



# IN A MANOR OF SPEAKING

## News & Views of Activities at Christian Care Manors

### In a *Manor* of Speaking



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

#### 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

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#### Alex Periut, Director of HUD Subsidized Housing and Security

(602) 443-5443 (Hours: 9-5) ~ M-I Office

Bonnie Brown, Apartment Manager

(602) 861-3970 (Hours: 9-5) ~ M-I Office

Kim Cecena, Manors Admin Assistant

(480) 385-0058 (Hours: 9-5) ~ M-I Office

Ricky Dodds, HUD Service Coordinator:

(602) 443-5446 (Hours: 9-5) ~ M-3 Office

#### SECURITY/INFORMATION

(602) 443-5400

MAINTENANCE-W/O

(602) 424-9432

Pastor Joey

(602) 443-5486

February 2026



#### **Love and Be Loved**

"How you love yourself is how you teach others to love you." —Rupi Kaur

#### **Smitten With Gloves**

Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.

#### **Layered in Warmth**

Older adults are more sensitive to cold weather yet may not notice their body temperature dropping. The best way to stay warm is to dress in layers, even when indoors.

### EYE DOCTOR

Eyes On Site  
(480) 626-8925

### PODIATRY-FEET

-On site -  
(602) 501-0328

### MOBILE DENTIST

Dentistry Of AZ  
(480) 313-3310

Smiles By Delivery  
(623) 584-4746

### CARDIOLOGIST-HEART

Ponderosa Heart  
(480) 795-1515

### Curana Health-PCP

(602) 613-5917

### HOMEWELL-EXTRA SERVICES

(623) 265-6300

### Arizona Department of Public Safety

(602) 223-2000

### Adult Protective Services (APS)

(1-877-767-2385)

### RideChoice

For Phoenix's RideChoice (Valley Metro's paratransit service for eligible riders), call (602) 716-2111 to book trips, change, or check on them; for general info or help with applications, contact Surprise Neighborhood Services at (623) 222-1550, and the main Valley Metro number is (602) 253-5000 for broader transit questions.



### Winter Olympics Preview

The Milano Cortina 2026 Winter Olympics—the 25th Winter Olympics—are scheduled to be held from Feb. 6-22. Here are some sports and stars to watch:

*New kid on the ice block.* Ski mountaineering, a combination of alpine skiing and mountain climbing, is making its debut at this year's games.

*Comeback kids.* After a 12-year Olympics hiatus, National Hockey League players are back to play ice hockey for their home countries. In the 2022 Beijing Winter Olympics, both the U.S. and Canada were eliminated in the quarterfinals, not having the NHL stars on their rosters. This year, Team USA is heavily favored to take home the gold.

*Frozen fan favorites.* Along with ice hockey, figure skating and snowboarding are some of the top-watched events for American viewers. Young snowboard stars to watch include gold medalists Chloe Kim and Red Gerard. Male figure skating star Ilia Malinin is expected to shine at the 2026 games. The 21-year-old is the only athlete in history to have landed the quadruple axel—the hardest jump in figure skating—during a competition.

### The Art of Figure Skating

With their graceful jumps, smooth spins and fancy footwork, figure skaters can make gliding across the ice look effortless.

For centuries, skating was a form of transportation rather than a recreational pursuit or sport. In ancient times, people strapped animal bones to the bottoms of their feet and pushed themselves across icy ground with wooden poles. In the 13th century, the Dutch developed skates with iron blades and used them to travel between villages along frozen canals. Later in England, skating clubs and rinks became popular.

Ice skating was done in a stiff, rigid manner until the innovations of two Americans in the mid-1800s. Edward Bushnell invented skates with steel blades that allowed skaters to perform complex turns and jumps, and Jackson Haines became the father of figure skating when he used elements of ballet and coordinated the moves to music.

Figure skating is the oldest winter sport in the Olympics. The event debuted at the 1908 Summer Games in London, then moved to the Winter Games in 1924.





