



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

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

(602) 443-5449 (M-F Hours: 9-5) ~ M-I Office

Michael Arsenault, 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

May 2026

### A Splendid Gift

“Live life when you have it. Life is a splendid gift—there is nothing small about it.” —Florence Nightingale

### Walk It Off

May is Osteoporosis Awareness and Prevention Month, American Stroke Month and Better Hearing Month. Research links regular walking to reduced risk for all three of these conditions. Talk to your health care provider about what works best for you.



### Women in the Army

After the U.S. joined World War II, the Women's Army Auxiliary Corps was formed in May 1942, allowing women to enlist in the Army to serve in noncombat roles. Just a year later, the word “auxiliary” was dropped, giving WAC members full military benefits and paving the way for women to officially serve in all branches of the armed forces.

### 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.



Brain  
Games

### The Biggest Buzzwords

Every year during the week after Memorial Day, the country's best spellers in 8th grade and under compete for more than \$50,000 in the Scripps National Spelling Bee. Try your hand at defining recent years' winning words. Answers below include the Merriam-Webster dictionary's definitions of these tricky terms.

#### Winning Words:

2025: éclaircissement  
2024: abseil  
2023: psammophile  
2022: moorhen  
2021: murraya

#### Answers:

2025: éclaircissement—a clearing up of something obscure  
2024: abseil—rappel  
2023: psammophile—an organism that prefers or thrives in sandy soils or areas  
2022: moorhen—an aquatic bird (*Gallinula chloropus*) of the rail family that is widespread in the New World, Eurasia and Africa and that has a red bill, red frontal area on the head and a white band on the flanks  
2021: murraya—a genus of tropical Asiatic and Australian trees (family Rutaceae) having pinnate leaves and flowers with imbricated petals

### Facts Behind the Force

"May the 4th be with you" is the punny greeting for "Star Wars" Day, May 4, which celebrates the iconic film franchise and its signature catchphrase, "May the Force be with you." Both would-be Jedis and never-seen-it Sith Lords can enjoy these behind-the-scenes facts about the films' sound effects.

The "Star Wars" feature films have collected several Oscar wins and nominations for sound. The gargled bellow of Chewbacca, Han Solo's Wookiee copilot and best friend, is a combination of the roars of a badger, lion, seal and walrus. Beloved droid R2-D2's robotic beeps are the coos of a baby processed to sound electronic.

Lightsabers, the space-age swords invented by the franchise, are so well-known for their unique hum that actor Ewan McGregor, who played the young Obi-Wan Kenobi, couldn't help but make the sound when filming fight scenes, which was edited out in production. The lightsaber sound effect is made from a movie projector sample combined with static from an old TV to produce electromagnetic feedback.





## Team Up

Whether it's a pickup game after school or a weekend rec league, many Americans of all ages and fitness levels participate in some kind of team sport. Sure, they're fun, but team sports are good for your health, too—physically and mentally. In observance of Mental Health Awareness Month this May, consider the latest research in mental health benefits for team players.

While regular exercise of any kind is a well-documented mental health boost, team sports pack an extra punch. A 2023 review of nearly 30 different studies found that adults aged 18-84 experienced the most potent individual mental health benefits and social benefits when participating in a team sport versus individual sports.

A 2024 survey by the American Psychiatric Association found that 73% of adults believe sports benefit the mental health of kids and teens, and studies back up this commonly held belief. Research from different countries indicates that kids who play team sports may be less likely to develop addictions.

## Older Americans Month

In honor of Older Americans Month, consider the hard-earned advice these famous Americans encouraged people of all ages to live by.

"Hope for the best. Expect the worst. The world's a stage. We're unrehearsed," advised filmmaker and comedian Mel Brooks, who turns 100 next month. This wisdom combines a few classic adages to encourage people to be prepared and gracious optimists.

"Be nice to people and kind," now 92-year-old actress Shirley MacLaine counseled to once-upon-a-time set-mate Elvis Presley, and that wise guidance holds true today. Practicing daily

acts of kindness not only helps the recipient of that kindness, but studies show that it improves health and happiness for those practicing kindness.

"You have to be brave," encouraged award-winning singer, dancer and actress Rita Moreno, now 94, who has accomplished a rare "EGOT," earning Emmy, Grammy, Oscar and Tony awards throughout her career.



## Melanoma Monday Is May 4

Melanoma is the deadliest form of skin cancer. It may develop in a mole or suddenly appear as a new dark spot on the skin. Early diagnosis is crucial for the successful treatment of melanoma.

To raise awareness of melanoma and other skin cancers, and to encourage early detection through self-exams, the American Academy of Dermatology recognizes the first Monday in May as Melanoma Monday.

