



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:

M-I:11830 N. 19th Avenue

M-II:11802 N. 19th Avenue

M-III:1944 W. Sunnyside Avenue
 (plus, Apartment #), Phoenix, AZ 85029

~~~~~

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

(602) 443-5443 (M-F Hours: 9-5) ~ M-I Office  
 , Apartment Manager

(602) 861-3970 (M-F Hours: 9-5) ~ M-I Office  
Kim Cecena, Manors Admin Assistant

(480) 385-0058 (T-F Hours: 9-5) ~ M-I Office  
Ricky Dodds, HUD Service Coordinator:

(602) 443-5446 (M-T Hours: 7-5) ~  
 M-3 Office

### SECURITY/INFORMATION

(602) 443-5400

### MAINTENANCE-W/O

(602) 424-9432

Pastor Joey

(602) 443-5486

## March 2026

### Lots of Luck

No luck picking a one-in-10,000 four-leaf clover? Fortunately, there are plenty of other good luck charms around the world that are easier to find:

*Acorn.* This small seed packs the promise of a mighty oak. English soldiers used to pocket them for protection.

*Maneki-neko.* Meaning "beckoning cat" in Japanese, this waving feline statue's upright paw symbolizes good fortune.

*Horseshoe.* Early European settlers brought this lucky charm across the pond, and it has since evolved into a cowboy culture icon.



### 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.



### A Rainbow of Natural Wonders

Chase the rainbow to these far-flung destinations, where you'll find colorful natural treasures.

*Rainbow spring.* In Yellowstone National Park, Old Faithful may get a lot of the credit, but Grand Prismatic Spring is a rainbow-colored pool that draws plenty of the park's visitors. About the size of a football field, the thermal pool is deep blue in the center and ringed by bands of green, yellow and orange. The spring is colored by bacteria that crave its hot water.

*Rainbow trees.* Take a drive down Hana Highway in Maui, and you can find rainbows in the trees. Along the roadside, rainbow eucalyptus trees catch eyes with their otherworldly bark, which looks like it's been painted with shades of neon pink, yellow and green.

*Rainbow mountain.* Vinicunca, also known as Rainbow Mountain, in Cusco, Peru, bears colorful stripes of red, yellow-green and teal, thanks to 14 different minerals. Prior to 2015 or so, the bright peak looked like any other mountain because its colors were covered by ice and snow.

### The Happiest Place on Planet Earth

Picture your happy place in honor of the International Day of Happiness on March 20. Now, picture the eight-time winner of happiest country in the world: a nation partly located in the Arctic Circle where neighborhoods go days without sunlight. So, what is Finland doing right?

*Sisu.* Finns value "sisu," a cultural concept that embodies perseverance and competence in the face of adversity. Of course, while the word "sisu" is Finnish, the underlying concept transcends national boundaries, and anyone can benefit from values of grit and resilience.

*Sauna.* There are 5.6 million people and 3.3 million saunas in Finland. Most Finns use the sauna at least once a week, making sure to shower before entering, and staying inside the sauna for multiple short periods of about 10 minutes, punctuated by cooling breaks with a cold shower or even a roll in the snow!

*Scenery.* Snow or shine, Finns prioritize being outside. During winter months, many people still bike to work, and some parents even trade strollers for sleds to take their kids to school.





### Blood Pressure: Know Your Numbers

Seven in 10 adults age 65 and older have hypertension, also known as high blood pressure, and many don't even realize they have it. Hypertension increases the risk of major health complications such as stroke, heart attack, dementia and kidney disease. Fortunately, checking your blood pressure—for free—can be pretty straightforward.

Routine medical visits, which

are covered by Medicare, include high blood pressure checks. Be prepared to discuss with your doctor any family history or lifestyle factors that may affect your risk factors for hypertension.

Many health insurance providers offer at-home monitors with no out-of-pocket cost. Charitable organizations may also provide at-home monitors to qualifying individuals.

The American Heart Association (AHA) often provides blood pressure kiosks around the country, which provide free readings and recommendations. Visit [heart.org](http://heart.org) to learn more.

### Memorable Melody: '(How Much Is) That Doggie in the Window?'

Did you hope that doggie was for sale? Quite a few people did when this novelty tune hit the airwaves in 1953. Written in 1952 by Bob Merrill—who later penned the popular hit "Mambo Italiano," as well as the musical "Funny Girl"—the catchy tune hit No. 1 on the Billboard chart in April 1953 with Patti Page lending vocals. More than 50 years later, Page rerecorded a version of the song with lyrics updated to promote adoption of shelter animals.



### Be Neighborly

Make it a beautiful day in your neighborhood by celebrating Won't You Be My Neighbor Day on March 20, the birthday of Fred Rogers. The day honors the legacy of the beloved host of the children's TV series "Mister Rogers' Neighborhood."