### Wild World: Arctic Wolf

White coats and golden eyes make for a majestic-looking creature in the arctic wolf. The only wolves with their snowy coloring, they are able to blend into their tundra environment in North America and Greenland. Arctic wolves don't come into contact with humans often because of their cold, isolated habitat, but like other wolf species, they are social animals that live and hunt in packs with a clear pecking order. They are slightly smaller than their gray wolf counterpart and are able to survive in sub-zero temperatures with nearly five months of darkness.

### Get Up and Get Going!

Falling, literally and figuratively, is a hurdle that is hard to get over. The Get Up Campaign was launched by the U.S. Figure Skating organization in 2017 to identify the courage, passion and determination that is needed to get back up, not only in the rink, but also in life. Celebrate National Get Up Day on Feb. 1 by starting a new project, going back to one that you may have given up on, or inspiring others to keep going.



### Celebrating Black History Month

Each February, the U.S. observes Black History Month to honor the achievements of African Americans throughout history. Learn more about the man who pushed so hard for this month of recognition, a coal miner turned Harvard-educated historian.

In 1875, Carter G. Woodson was born to two survivors of slavery in Virginia. As a teen, Woodson worked in the local coal mines to help support his family. When he was 20, he started high school, and two years later, he graduated and started teaching high school himself, later earning multiple college degrees, including a doctorate from Harvard.

Woodson wanted the contributions of the heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created an event to promote Black history during the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. For his efforts, Woodson has been called the father of Black history.

### Groundhog Stars






Every year, in the early hours of Feb. 2, Punxsutawney Phil is pulled from his temporary tree trunk den at Gobbler's Knob in western Pennsylvania. There, thousands gather and many more watch on TV to see if Phil sees his shadow. If he does, it's a sign of six more weeks of winter. If he doesn't, spring is just around the corner.

But there are other weather-forecasting groundhogs who take the spotlight on Groundhog Day. Phil has a stoic rival across the way in eastern Pennsylvania: the taxidermic Grover the Groundhog. Head to the Midwest and Buckeye Chuck carries on the tradition in the

Buckeye State of Ohio.

In New York City, Charles G. Hogg, also known as Staten Island Chuck, makes his prediction from his log cabin home at the Staten Island Zoo. For over 50 years, western New York has looked to Dunkirk Dave for a seasonal projection. And there's the Cajun groundhog, a nutria rodent named Pierre C. Shadeaux, who forecasts how long spring will last before the summer heat hits Louisiana.



