

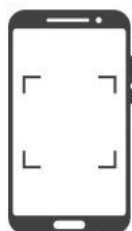


IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

In a *Manor* of Speaking

June 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) 443-5449 (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



### **Father's Day Is June 21**

The third Sunday in June is Father's Day. Show your gratitude for the dads in your life with a card, gift, visit or phone call.

### **Playgrounds Made for Seniors**

Playgrounds aren't just for kids anymore. Multigenerational play spaces are becoming more common, giving older adults a place to work out, walk, swing and simply have fun. Already popular in Asia and Europe, the trend is spreading across the U.S. with several companies building the outdoor facilities, which are designed with low-impact exercise equipment that promotes flexibility, balance and coordination. The fitness parks also serve as social hubs for seniors.

### **Summer Solstice**

Sunday, June 21, is the summer solstice, the longest day of the year.

## 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.

## Baja Fish Taco Bowls Recipe

Light yet satisfying, this protein bowl is a quick and tasty summer meal.

### Ingredients:

- 2 tablespoons olive oil
- 4 fillets of white fish, such as tilapia, cod or halibut
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon salt
- 3/4 cup plain Greek yogurt
- 1 tablespoon lime zest
- 1 teaspoon lime juice
- 1/4 teaspoon ground cumin
- 3 cups cooked quinoa
- 4 cups baby spinach or kale
- 1 avocado, sliced

### Directions:

Heat oil in a large skillet over medium heat. Season fish with Cajun seasoning and salt. Cook 2 to 3 minutes per side, or until fish is lightly browned and flakes easily with a fork. Set aside.

In a small bowl, combine yogurt, lime zest, lime juice and cumin.

In a medium bowl, toss cooked quinoa with spinach or kale. Divide between four serving bowls. Top each with fish, sliced avocado and yogurt sauce.

Find more recipes at [SuccessRice.com](http://SuccessRice.com).

## 'And' Is One

How many words can you come up with using the letters in "ice cream sundae"?

## Foods That Help Protect Your Skin

Along with using sunscreen, research suggests that what you eat can also play a role in preventing sun damage. Include these items in your diet for a dose of added protection.

*Watermelon and tomatoes.* The red color of these fruits comes from lycopene, an antioxidant that promotes healthy skin and can shield against the sun's harmful ultraviolet rays. Cooked tomatoes offer the most lycopene.

*Cantaloupe and carrots.* These orange fruits and vegetables have high levels of beta-carotene, which may help boost the skin's ability to defend against sunburn.

*Vitamin C-rich foods.* Peppers, papaya, kiwifruit, broccoli, strawberries and oranges are packed with vitamin C, which is good for fighting free radicals. Exposure to the sun's radiation can cause these molecules to form and damage cells in the body.

*Salmon and tuna.* Fish rich in omega-3 fatty acids have been shown to guard against sunburn and skin changes that can lead to cancer.





## Thank a Nursing Assistant

They lend a helping hand all day, every day to men and women across the nation. In June, we get the opportunity to recognize the nursing assistants and certified nursing assistants who provide hands-on, direct care on a daily basis.

Supervised by a licensed or registered nurse, nursing assistants interact with patients or residents, assisting them with tasks such as feeding, bathing, dressing and grooming.

## Brain Bender: Day at the Beach

Leo, Sabrina and Vicky spent a summer day at the beach. Each of them saw a sea creature — starfish, crab and jellyfish — and enjoyed a treat from the concession stand — ice cream, snow cone and hot dog. They also met new friends by joining in an activity — Frisbee, volleyball and flying a kite.

Using the clues below, can you figure out how each of them spent the day?

- Sabrina did not play volleyball, see a crab or eat a snow cone.
- The person who flew a kite also saw a jellyfish.

Because they spend the majority of their time providing hands-on care, nursing assistants often form a close relationship with the people they serve. Their role requires compassion, patience and dedication, qualities that enable them to be a source of emotional support, as well as a vital advocate for quality health care.

From June 11-17, we're given the opportunity to thank these dedicated professionals for their hard work and care. The first day of the commemorative week is always observed as Career Nursing Assistants Day, a nod to nursing assistants who have worked in the field long-term.

- Leo did not fly a kite, but he did eat a hot dog.
- Vicky either saw a jellyfish or ate ice cream.

*(Answer: Leo saw a crab, ate a hot dog and played volleyball. Sabrina saw a starfish, ate ice cream and played Frisbee. Vicky saw a jellyfish, ate a snow cone and flew a kite.)*



## Fathers of the Fields



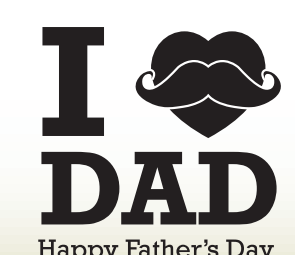
In addition to celebrating your own dad this Father's Day, take a moment to recognize a few founding fathers of various fields of study.

*James Madison.* The fourth president of the United States is known as the father of the Constitution, thanks to his strong influence during the development and ratification of the famous document. In response to the nickname, Madison made clear that the Constitution was "the work of many heads and many hands."