### Poetry Puzzlers

Readers around the world celebrate World Poetry Day on March 21 each year. Roses are red, violets are blue, can you match these verses to writers and poems, too?

1. "Two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference."

2. "But still, like air, I'll rise."

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

4. "This being human is a guest house. Every morning a new arrival."

5. "Hope is the thing with feathers that perches in the soul ..."

6. "I love you without knowing how, or when, or from where ..."

7. "O Captain! my Captain! our fearful trip is done ..."

Answers:

1. Robert Frost, "The Road Not Taken"

2. Maya Angelou, "Still I Rise"

3. William Shakespeare, "Romeo and Juliet"

4. Jalaluddin Rumi, "The Guest House," translated by Coleman Barks

5. Emily Dickinson, "'Hope' is the thing with feathers"

6. Pablo Neruda, "Sonnet XVII"

7. Walt Whitman, "O Captain! My Captain"

| Sunday                                                                                     | Monday                                                                                                                                                                                                                         | Tuesday                                                                                 | Wednesday                                                                                                                                               | Thursday                                                                                                                                                                                   | Friday                                                                                                                                                                | Saturday                                                                                                                           |
|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| 1<br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room  | 2<br>1:00PM - Super Walmart Trip 19th Ave. & 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.  | 3<br><b>PRAYER GROUP</b><br>With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm  | 4<br>8:30AM Fry's Trip - 10% OFF 43rd & Cactus                                                                                                          | 5<br>Bible Study Led by Chaplain Joey Sampaga - M1 3rd floor conference room. 3:00PM                                                                                                       | 6<br>9:00AM - Post Office Trip Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443<br>~<br>1:30PM - Sprouts & Walgreens Trip - 19th Ave. & Northern  | 7<br>                                           |
| 8<br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room  | 9<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.                                                       | 10<br><b>PRAYER GROUP</b><br>With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm | 11<br>8:30AM Fry's Trip 43rd & Cactus<br>*Service Coordinator Luncheon - Cheesecake Factory @ 2402 E Camelback Rd Space #101 @11 AM*                    | 12<br>Bible Study Led by Chaplain Joey Sampaga - M1 3rd floor conference room. 3:00PM                                                                                                      | 13<br>9:00AM - Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - Check Bulletin Board<br>~<br>1:30PM - Dollar Tree, 35th & Thunderbird                              | 14                                                                                                                                 |
| 15<br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room | 16<br>1:00PM - Super Walmart Trip 19th Ave. & 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. | 17<br><b>PRAYER GROUP</b><br>With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm | 18<br>8:30AM Fry's Trip 43rd & Cactus<br>Come enjoy the sounds of the harp with Norma. M1 3rd floor Activity room 4:00-5:00PM. ALL Instruments Welcome. | 19<br>Bible Study Led by Chaplain Joey Sampaga - M1 3rd floor conference room. 3:00PM                                                                                                      | 20<br>9:00AM - Post Office Trip Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443<br>~<br>1:30PM - Sprouts & Walgreens Trip - 19th Ave. & Northern | 21<br>                                        |
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| 29<br>(CCV) Christ's Church of the Valley Service - 11:30AM - M1 - 3rd Floor Activity Room | 30<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.                                                      | 31<br><b>PRAYER GROUP</b><br>With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm |                                                                                                                                                         | TRANSPORTATION<br>Fellowship Bus Drivers & Info:<br>Tony Lopez, Supervisor (602) 531-6902<br>DRIVERS:<br>- Abe - (480) 204-2206<br>- Damion - (602) 448-8094<br>- Jeffrey - (602) 768-4967 |                                                                                                                                                                       | (FS) - Stands for Fellowship Square<br>(AR) - Stands for Activity Room<br>~~~~~<br>Terros Crisis Line 1<br>1-800-631-1314<br>~~~~~ |



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

**Alex Periot**  
EXT 5449

**Director of Subsidized Housing &  
Security**  
...

**Bonnie Brown**  
EXT 3970

**HUD Apartment Manager**  
**Ricky Dodds**  
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



**Crocus** (/ˈkroʊkʊs/; plural: crocuses or croci) is a genus of seasonal flowering plants in the family Iridaceae (iris family) comprising about 100 species of perennials growing from corms.



## Final Four Fundamentals

It's an annual rite of spring: March Madness, the NCAA tournament that crowns the best team in men's Division I college basketball. If you're unfamiliar with the court action, get off the sidelines with this quick guide.

*Selection Sunday.* A total of 68 teams are invited to play in the tournament. The teams are announced live on TV on Selection Sunday, the Sunday before the tournament's first game. The teams are also divided into four geographic

regions: East, West, South and Midwest.

