EQUAL HOUSING OPPORTUNITY

In a Manor of Speaking

News & Views of Activities at Christian Care Manors

In a *Manor* of Speaking

Scan Here!

****

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
~~~~
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
Ricky Dodds, HUD Service Coordinator:
(602) 443-5446 (Hours: 9–5) ~ M-3 Office
Kim Cecena, Manors Admin Assistant
(480) 385-0058 (Hours: 9–5) ~ M-I Office
SECURITY/INFORMATION
(602) 443-5400
MAINTENANCE-W/O
(602) 424-9432
Pastor Joey
(602) 443-5486

## January 2026

### Bring on the New Year

"What the new year brings to you will depend a great deal on what you bring to the new year."
—Vern McLellan

### Frozen Wonderland

The annual Harbin Ice Festival in China is the world's biggest ice and snow sculpture festival, featuring incredible frozen creations for two months in the winter. Artists from all over the world make giant snow sculptures in different parks. Famous past favorites have included a to-scale ice train, castles and historical figures like Napoleon carved into the snow. Visitors have wandered giant ice mazes, ridden down ice slides and taken in all the sights from atop the giant Snowflake Ferris Wheel.

### Freedom and Service

Monday, Jan. 19, is Martin Luther King Jr. Day, also known as MLK Day, remembering the legacy and work of American civil rights activist and minister Dr. Martin Luther King Jr. This federal holiday is also a designated National Day of Service.
~~~~

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

Social Security First

The first monthly Social Security check was issued on Jan. 31, 1940. It was paid to Ida May Fuller of Vermont, who received $22.54.

Begin a Journaling Journey

If you're looking to begin a fun activity for the new year, consider keeping a journal. See if one of these styles is "write" for you.

Daily journal. This is the classic "Dear Diary" style of journaling, in which you record the day's events, your observations and how you're feeling.

Gratitude journal. Take some time each day to write down a few things you are thankful for in a gratitude journal. This daily habit has been shown to increase happiness, and rereading your journal entries can provide comfort and perspective.

One-line-a-day journal. Quick and easy, these journals typically cover a five-year period. You simply record one thought every day, and the pages are formatted so that you can look back at what happened on the same date in previous years.

Dream journal. Keep a dream journal at your bedside, and write down the details of your dreams when you wake up. This habit can help you train your brain to remember your dreams more often.

Fun Challenges for the Year Ahead

Is there a novel you've wanted to read or a hobby you'd like to learn? The new year is the perfect time to set some goals you'll enjoy aiming for. Here are some ideas:

Reading resolution. Select a number of books or pages you want to read this year, and track your progress. Alternatively, you could challenge yourself to read 10 books set in 10 different countries or try genres outside of your usual picks.

Daily doodles. Find a list of drawing prompts online or create your own (you could do a week of zoo animals, a week of flowers, and so on); then capture your creativity in a sketchbook. Experiment with using different media, such as colored pencils or chalk pastels.

Eating adventures. Pick five new restaurants to try this year and invite friends and relatives to join in. You may discover a new favorite!

Expanded interests. There's always a new hobby to master, from watercolor painting and origami to learning how to play poker or chess. Or take part in a new type of fun exercise, such as line dancing or laughter yoga.

A Life-Saving Bracelet

Seventy years ago in 1956, Dr. Marion Collins invented the MedicAlert Bracelet, so his teenage daughter and all people with invisible health conditions could be protected in emergency health situations.

Collins' then 14-year-old daughter Linda nearly died from a severe allergic reaction. As his family wracked their brains trying to make sure Linda never was exposed to her allergens again, Linda suggested that jewelry could be the solution. Her father designed the first medical ID bracelet and commissioned a jeweler to make the life-saving device.

The original medical IDs were only available in silver or stainless steel. In the 1980s, medical ID bracelets got an upgrade, featuring 14K gold, crystal and silver beaded options. Today, many people who wear medical IDs choose comfortable silicone bands or convenient electronic medical IDs, which can be worn as watch sleeves or stickers.

Brain Bender: Mug Matchup

Benita, Leo and Phoebe came inside from the cold after taking a walk and wanted a hot drink to warm up. They each have a favorite color of mug—red, purple or yellow—and chose a different beverage to enjoy—coffee, herbal tea or cocoa. Then they each picked a chocolate chip cookie, a blueberry muffin or a banana to eat. Using the clues below, can you match each person to the color of their mug, and the drink and snack they chose?