| Sunday                                                                                                                                                                                                  | Monday                                                                                                                                                                                                                                                                     | Tuesday                                                                                              | Wednesday                                                                                                                                                                            | Thursday                                                                                                 | Friday                                                                                                                                                                                               | Saturday                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>1</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</div>                                                                                            | <div>2</div> <div>1:00PM - Super Walmart Trip 19th Ave. &amp; Bell Road<br/>Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!<br/>Bible Study Led by Chaplain Joey Sampaga - M3 3rd floor conference room. 11:00AM.</div>                     | <div>3</div> <div>PRAYER GROUP<br/>With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm</div>  | <div>4</div> <div>8:30AM Fry's Trip - 10% OFF 43rd &amp; Cactus</div>                                                                                                                | <div>5</div> <div>Bible Study Led by Chaplain Joey Sampaga - M1 3rd floor conference room. 3:00PM</div>  | <div>6</div> <div>9:00AM - Post Office Trip Sign-Up &amp; Pickup Location Is at Center View 2nd Floor (602) 424-9443<br/>~<br/>1:30PM - Sprouts &amp; Walgreens Trip - 19th Ave. And Northern</div>  | <div>7</div> <div></div>                                        |
| <div>8</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room<br/><br/>SUPER BOWL</div>                                                                        | <div>9</div> <div>Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!<br/>Bible Study Led by Chaplain Joey Sampaga - M3 3rd floor conference room. 11:00AM.</div>                                                                               | <div>10</div> <div>PRAYER GROUP<br/>With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm</div> | <div>11</div> <div>8:30AM Fry's Trip 43rd &amp; Cactus<br/><br/>*Service Coordinator Luncheon @ Bobby Q @11 AM* 8501 N. 27th Ave., Phoenix, AZ 85051</div>                           | <div>12</div> <div>Bible Study Led by Chaplain Joey Sampaga - M1 3rd floor conference room. 3:00PM</div> | <div>13</div> <div>9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board<br/>~<br/>1:30PM - Dollar Tree, 35th &amp; Thunderbird</div>                                    | <div>14</div> <div></div>                                                                                                                          |
| <div>15</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</div>                                                                                           | <div>16</div> <div>Presidents Day<br/>1:00PM - Super Walmart Trip 19th Ave. &amp; Bell Road<br/>Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!<br/>Bible Study Led by Chaplain Joey Sampaga - M3 3rd floor conference room. 11:00AM.</div> | <div>17</div> <div>PRAYER GROUP<br/>With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm</div> | <div>18</div> <div>8:30AM Fry's Trip 43rd &amp; Cactus<br/><br/>Come enjoy the sounds of the harp with Norma. M1 3rd floor Activity room 4:00-5:00PM. ALL Instruments Welcome.</div> | <div>19</div> <div>Bible Study Led by Chaplain Joey Sampaga - M1 3rd floor conference room. 3:00PM</div> | <div>20</div> <div>9:00AM - Post Office Trip Sign-Up &amp; Pickup Location Is at Center View 2nd Floor (602) 424-9443<br/>~<br/>1:30PM - Sprouts &amp; Walgreens Trip - 19th Ave. And Northern</div> | <div>21</div> <div></div>                                     |
| <div>22</div> <div>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room</div>                                                                                           | <div>23</div> <div>Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!<br/>Bible Study Led by Chaplain Joey Sampaga - M3 3rd floor conference room. 11:00AM.</div>                                                                              | <div>24</div> <div>PRAYER GROUP<br/>With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm</div> | <div>25</div> <div>8:30AM Fry's Trip 43rd &amp; Cactus</div>                                                                                                                         | <div>26</div> <div>Bible Study Led by Chaplain Joey Sampaga - M1 3rd floor conference room. 3:00PM</div> | <div>27</div> <div>9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board<br/>~<br/>1:30PM - Dollar Tree, 35th &amp; Thunderbird</div>                                    | <div>28</div> <div></div>                                                                                                                          |
| <div>TRANSPORTATION Fellowship Bus Drivers &amp; Info: Tony Lopez, Supervisor (602) 531-6902<br/>DRIVERS:<br/>- Abe - (480) 204-2206<br/>- Damion - (602) 448-8094<br/>- Jeffrey - (602) 768-4967</div> | <div></div>                                                                                                                                                                             |                                                                                                      | <div></div>                                                                                     |                                                                                                          | <div></div>                                                                                                     | <div>(FS) - Stands for Fellowship Square<br/>(AR) - Stands for Activity Room<br/>~~~~~<br/>Terros Crisis Line 1<br/>1-800-631-1314<br/>~~~~~</div> |





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

**Alex Periot**  
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



### **Celebrate Your Spunk**

You go, girl! February is Spunky Old Broads Month.



### **Boost Your Immunity**

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

*Eat healthy foods.* Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

*Stay hydrated.* Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

*Exercise.* Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

*Get plenty of sleep.* Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

### **Activities for Heart Month**

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

*Wear red.* Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversations about heart health.

*Know your numbers.* Take advantage of blood pressure

checks and cholesterol screenings in the community. Record your numbers and work with your doctor to make any needed changes.

*Get fit with a friend.* Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

*Give back.* Participate in health fundraisers and events, such as a 5K or blood drive.





### Military-Made Movies

During World War II, a group of Americans served the nation by combining their specialized talents to form the First Motion Picture Unit, a division of the U.S. Army Air Forces.

The unit was formed in 1942. Recognizing the urgent need for a recruitment film, the commander of the USAAF, Gen. Henry "Hap" Arnold, called upon Jack Warner, the head of Warner Bros. movie studios. Warner and scriptwriter Owen Crump quickly produced "Winning Your Wings," a short film starring actor and USAAF pilot Jimmy Stewart and directed by John Huston. It played in theaters nationwide, prompting more than 150,000 men to enlist.