*Seeds.* A selection committee ranks the teams in each region and assigns each a seed number from 1 to 16, with 1 being the best. The No. 1 seed plays the No. 16 seed; No. 2 plays No. 15, and so on.

*The bracket.* Fans often track and try to predict the winners of each matchup and the eventual champion by filling out a form known as a tournament bracket. The odds of filling out a perfect bracket are 1 in 9.2 quintillion if completed at random, and 1 in 120 billion with basketball knowledge.

## K-9 Comrades

Just like their human counterparts, military working dogs have devoted their lives to keeping our nation and its citizens safe. It's only fitting that they have their own day to be honored and appreciated: K-9 Veterans Day, celebrated every March 13. Salute these service animals by learning some facts about their history:

On March 13, 1942, the U.S. Army implemented the War Dog Program, also known as the United States K-9 Corps. Before then, the U.S. military had unofficially employed dogs as mascots and guard dogs. However, this new program trained dogs in specialized roles,

including sentry, scout and patrol, messenger and mine-detection duties.

If they are no longer able to serve, military dogs are often adopted by their handlers or by a member of the general public.

In addition to military dogs, K-9 Veterans Day also pays tribute to other working dogs serving our country in different capacities, including police K-9s, U.S. Customs K-9s, FBI K-9s and Secret Service K-9s.





### Fried Mashed Potato Cakes

1 cup leftover mashed potatoes, cooled.

1 large egg.

2 ½ tablespoons all-purpose flour.

¼ teaspoon salt.

1 tablespoon vegetable oil, or as needed.

**Directions:** Mix mashed potatoes, egg, flour, and salt in a bowl until well combined. Heat a thin layer of vegetable oil in a frying pan over medium heat. Working in batches, drop 1/6 of the potato mixture into the hot frying pan and flatten into a patty. Repeat to add more patties to the pan. Cook until browned, about 3 minutes per side.



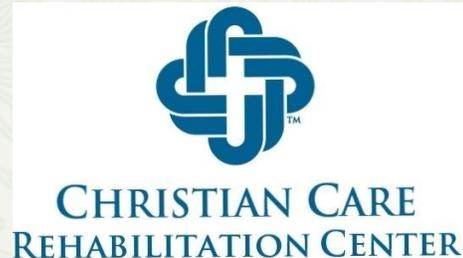
### Use Your Voice

If you find yourself fumbling with your phone or squinting to see your screen, using a voice assistant could make life easier.

First, choose a voice assistant. Popular versions include Amazon's Alexa and Apple's Siri. Some smartphones come pre-loaded with a voice assistant, or you can simply download an app. When making your selection, be sure to consider the capabilities and privacy policies.

Next, set up your chosen voice assistant. During setup, you may be prompted to familiarize the assistant with your voice and create a "wake word" for pending instructions, like "Hey (wake word), set a reminder to wish my granddaughter happy birthday tomorrow." Instructions are designed to be easy to follow. If you run into trouble or need help reviewing privacy settings, feel free to ask a friend or family member for help.

Now that the technology is in place, practice! You may be able to direct your device to set reminders, make calls, order deliveries, play music and more, all without lifting a finger.



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

### March Babies!!!

#### Manor 1:

- 1 - 111 - O'Meara, Melba - 3/07
- 1 - 101 - Klyber, Raymond - 3/12
- 1 - 201 - Davis, Judith - 3/27

### COUNSELING SERVICES

Marcann Mental Health Services  
(602) 824-9309

### SAINT MARY'S FOOD BOXES

Call to apply for box delivery to campus:  
602-242-3663  
\*Must be homebound or have a disability

### 'Ring' Is One

How many words can you come up with using the letters in "robin eggs"?



## Mail Milestones

The nation's postal service has come a long way since the first mail station was set up in Boston in 1639. Here are more mail milestones that put their stamp on history.

| <u>Year</u> | <u>Milestone</u>                                                             |
|-------------|------------------------------------------------------------------------------|
| 1847        | The first U.S. postage stamps are issued.                                    |
| 1860        | The Pony Express mail service begins.                                        |
| 1918        | Airmail service between New York and Washington, D.C., takes off.            |
| 1942        | Victory Mail, or V-Mail, delivers letters to soldiers serving overseas.      |
| 1963        | ZIP codes are assigned.                                                      |
| 1971        | The Post Office Department is renamed the U.S. Postal Service.               |
| 1993        | A stamp featuring Elvis Presley becomes the bestselling commemorative stamp. |
| 2007        | The "forever" stamp debuts.                                                  |

"Then & Now"

## "This Month In History" MARCH

**1918:** Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

**1941:** The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

**1959:** Barbie makes her debut at the American International Toy Fair in New York City.

**1962:** In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points

playing against the New York Knicks. It's still the record for most points scored in a single game.

**1974:** People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

**1987:** To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

**2006:** Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.