- Leo, whose favorite color is red, wanted to avoid caffeine.
- Phoebe has a sweet tooth; if chocolate is an option, she picks it.
- The color of Benita's cup matched her snack.

(Answer: Benita drank coffee in a yellow mug and ate a banana. Leo drank herbal tea in a red mug and ate a blueberry muffin. Phoebe drank hot cocoa in a purple mug and ate a chocolate chip cookie.)

Blood Donation Basics

In the United States alone, someone needs blood or platelets transfused every 2 seconds, and each year nearly 7 million people in the U.S. donate blood to answer this need. During National Blood Donor Month in January, learn more about the history of this lifesaving practice.

British physician William Harvey discovered how blood circulates within the human body in 1628. Human blood was successfully transferred to another human patient for the first time in 1818.

In the early 1900s, scientists identified the four blood types, A, B, O and AB, and developed a transfusion method that matched recipients with compatible donors. Early transfusions had to be made directly from donor to receiver, but researchers discovered that adding sodium citrate to blood kept it from clotting, and refrigeration made it possible to store blood for future use, a practice that was implemented during World War I.

Later, hospitals began storing blood for patients. In 1937, the term "blood bank" was first used for the blood storage program at Chicago's Cook County Hospital.

World War II brought the need for more donations, and donating blood became a way to give back to the community.

CHRISTIAN CARE MANORS
A CHRISTIAN CARE COMPANY EST. 1979

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TRANSPORTATION **Fellowship Bus Drivers & Info:** **Tony Lopez, Supervisor** **(602) 531-6902** **DRIVERS:** **- Abe - (480) 204-2206** **- Damion - (602) 448-8094** **- Jeffrey - (602) 768-4967** **- Gene - (480) 340-5251**				1 Christian Themed documentaries Manor 1 activity room 3rd floor @ 3:00. Come join us!	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
4 (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room	5 1:00PM - Super Walmart Trip 19th Ave. & Bell Road Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!	**PRAYER GROUP** 6 With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm	7 8:30AM Fry's Trip - 10% OFF 43rd & Cactus	8 W.O.W. Bible Study Manor 1 3rd floor activity room @ 3:00 -4:00PM	9 9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board ~ 1:30PM - Dollar Tree, 35th & Thunderbird	10
11 (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room	12 Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!	**PRAYER GROUP** 13 With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm	14 8:30AM Fry's Trip 43rd & Cactus *Service Coordinator Luncheon @ Red Lobster @11 AM* 10220 N. 28th Dr., Phoenix	15 W.O.W. Bible Study Manor 1 3rd floor activity room @ 3:00 -4:00PM	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
18 (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room	19 1:00PM - Super Walmart Trip 19th Ave. & Bell Road Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!	**PRAYER GROUP** 20 With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm	21 8:30AM Fry's Trip 43rd & Cactus Come enjoy the sounds of the harp with Norma. M1 3rd floor Activity room 4:00-5:00PM. ALL Instruments Welcome.	22 W.O.W. Bible Study Manor 1 3rd floor activity room @ 3:00 -4:00PM	23 9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board ~ 1:30PM - Dollar Tree, 35th & Thunderbird	24 **RECERTIFICATION TIME!**
25 (CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room	26 Movie day! Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!	**PRAYER GROUP** 27 With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm	28 8:30AM Fry's Trip 43rd & Cactus	29 W.O.W. Bible Study Manor 1 3rd floor activity room @ 3:00 -4:00PM	30 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	31 **(FS) - Stands for Fellowship Square** **(AR) - Stands for Activity Room** ~~~~~~~~~~~~~~~~ **Terros Crisis Line 1** **1-800-631-1314** ~~~~~~~~~~~~~~~~

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**

On the Menu: Clean Eating

The term "clean eating" is likely to be heard a lot this month as people make New Year's resolutions focused on improving health. The trend focuses on eating natural, whole foods as much as possible, while avoiding highly processed foods with artificial ingredients. Clean eating usually favors plant-based foods, especially fruits, vegetables, beans and whole grains.

The Hallmark Hall of Fame

For 75 years, TV viewers have tuned in to watch "Hallmark Hall of Fame" productions.

Before venturing into television, Hallmark Cards sponsored two popular radio series. In 1951, the NBC network asked the greeting card company to sponsor the world premiere of the first opera composed specifically for TV, "Amahl and the Night Visitors." The live broadcast was a hit.

After that first program, the Hallmark Hall of Fame regularly presented biographies, historical dramatizations and adaptations of literary classics. In 1953, "Hamlet" was the first Shakespeare play shown on TV, and it is believed that more people watched that broadcast than had seen the stage play in its then 350-year history.