In a skin self-exam, you check all the spots on your body. If you notice any changes, you should make an appointment with your dermatologist. To look for changes, follow the ABCDEs of melanoma:

A is for asymmetry, which means the two halves of the spot look different.

B is for border. Check for moles with scalloped, irregular or poorly defined borders.

C is for color. Look for moles that have more than one color, and pay attention to moles that are black, white, red or blue.

D is for diameter. Watch for moles bigger than a pencil eraser.

E is for evolution. A mole or spot that looks different from your others or is changing in shape, size or color is cause for concern.

| Sunday                                                                                                                                                                                                                            | Monday                                                                                                                                                     | Tuesday                                                                                    | Wednesday                                                                                                                                                                                 | Thursday                                                                                                                                | Friday                                                                                                                                                                                           | Saturday                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>TRANSPORTATION</b><br>Fellowship Bus Drivers & Info:<br><b>Tony Lopez</b> , Supervisor<br>(602) 531-6902<br>DRIVERS:<br>- <b>Abe</b> - (480) 204-2206<br>- <b>Damion</b> - (602) 448-8094<br>- <b>Jeffrey</b> - (602) 768-4967 |                                                                                                                                                            |                                                                                            |                                                                                                                                                                                           |                                                                                                                                         | <b>Post Office Trip</b> 1<br>- 9:00AM<br>Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443<br>-<br><b>Sprouts &amp; Walgreens Trip</b><br>- 1:30PM - 19th Ave. & Northern     | 2                                                                                                                                                             |
| <b>(CCV) Christ's Church of the Valley Service</b> 3<br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                                                 | 4<br>1:00PM - <b>Super Walmart Trip</b><br>19th Ave. & Bell Road<br><b>Calvary Church</b> Presents<br>Worship Music at 4PM - M1 - 3rd floor Activity Room. | 5<br><b>PRAYER GROUP</b><br>With Norma Lindsey -<br>M1 - 3rd floor Activity Room at 4-5pm  | 6<br><b>Fry's Trip</b><br>8:30AM - 10% OFF<br>43rd & Cactus                                                                                                                               | 7<br><b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M3 3rd floor conference room 1:00PM<br>- M1 3rd floor conference room 3:00PM  | 8<br><b>Bank Trip - Chase, DSFCU, Wells Fargo, and B of A -</b><br>- 9:00AM - Check Bulletin Board<br>-<br><b>Dollar Tree</b><br>35th & Thunderbird - 1:30PM                                     | 9                                                                                                                                                             |
| <b>(CCV) Christ's Church of the Valley Service</b> 10<br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                                                | 11<br><b>Movie day!</b> Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!                                                                | 12<br><b>PRAYER GROUP</b><br>With Norma Lindsey -<br>M1 - 3rd floor Activity Room at 4-5pm | 13<br><b>Fry's Trip</b><br>- 8:30AM<br>43rd & Cactus<br><b>Service Coordinator Luncheon</b><br>- Manuel's Mexican Restaurant - 1111 W Bell Rd, Phoenix @ 11 AM - Sign up is in the Office | 14<br><b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M3 3rd floor conference room 1:00PM<br>- M1 3rd floor conference room 3:00PM | 15<br><b>Post Office Trip</b><br>- 9:00AM<br>Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443<br>-<br><b>Sprouts &amp; Walgreens Trip</b><br>- 1:30PM - 19th Ave. & Northern | 16                                                                                                                                                            |
| <b>(CCV) Christ's Church of the Valley Service</b> 17<br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                                                | 18<br>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! | 19<br><b>PRAYER GROUP</b><br>With Norma Lindsey -<br>M1 - 3rd floor Activity Room at 4-5pm | 20<br><b>Fry's Trip</b><br>- 8:30AM<br>43rd & Cactus                                                                                                                                      | 21<br><b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M3 3rd floor conference room 1:00PM<br>- M1 3rd floor conference room 3:00PM | 22<br><b>Bank Trip - Chase, DSFCU, Wells Fargo, and B of A</b><br>- 9:00AM - Check Bulletin Board<br>-<br><b>Dollar Tree</b><br>35th & Thunderbird - 1:30PM                                      | 23                                                                                                                                                            |
| <b>(CCV) Christ's Church of the Valley Service</b> 24<br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                                                | 25<br><b>Memorial Day</b><br>-<br><b>Movie day!</b> Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!                                    | 26<br><b>PRAYER GROUP</b><br>With Norma Lindsey -<br>M1 - 3rd floor Activity Room at 4-5pm | 27<br><b>Fry's Trip</b><br>- 8:30AM<br>43rd & Cactus                                                                                                                                      | 28<br><b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M3 3rd floor conference room 1:00PM<br>- M1 3rd floor conference room 3:00PM | 29<br><b>Post Office Trip</b><br>- 9:00AM<br>Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443<br>-<br><b>Sprouts &amp; Walgreens Trip</b><br>- 1:30PM - 19th Ave. & Northern | 30<br><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>~~~~~ |
| <b>(CCV) Christ's Church of the Valley Service</b> 31<br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                                                |                                                                                                                                                            |                                                                                            |                                                                                                                                                                                           |                                                                                                                                         |                                                                                                                                                                                                  |                                                                                                                                                               |



