

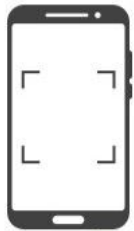


IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

In a *Manor* of Speaking

April 2026



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 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

### Green Spaces Linked to Longevity

Recent studies indicate that access to green space may contribute to longer life expectancy. The presence of trees, gardens and houseplants can reduce air pollution and improve mental well-being, leading to increased health and happiness.



### Christian Significance

Celebrated on Sunday, it marks the culmination of Holy Week. It signifies the fulfillment of prophecy, where Jesus became the "first fruits" of those who have died.

### 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)

### Ride Choice

For Phoenix's Ride Choice (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.



### America's Poets

The list of talented and accomplished American poets could fill thousands of pages. Celebrate National Poetry Month in April by remembering some of these writers:

*Walt Whitman.* Widely praised as one of America's most influential and innovative writers, Whitman had a career as a journalist before publishing his landmark collection "Leaves of Grass" in 1855.

*Emily Dickinson.* Known for her solitary devotion to her craft, Dickinson wrote nearly 1,800 poems, but few were published during her lifetime. Her unconventional use of punctuation and capitalization were unique to the mid-19th century.

*Robert Frost.* Often depicting rural life, Frost's poems—such as "The Road Not Taken" and "Mending Wall"—are regularly studied in literature classes.

*Langston Hughes.* An important figure in the Harlem Renaissance, Hughes published his first book of poetry, "The Weary Blues," in 1926. His works are often described as honest portrayals of daily African American life.

### All That Jazz

April is Jazz Appreciation Month. Celebrate with a look at some of the legendary talents who helped make the genre a musical mainstay.

*Louis Armstrong.* Affectionately called "Satchmo," Armstrong, like jazz itself, was born in New Orleans and taught himself to play cornet as a boy. He is considered to be the founding father of jazz, pioneering improvised solos and scat singing. The charismatic trumpet virtuoso was so popular, he served as a worldwide ambassador for the new sound.

*Charlie Parker.* Growing up in Kansas City, Mo.—another cradle of jazz—Parker got his first taste of music while playing in his high school band. Famously known as "Bird," the saxophone great invented the style of jazz called bebop with trumpeter Dizzy Gillespie.

*Billie Holiday.* "Lady Day" got her start as a Baltimore teen singing along with records in after-hours clubs. After moving to New York City, Holiday became a fixture of the Harlem jazz scene. Despite a lack of formal music training, Holiday's soulful, sultry voice earned her a celebrated place in jazz history.





## Taking Care of Your Feet

Your feet are complex structures that require regular care to keep them in tiptop shape. April is National Foot Health Awareness Month, a reminder to give your feet the attention they deserve.

*Regular inspections.* Examine your feet daily, or have someone else inspect them for you. Pay attention to any changes, and see a doctor if you have pain,

swelling or discoloration.

*Good hygiene.* Wash your feet with a mild soap and dry them thoroughly, especially between the toes. Apply lotion to alleviate dry, cracked skin. Change your socks daily and alternate the shoes you wear.

*Nail care.* Toenails should be trimmed straight across, and any rough edges should be filed smooth. If you need help doing this, see a podiatrist or health care professional.

*Proper shoes.* Wearing shoes that fit properly will help ward off calluses and blisters and reduce the chance of falling. Your feet can widen as you age, so have them measured when buying new footwear.

## Laugh Out Loud

Is laughter really the best medicine? Many medical experts report that laughing produces major health benefits.

*Easy exercise.* Laughing is like a mild workout, burning up to 50 calories in just 10 minutes.

A happy heart. In addition to aerobic benefits, laughing heartily can improve circulation and help balance blood pressure levels, boosting heart health.

*A stress-free smile.* While some stress is good, too much can cause both mental and physical health problems. Laughter relieves stress by reducing stress hormones and releasing endorphins, the feel-good chemicals in the body. People

usually feel more relaxed and happier after laughing, even during trying situations.

*Rest and relief.* Laughter is considered a natural pain reliever, since the action releases endorphins and provides a temporary distraction from physical or emotional pain. Watching a comedy before bedtime can ease aches and relax your muscles and your mind so that sleep comes easier.