Famous plays and books gained a larger audience through the "Hallmark Hall of Fame." The series won more than 80 Emmy Awards, producing its most recent Hall of Fame movie in 2019.

That's Entertainment

Entertainment comes in many forms, and it often brings people together. Join an audience of your friends and share some entertaining milestones from your past.

- What was the first movie you saw in a theater? How old were you? Who went with you? What was the price of the ticket?
- Talk about other memories of going to the movies as a youngster. What feature films, shorts or newsreels do you remember seeing? Did you ever go to a drive-in theater?
- Have you seen a popular singer or band perform live? If so, what was your first concert? If not, what artist, past or present, would you most like to see?
- Do you enjoy stage musicals or plays? What is your favorite show? Have you attended a Broadway production?
- What's your favorite type of entertainment? Why?

Health App Helpers

Worried about fall risk, remembering medications or managing chronic conditions? Odds are, there's an app for that.

According to the Centers for Disease Control and Prevention, 3 million adults 65 and older go to the emergency room each year for fall-related injuries. Different apps can measure gait, detect potential falls and alert caregivers and emergency medical services.

A World Health Organization study found that nearly half of Americans failed to adhere to their blood pressure medication regimen. Pill reminder apps can send medication and medical appointment reminders, offer symptom tracking and side effect information and even send refill alerts.

Many apps offer management tools for specific chronic conditions. For example, people with heart conditions can use apps to monitor their blood pressure and cholesterol and even take electrocardiogram (EKG) readings on their phones.

As always, remember all medical-related decisions should be discussed with health care professionals.

New Tech Tips for Older Adults

"Never trust a computer you can't throw out a window," famously warned Steve Wozniak, the cofounder of tech giant Apple Inc. If learning how to use technology is overwhelming, frustrating or has you looking for the nearest window, try these tips:

If you're ready to pull a Wozniak on your smartphone or tablet, consider choosing a device designed for older adults. Senior-friendly smartphones feature longer lasting batteries, enlarged icons and zooming capabilities, call captioning, integration with hearing aids and other practical tools. The GrandPad, for example, is a tablet "designed by seniors, for seniors" and features wireless charging, on-demand customer support and a closed network where spammers and scammers can't call.

Free classes and tutorials on all things digital are available both in person and online. The AARP Foundation connects users to free local and online workshops. Platforms like YouTube and Facebook also offer digital literacy initiatives to help older adults navigate the newest technology.

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

BIRTHDAYS

Manor 1
414 - Lindsey, Norma - 1/15

No-Bake Protein Bites

These healthy snacks are easy to make and even easier to eat! In a mixing bowl, combine 2/3 cup creamy peanut butter, 1/2 cup chocolate chips, 1 cup old-fashioned oats, 1/2 cup ground flaxseeds, and 2 tablespoons honey. Refrigerate dough for 15 minutes, then roll into balls. Store in the fridge or freezer.

"This Month In History"

JANUARY

1892: On New Year's Day, Ellis Island opens, and 17-year-old Annie Moore from Ireland is the first person to be processed through the new federal immigration station.

1901: In southeastern Texas, oil gushes from a drilling site, marking the birth of the modern oil industry.

1915: An act of Congress creates the U.S. Coast Guard.

1920: The Treaty of Versailles, the peace document that ended World War I, goes into effect.

1932: Hattie Caraway of Arkansas becomes the first woman elected to the U.S. Senate.

1946: The first of almost 78 million baby boomers are born.

1959: Alaska is admitted to the union as the 49th state. With more than 660,000 square miles, it is the largest U.S. state.

1962: Singer Tony Bennett records his signature song, "I Left My Heart in San Francisco."

1977: Millions tune in to watch the TV miniseries "Roots," based on Alex Haley's best-selling novel. The finale broke all previous ratings records.

1985: New York begins enforcing its mandatory seat belt law, the first in the nation.

1997: Madeleine Albright is sworn in as America's first female secretary of state.

2001: Apple CEO Steve Jobs introduces the company's new iTunes music software in response to what he called the "digital music revolution." The "jukebox" program would change the way people buy and consume media.

2005: Called a "superjumbo" jet, the Airbus 380 is unveiled in France. The world's largest commercial airliner, with room for up to 800 passengers, is now in service worldwide.

2016: "Star Wars: The Force Awakens" breaks box office records, becoming one of the highest-grossing installments in the film franchise.

Illustratus
www.illustratus.com
Copyright © 2025 by Ulrag LLC