Staffed by professionals recruited from the movie industry—actors, directors, screenwriters, animators, composers and more—the FMPU began producing high-quality training films from its base at a Hollywood studio lot. Throughout the war, the unit made more than 400 movies, covering topics such as survival skills and how to recognize enemy aircraft.

### Making Moves With Mancala

One of the world's oldest board games, mancala has been entertaining people of all ages for thousands of years.

Archaeologists have found evidence that mancala originated in North Africa, in what is now Ethiopia and Eritrea, as early as the sixth century. The name comes from the Arabic word *naqala*, which means "to move."

A two-person game, mancala can be played with a specially designed board—or by simply digging small holes in the dirt or sand—and using pebbles, seeds or shells as game pieces. Modern versions typically use flat marbles and a wooden board with rows of shallow depressions, called pits or pockets. Players sit opposite each other and take turns moving their marbles from one of their pits and strategically distributing them around the board. This move is called "planting," and the goal is to "harvest" or capture as many pieces as possible by the end of the game.



## CHRISTIAN CARE REHABILITATION CENTER

Short-term rehabilitation is located on campus!

Post-surgical recovery, respite care & more

Contact Admissions: (602) 443-5443

Manors & Fellowship Fitness Class

See Bulletin Boards for hours and locations.

Wellness Coordinator  
Ben

### BIRTHDAYS

#### Manor 1:

Holmes, Elizabeth - 2/03  
1-311 - Waltz, Dorothy - 2/07  
1-312 - Schoonhoven, Carla - 2/10  
1-113 - Grant, Jane - 2/13  
1-112 - Zeigner, Patricia - 2/19

#### Manor 3:

3-109 - Anderson, Shirley - 2/07  
3-307 - Ashton, Page - 2/19  
3-305 - Seaber, William - 2/26





# Word Search

Category: Lunar New Year

T A S T H M E S E N I H C E  
A N E W S U N O O D L E S U  
R B N R S I L A N T E R N  
S E U A S M I N A B R A N R  
D N E N W I Y E E D A J O E  
A R M U D D A Y N I T O B D  
R I N L N A G Y S O B G Y C  
R O U A G O N N E M I O O A  
D I E L L U A C A K C L R K  
K L C D P K R B E O N E S E  
C P E E E R I T Y J G O O S  
Y A N D C O N T E I N T M M  
E C E L E B R A T I O N N T  
F I R E C R A C K E R H T N

- |          |       |           |           |
|----------|-------|-----------|-----------|
| 1. _____ | Lunar | 8. _____  | 15. _____ |
| 2. _____ |       | 9. _____  | 16. _____ |
| 3. _____ |       | 10. _____ | 17. _____ |
| 4. _____ |       | 11. _____ | 18. _____ |
| 5. _____ |       | 12. _____ | 19. _____ |
| 6. _____ |       | 13. _____ | 20. _____ |
| 7. _____ |       | 14. _____ |           |

Word Search Solution:

|                |                |             |
|----------------|----------------|-------------|
| 1. Abundance   | 8. Firecracker | 14. Monkey  |
| 2. Bamboo      | 9. Gold        | 15. Noodles |
| 3. Cakes       | 10. Jade       | 16. Rat     |
| 4. Celebration | 11. Lantern    | 17. Red     |
| 5. Chinese     | 12. Lion       | 18. Rice    |
| 6. Clean       | 13. Lunar      | 19. Snake   |
| 7. Dim Sum     | 14. Monkey     | 20. Tiger   |

T A S T H M E S E N I H C E  
A N E W S U N O O D L E S U  
R B N R S I L A N T E R N  
S E U A S M I N A B R A N R  
D N E N W I Y E E D A J O E  
A R M U D D A Y N I T O B D  
R I N L N A G Y S O B G Y C  
R O U A G O N N E M I O O A  
D I E L L U A C A K C L R K  
K L C D P K R B E O N E S E  
C P E E E R I T Y J G O O S  
Y A N D C O N T E I N T M M  
E C E L E B R A T I O N N T  
F I R E C R A C K E R H T N