## Laugh Lines: Bird Puns to Crow About

Here are some corny bird puns that are so funny, you won't be able to stop raven about them! Don't egret missing these!

- Someone has been robin banks lately. The police need help to quack the case.
- Did you hear about the woodpecker who found some really firm bark? It was im-peck-able.
- A restaurant tried adding pelican burgers to its menu, but the meal's big bill ruffled some feathers.
- My friend was keeping a sick bird in his house, but then he was told that it was ill eagle.
- Turkeys are terrible batters. They always hit fowl balls and get tagged out at first baste.
- The neighbors asked me to watch their pet parrot while they were on vacation, but it was too much of a bird-en.
- Her favorite dance is the chicken dance. It's poultry in motion.
- Watching chicks hatch is so egg-sighting!

Toucan play at this game!  
Can you think of any bird puns?

| Sunday                                                                                                                                                                                                      | Monday                                                                                                                                                                                                                                           | Tuesday                                                                           | Wednesday                                                                                                                                                                          | Thursday                                                                                 | Friday                                                                                                                                                                          | Saturday                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>TRANSPORTATION</b><br>Fellowship Bus Drivers & Info:<br>Tony Lopez, Supervisor<br>(602) 531-6902<br><b>DRIVERS:</b><br>- Abe - (480) 204-2206<br>- Damion - (602) 448-8094<br>- Jeffrey - (602) 768-4967 |                                                                                                                                                                 |                                                                                   | <b>April Fools' Day</b><br><b>Fry's Trip</b><br>8:30AM - 10% OFF<br>43rd & Cactus                                                                                                  | <b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M1 3rd floor conference room 3:00PM | <b>Post Office Trip - 9:00AM</b><br>Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443<br><br>Sprouts & <b>Walgreens Trip - 1:30PM</b> - 19th Ave. & Northern |                                                                      |
| <b>(CCV) Christ's Church of the Valley Service</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                             | 1:00PM - <b>Super Walmart Trip</b><br>19th Ave. & Bell Road<br><b>Movie day!</b> Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!<br><b>Bible Study Led by Chaplain Joey Sampaga</b> - M3 3rd floor conference room. 11:00AM. | <b>PRAYER GROUP</b><br>With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm | <b>Fry's Trip 8:30AM</b><br>43rd & Cactus<br><br><b>*Service Coordinator Luncheon</b><br>- Anzio's Italian Restaurant - 12418 N 28th Dr, Phoenix @11 AM - Sign up is in the Office | <b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M1 3rd floor conference room 3:00PM | <b>Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - 9:00AM</b> - Check Bulletin Board<br><br><b>Dollar Tree</b><br>35th & Thunderbird - 1:30PM                               |                                                                                                                                                         |
| <b>(CCV) Christ's Church of the Valley Service</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                             | <b>Movie Day!</b><br>Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!<br><br><b>Bible Study Led by Chaplain Joey Sampaga</b> - M3 3rd floor conference room. 11:00AM.                                                         | <b>PRAYER GROUP</b><br>With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm | <b>Fry's Trip 8:30AM</b><br>43rd & Cactus<br><br><b>Come enjoy the sounds of the harp with Norma.</b> M1 3rd floor Activity room 4:00-5:00PM. ALL Instruments Welcome.             | <b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M1 3rd floor conference room 3:00PM | <b>Post Office Trip - 9:00AM</b><br>Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443<br><br>Sprouts & <b>Walgreens Trip - 1:30PM</b> - 19th Ave. & Northern |                                                                     |
| <b>(CCV) Christ's Church of the Valley Service -</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                           | 1:00PM - <b>Super Walmart Trip</b><br>19th Ave. & Bell Road<br><b>Movie day!</b> Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!<br><b>Bible Study Led by Chaplain Joey Sampaga</b> - M3 3rd floor conference room. 11:00AM. | <b>PRAYER GROUP</b><br>With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm | <b>Fry's Trip</b><br>8:30AM<br>43rd & Cactus                                                                                                                                       | <b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M1 3rd floor conference room 3:00PM | <b>Bank Trip - Chase, DSFCU, Wells Fargo, And B of A - 9:00AM</b> - Check Bulletin Board<br><br><b>Dollar Tree</b><br>35th & Thunderbird - 1:30PM                               |                                                                                                                                                         |
| <b>(CCV) Christ's Church of the Valley Service -</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                           | <b>Movie Day!</b><br>Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!<br><br><b>Bible Study Led by Chaplain Joey Sampaga</b> - M3 3rd floor conference room. 11:00AM.                                                         | <b>PRAYER GROUP</b><br>With Norma Lindsey - M1 - 3rd floor Activity Room at 4-5pm | <b>Fry's Trip</b><br>8:30AM<br>43rd & Cactus                                                                                                                                       | <b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M1 3rd floor conference room 3:00PM |                                                                                                                                                                                 | <b>(FS)</b> - Stands for Fellowship Square<br><b>(AR)</b> - Stands for Activity Room<br>~~~~~<br><b>Terros Crisis Line 1</b><br>1-800-631-1314<br>~~~~~ |



