaper headlines in history: "DEWEY DEFEATS TRUMAN." Printed on the front page of the Chicago Daily Tribune on Nov. 3, 1948, that headline also famously got it wrong. The presidential election held the previous day actually resulted in a victory of incumbent Harry Truman over New York governor Thomas Dewey. Multiple photos of Truman holding up the paper with the false prediction, a triumphant grin on his face, have ensured the error stays etched in America's history books.

#### **Wounded Warrior Project**

The mission of the Wounded Warrior Project (WWP) is to help post-9/11 wounded veterans and their families. In 2003, WWP brought care packages to the bedsides of injured vets recently home from Iraq and Afghanistan. Today, WWP provides mental and physical health resources, financial counseling, independence programs, caregiver support and more.





### Banana Benefits

What's yellow, inexpensive and can help improve the health of your heart, skin, bones and brain? The mighty banana! This botanical berry can provide the following benefits to your body:

**Heart.** Potassium in bananas can help regulate blood pressure, which reduces the risk of hypertension and heart disease.

**Skin.** An average banana contains more than 10% of the recommended daily value of vitamin C, as well as other antioxidants, all of which promote collagen production and reduce inflammation, keeping your skin strong and hydrated.

**Bones.** The magical mineral potassium keeps your bones from losing calcium, which increases their density. The magnesium and vitamin C in bananas also support bone and ligament health.

**Brain.** One banana contains up to a quarter of a person's recommended daily intake of vitamin B6, an essential vitamin that helps make the neurotransmitters responsible for a good mood and a clear mind.

### The Evolution of a Global Fitness Trend

Pilates, the popular mind-body exercise, was developed in the early 20th century. Grab a mat and concentrate on these fun Pilates facts:

*What's in a name?* Pilates got its name from creator Joseph Pilates, who was born in Germany in 1883. As a child, he struggled with asthma and other illnesses. Determined to get stronger, he studied many types of exercise, including gymnastics, yoga and martial arts.

*Helping soldiers heal.* During World War I, Pilates was placed in a British internment camp as a German national. He eventually began helping injured soldiers recover by teaching them exercises to rebuild their strength and mobility. He even created equipment using bed springs to support their rehabilitation.

*Mind-body method.* Pilates called his system "Contrology." He believed that the mind and body should work together, focusing on strong core muscles, good posture and careful breathing to improve health.



### CHRISTIAN CARE REHABILITATION CENTER

Short-term rehabilitation is 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

### Topaz Tidbits

November's birthstone, the topaz, is a symbol of honor, strength, longevity and wisdom. The ancient Greeks believed wearing topaz could make you invisible. Impurities give the stone its color, with yellow and amber the traditional tones. The two most expensive types of the gem are precious topaz, which is an intense yellow and found mainly in Brazil, and imperial topaz, a red stone from Russia.

### BIRTHDAYS

Manor 1

102 - Candy Makela 11/1

121 - Suljo Murtic 11/6

412 - Oneida Shrum

304 - Mimi Gideon - 11/14

402 - Margaret Wahlgren

11/17

422 - Wyethia McCoy - 11/20

119 - Pamela Holden - 11/27

~

Manor 3

408 - Gary Nast

311 - Pamela Harper - 11/10



## Decade-Defining Innovations

These innovations made waves from the decades when they were created until today.

| Decade | Names                                                                          |
|--------|--------------------------------------------------------------------------------|
| 1950s  | Commercial jet airliner travel, polio vaccine and the computer hard disk drive |
| 1960s  | First implanted pacemaker, cordless tools and coronary bypass surgery          |
| 1970s  | MRI, barcodes, personal computers, GPS and the Walkman                         |
| 1980s  | DNA fingerprinting, the World Wide Web, Microsoft Word and Prozac              |
| 1990s  | DVDs, the International Space Station, Bluetooth and white LED lightbulbs      |
| 2000s  | Wikipedia, Facebook, Google Maps, iPhone and Bitcoin                           |
| 2010s  | Siri, Curiosity Rover on Mars, metal 3D printing, video doorbell, Apple Watch  |

## "This Month In History"

### NOVEMBER

**1800:** President John Adams and his family move in to the newly completed White House, then called the President's House.

**1906:** SOS is adopted as the standard distress signal at sea.

**1910:** Hailed as a monumental work of architecture, the Pennsylvania Station railroad terminal opens in New York City.

**1922:** The entrance to King Tut's tomb was discovered by archaeologist Howard Carter.

**1924:** The Boston Bruins make their debut as the first U.S. team in the NHL.

**1939:** In Hyde Park, N.Y., the cornerstone is laid for a library to preserve President Franklin D. Roosevelt's official papers. It was America's first presidential library.

**1945:** The first issue of Ebony magazine is published.

**1959:** On Broadway, the Rodgers and Hammerstein musical "The Sound of Music" opens.

**1968:** The Motion Picture Association of America introduces a rating system for movies.

**1973:** Britain's Princess Anne marries Capt. Mark Phillips at Westminster Abbey.

**1989:** L. Douglas Wilder of Virginia becomes the first African American governor elected in the U.S.

**1993:** Made up of 12 countries, the European Union is formally established.

**2000:** A crew of three arrives at the International Space Station and is the first to live and work at the research facility.

**2008:** Taylor Swift releases her second album, "Fearless." It would go on to be the most awarded album in country music history.

**2013:** Disney's animated movie musical "Frozen" premieres.