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

**Alex Periot**  
EXT 5449

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

**Michael Arsenault**  
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

### **Beauty Salon**

**Locations:** Oasis 1st Floor

- Tuesdays

Centerview 2nd Floor -

Wed-Sat

**Hours:** 8:30AM - 3:00PM -

Susie - Appointments Only

**Phone Number:** (602)

443-5463



### **Heroes on Two Wheels**

During WWII, dispatch riders (DRs) rode motorcycles to rescue downed pilots, transport emergency supplies and share urgent life-saving intelligence.

By 1940, all the British Navy's DRs were women, so men could fight at the front. The DRs worked around the clock during the Blitz. In 1941, DR Pamela McGeorge was blown off her motorbike during a bombing

raid and ran through continued explosions to deliver her message. Nearly 100,000 British women served during WWII, and almost a third of the more than 300 who died during active duty were DRs, according to "Motorcyclist Magazine."

"Every day was a close call. Let's put it that way," DR Ewart Tucker told "Legion Magazine" in 2018. The Canadian motorbike riders traveled up to 7,000 miles a week. More than 2,000 riders died in less than two years at the beginning of the war, according to "The Winged Wheel Patch: A History of the Canadian Military Motorcycle and Rider."

### **'The Black Angels'**

In honor of Nurses Week (May 6-12), learn about some real-life heroes who risked everything to heal people in need.

A century before the outbreak of COVID-19, another airborne illness caused fear and suffering in the U.S.: tuberculosis. Tuberculosis, also known as TB, killed one in seven people in the U.S. during the 1880s.

In the early 20th century, Sea View Hospital on Staten Island, N.Y., was built to house those infected by TB, which ran rampant in New York City.

Meanwhile, many trained African American nurses struggled to find work during

segregation. Sea View recruited these nurses from the South. These brave nurses answered the call for decades, working 16-hour shifts when the hospital was at 200% of its capacity.

In the early 1950s, the Black Angels, as they came to be known, were entrusted to oversee the first human trials of the TB treatment isoniazid, which local papers later branded a "wonder cure."

To learn more, check out Maria Smilios' biography "The Black Angels: The Untold Story of the Nurses Who Helped Cure Tuberculosis."

**National Nurses Day is  
Wednesday, May 6.**



### Passwords vs. Passkeys

Tech giants including Apple, Google and Microsoft want to make passwords a thing of the past, replaced with passkeys. So, what's a passkey, and how is it any different than a password?

A password is a string of characters that grants you access to things like email accounts, health portals and more.

Think of a password as the secret code that gets you to where you want to go, like "open sesame." The trouble is that passwords can be easy to forget and easy to hack.

Passkeys are a combination of a public key, hosted by the account or service you want to access (like a bank), paired with a private key that is on your device. The private key is not a string of characters. It could be a swiping pattern, facial recognition or some other pattern unique to you. You unlock the account with both your private key and the bank's public key at the same time in the same place.

For more information about passkeys and the quest for a passwordless future, visit [FIDOalliance.org](https://FIDOalliance.org).



The first national observance of what would become Memorial Day occurred on May 30, 1868. Then known as *Decoration Day*, the holiday was proclaimed by Commander-in-Chief John A. Logan of the Grand Army of the Republic – a fraternal organization of veterans – to honor Union soldiers who had died in the American Civil War. This national observance followed the example of many local observances which were started between the end of the Civil War and Logan's declaration. National Cemetery Administration, a division of the Department of Veterans Affairs, credits Mary Ann Williams of the Ladies Memorial Association of Columbus, Georgia with originating the idea of an annual date to decorate the graves of Civil War veterans with flowers. Wikipedia