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

**Alex Perlut**  
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**

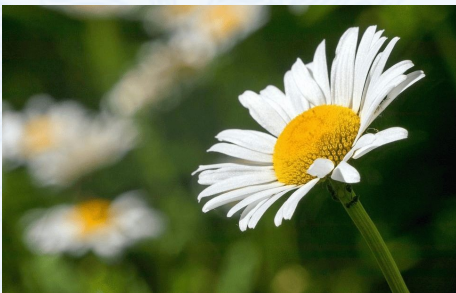
**Manager's Office Hours:**

Monday - Friday 9am - 5pm

(Sat.: By Appointment)

**Service Coordinator office hours:**

Monday- Thursday 9am - 5pm



***Bellis perennis***, the **daisy**, is a European species of the family Asteraceae, often considered the archetypal species of the name *daisy*. To distinguish this species from other plants known as daisies, it is sometimes qualified or known as **common daisy**, **lawn daisy** or **English daisy**.  
Credit to WIKIPEDIA.



**Winged Wartime Heroes**

As part of the U.S. Army Pigeon Service, homing pigeons provided a vital service during World War I and World War II.

Their intelligence, speed and homing ability made carrier pigeons a proven communication tool. In 1917, at the request of Gen. John J. Pershing, a pigeon unit of the Army Signal Corps was created. During World War I, about 600 of the birds were used, and over

90% of the messages sent by pigeons were received.

World War II saw the peak of the winged force, with more than 50,000 pigeons managed by over 3,000 enlisted men. The birds were bred and trained to travel far and fast, flying up to 600 miles at about 40 mph, even under fire, at night and over open water. They couriered messages encased in small tubes on their legs or pouches looped over their backs. They also parachuted with troops.

After advances in technology, the Pigeon Service ended in 1957, and the veteran birds found homes in zoos or were sold to the public.



**Breaking Barriers, Making History**

When baseball team members across the country put on No. 42 on April 15, they're honoring one of the biggest moments in sports history, when Jackie Robinson became the first Black player in the major leagues.

In the late 1800s, major league team owners segregated the sport. By the 1940s, several teams wanted to get rid of baseball's color barrier.

On April 15, 1947, Robinson suited up in his No. 42 uniform and took the field as a first baseman for the Dodgers. In his first season, he was named the National League's Rookie of the Year. Later accomplishments included an MVP title, six All-Star games, multiple league pennants and a World Series win with the Dodgers.

In 1997, the MLB retired No. 42 across all teams, a first in any professional sport. However, every year on Jackie Robinson Day, the league's players, managers, coaches and umpires wear the number as a tribute to the legendary athlete.



### The Benefits of Digital Games

Video and computer games are no longer just child's play. Surveys say more than 57 million Americans over the age of 50 play video games regularly. Research shows they offer benefits beyond entertainment.

Like other muscles in the human body, the brain needs regular workouts to stay in shape. A variety of digital games, from puzzles and word games to role-playing adventures, have been shown to engage the brain by using skills such as multitasking, memory, critical thinking and hand-eye coordination.