## 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

### May Babies!!!

#### Manor 1:

- 118 - Anderson, Maureen  
- 5/4

### SAINT MARY'S FOOD BOXES

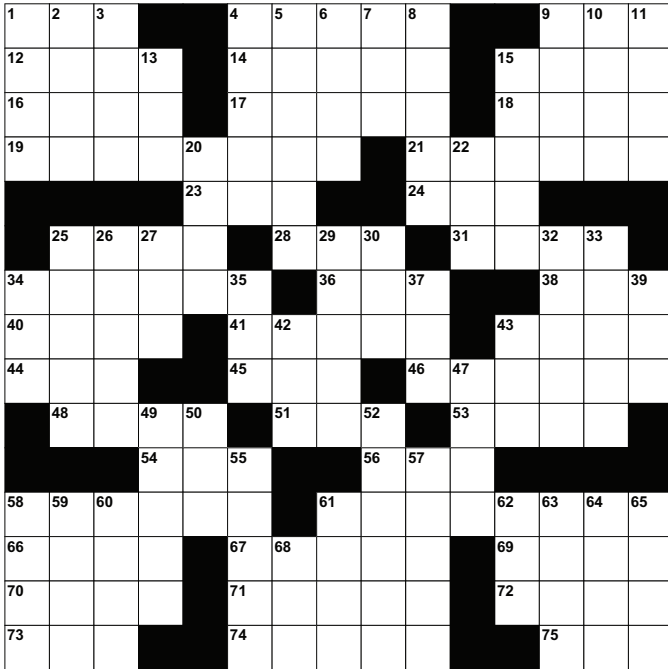
Call to apply for box delivery to campus:  
602-242-3663  
\*Must be homebound or have a disability

### Brainteaser

Q: Ed planted four rows of flowers. The daffodils are right behind the tulips, but before the dahlias. The zinnias aren't in the first or last rows, and the flowers in the first row don't begin with the letter D. What's the order of the flowers?

A: First, tulips, then the daffodils, zinnias and dahlias.

# Crossword Puzzle



## ACROSS

1. Crowd
4. Weight device
9. Quip
12. Opera solo
14. Book by Homer
15. Three
16. Harvest
17. Scorch
18. Shield
19. Reciprocal of the sine
21. Subject of "Clue"
23. Boxer Muhammad
24. Grow older
25. Cover a present
28. Central daylight time
31. Preliminary or qualifying race, for the purpose of being in the final race
34. Torsos
36. In what manner
38. What a cow chews
40. Opinion sampler
41. South American animal
43. Paralyzed fear
44. Wing
45. Wild ox
46. Relating to a choir
48. Ogled
51. Trudge
53. Time periods
54. Designated segment of a relay race completed by one runner
56. Rowing device
58. "\_\_\_ a Mockingbird" (2 wds.)
61. In a jumping event the run-up phase

66. Desert condition
67. Fertile desert area
69. Sore
70. Foot contest
71. Locale
72. Turn in the air
73. Antlered animal
74. Deer
75. Southwestern Native American tribe

## DOWN

1. Artist Chagall
2. Brand of sandwich cookie
3. Prejudice
4. Strong rope fiber
5. Doctor's office
6. Am not
7. Fall back
8. Swelling
9. Crossed lines
10. Helper
11. Movie \_\_\_
13. Imitate
15. Lucky number
20. Captain (abbr.)
22. Good grief!
25. Complete
26. Event in which four runners each run one of four designated distances
27. American sign language
29. Capital of Bangladesh
30. Turkey
32. Sporty car brand
33. Sandwich meats
34. Certified public accountant
35. Cunning
37. Western Athletic Conference
39. Dekaliter (abbr.)
42. One complete circuit of a track
43. Pro
47. Frau's husband
49. Suppress
50. Eastern state
52. Use of illegal performance enhancing substances
55. Polish
57. Recesses
58. Weed in a wheat field
59. Voiced
60. Final increase in speed that comes at the end of a running event
61. At sea
62. Klutz
63. Organization concerned with civil liberties (abbr.)
64. Voucher for a small debt
65. Publicity
68. Feign



# "This Month In History"

## MAY

**1914:** Woodrow Wilson issues a presidential proclamation officially establishing the Mother's Day holiday in America.

**1926:** Ford Motor Co. adopts a five-day, 40-hour week for its automotive factory workers. Other companies would follow Ford's lead.

**1935:** Under the glow of 600 lights, Crosley Field, the original home of the Cincinnati Reds, hosts Major League Baseball's first night game.

**1959:** Perry Como, Ella Fitzgerald, Henry Mancini and the Kingston Trio are among the winners at the first Grammy Awards ceremony.

**1963:** Jim Whittaker becomes the first American to reach the summit of Mount Everest, the world's tallest mountain.

**1977:** With the opening words "A long time ago in a galaxy far, far away ..." the space odyssey film "Star Wars" premieres in U.S. theaters.

**1986:** At age 54, Bill Shoemaker crosses the finish line as the oldest jockey to win the Kentucky Derby. He was riding Ferdinand, a colt who was considered a long shot.

**1998:** An estimated 76 million viewers tune in to watch the finale of the hit TV sitcom "Seinfeld."

**2003:** Bob Hope Day is declared in 35 states as the man known as "Mr. Entertainment" celebrates his 100th birthday.

**2014:** TV journalist and talk show host Barbara Walters retires after more than 50 years in front of the camera.

**2021:** Pro golfer Phil Mickelson wins the PGA Championship at 50 years old, becoming the oldest golfer to win a major championship