Some games can provide physical exercise as well. Most of today's popular gaming consoles offer games that require players to move their bodies to take part in virtual versions of sports and activities, providing cardiovascular benefits and helping improve balance.

Digital gaming also helps seniors stay socially engaged. Lots of games can be played online with people all over the world and are a fun way to stay in touch with loved ones.

### Senior Savings

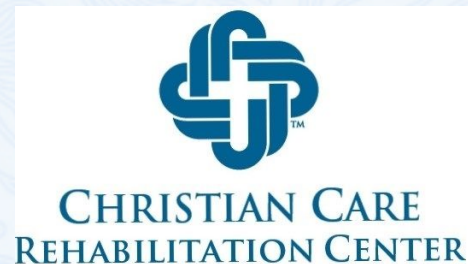
Your status as a senior comes with more than just wisdom and experience; it can save you money, too! There is a plethora of discounts available to seniors, ranging from groceries and pharmaceuticals to travel and entertainment.

You may be surprised by the variety of places that offer a discount, which could include museums, home and garden stores, state and national parks, legal and financial advisors, and sporting events.

Many retailers, restaurants and theaters promote certain days of the week as Senior Discount Day. Other potential savings include senior discounts on services you may already have, including cell phone plans, streaming services and delivery subscriptions.

Some businesses offer a discount for those 50 and older; for others it may be 55, 60 or 65 years of age.

Being a member of senior-oriented organizations, like AARP, often comes with organization-specific discounts on big ticket items like travel and prescriptions.



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

### April Babies!!!

#### Manor 1:

- Spero, Gail - 4/04
- 203 - Waegli, Gregory - 4/09
- 107 - Rodriquez, Betty - 4/15
- 104 - Brown, Donna - 4/24
- 223 - Curry, Roberta - 4/28
- 124 - Tschetter, Evelyn - 4/29

### 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"?

# Word Search

Category: April Fools' Day

|                                                                                                                                                                                                                                                           |                                                                                            |                                                                                             |           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------|
| ECHICANERYRTHV<br>SDHETREOUEBLIE<br>NRWITDHLTPRCLP<br>EUACUTESBITCAR<br>SSAPLSEDJIOKRA<br>NBEEUJSEMILSIN<br>OATMHXBCATVLOK<br>NEARYAOEFTENUT<br>LOOFYOHILCEESG<br>YGEKTHEVLIHSEC<br>TEODKJWEPPTUUG<br>TOCHILDISHCTMR<br>KTTTRICKERYMLP<br>JNMSISLEADMACSE | 1. Prank                                                                                   | 8. _____                                                                                    | 15. _____ |
|                                                                                                                                                                                                                                                           | 2. _____                                                                                   | 9. _____                                                                                    | 16. _____ |
|                                                                                                                                                                                                                                                           | 3. _____                                                                                   | 10. _____                                                                                   | 17. _____ |
|                                                                                                                                                                                                                                                           | 4. _____                                                                                   | 11. _____                                                                                   | 18. _____ |
|                                                                                                                                                                                                                                                           | 5. _____                                                                                   | 12. _____                                                                                   | 19. _____ |
|                                                                                                                                                                                                                                                           | 6. _____                                                                                   | 13. _____                                                                                   | 20. _____ |
|                                                                                                                                                                                                                                                           | 7. _____                                                                                   | 14. _____                                                                                   | 21. _____ |
| 15. Misdad<br>16. Nonsense<br>17. Prank<br>18. Ruse<br>19. Scam<br>20. Tricky<br>21. Victim                                                                                                                                                               | 8. Dupe<br>9. Fool<br>10. Gullible<br>11. Hilarious<br>12. Hoax<br>13. Jester<br>14. Kooky | 1. Absurd<br>2. Amuse<br>3. Bellie<br>4. Chicanery<br>5. Childish<br>6. Chump<br>7. Deceive |           |
| Word Search Solution:                                                                                                                                                                                                                                     |                                                                                            |                                                                                             |           |