*W.C. Handy.* Composer and musician William Christopher Handy earned the nickname "Father of the Blues" by playing a significant role in bringing the genre to a wide audience.

Portrayed by singer Nat King Cole in the 1958 film "St. Louis Blues," Handy also has an annual music festival named after him.

*Alan Turing.* British mathematician Alan Turing designed a precursor to the computer and published influential research, becoming known as the father of modern computer science. In 1950, he proposed a test to determine whether a computer could communicate like a human. The "Turing test" is now a cornerstone of today's field of artificial intelligence.

| 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>1</b><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!<br><b>Bible Study Led by Chaplain Joey Sampaga</b> - M3 3rd floor conference room. 11:00AM.  | <b>2</b><br><b>PRAYER GROUP</b><br>With Norma Lindsey -<br>M1 - 3rd floor Activity Room at 4-5pm  | <b>3</b><br><b>Fry's Trip</b><br>8:30AM - 10% OFF<br>43rd & Cactus                                                                                                                                 | <b>4</b><br><b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M1 3rd floor conference room 3:00PM  | <b>5</b><br><b>Post Office Trip</b> - 9:00AM<br>Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443<br><b>Sprouts &amp; Walgreens Trip</b> - 1:30PM - 19th Ave. & Northern                       | <b>6</b><br>    |
| <b>(CCV) Christ's Church of the Valley Service</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                             | <b>8</b><br><b>Movie Day!</b><br>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>9</b><br><b>PRAYER GROUP</b><br>With Norma Lindsey -<br>M1 - 3rd floor Activity Room at 4-5pm  | <b>10</b><br><b>Fry's Trip</b><br>8:30AM<br>43rd & Cactus<br><b>*Service Coordinator Luncheon</b><br>- Pappadeaux Seafood Kitchen - 11051 N. Black Canyon Hwy @11<br>AM - Sign-up is in the Office | <b>11</b><br><b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M1 3rd floor conference room 3:00PM | <b>12</b><br><b>Bank Trip</b> - Chase, DSFCU, Wells Fargo, And B of A - 9:00AM - Check Bulletin Board<br><b>Dollar Tree</b><br>35th & Thunderbird - 1:30PM                                                        | <b>13</b>                                                                                          |
| <b>(CCV) Christ's Church of the Valley Service</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                             | <b>15</b><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!<br><b>Bible Study Led by Chaplain Joey Sampaga</b> - M3 3rd floor conference room. 11:00AM. | <b>16</b><br><b>PRAYER GROUP</b><br>With Norma Lindsey -<br>M1 - 3rd floor Activity Room at 4-5pm | <b>17</b><br><b>Fry's Trip</b><br>8:30AM<br>43rd & Cactus                                                                                                                                          | <b>18</b><br><b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M1 3rd floor conference room 3:00PM | <b>19</b><br><b>Juneteenth</b><br><b>Post Office Trip</b> - 9:00AM<br>Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443<br><b>Sprouts &amp; Walgreens Trip</b> - 1:30PM - 19th Ave. & Northern | <b>20</b><br> |
| <b>(CCV) Christ's Church of the Valley Service</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                             | <b>22</b><br><b>Movie Day!</b><br>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>23</b><br><b>PRAYER GROUP</b><br>With Norma Lindsey -<br>M1 - 3rd floor Activity Room at 4-5pm | <b>24</b><br><b>Fry's Trip</b><br>8:30AM<br>43rd & Cactus                                                                                                                                          | <b>25</b><br><b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M1 3rd floor conference room 3:00PM | <b>26</b><br><b>Bank Trip</b> - Chase, DSFCU, Wells Fargo, And B of A - 9:00AM - Check Bulletin Board<br><b>Dollar Tree</b><br>35th & Thunderbird - 1:30PM                                                        | <b>27</b>                                                                                          |
| <b>(CCV) Christ's Church of the Valley Service</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                             | <b>29</b><br><b>Movie Day!</b><br>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>30</b><br><b>PRAYER GROUP</b><br>With Norma Lindsey -<br>M1 - 3rd floor Activity Room at 4-5pm |                                                                                                                                                                                                    |                  | <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 Periu**  
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



### **'Treks' Is One**

How many words can you come up with using the letters in "farmers' market?"



### **Diamond Dreams**

Each summer, youngsters across the U.S. and the world take the field as Little League ballplayers.

In 1938, Carl Stotz of Williamsport, Pa., wanted to give his young nephews and other neighborhood boys the opportunity to play baseball on a field instead of a sandlot and

wear uniforms in an organized league. The first Little League game swung into action in Williamsport in 1939.

The program was a hit, and leagues popped up across the country, and then around the globe. The first National Little League Tournament — now known as the annual Little League Baseball World Series — was played in 1947.

Girls' softball teams were added in 1974, and a Challenger Division was created in 1989 so that children with disabilities could play.

Today, teams in more than 80 countries participate in Little League each summer.

### **Esports Explained**

Short for electronic sports, esports describes the world of organized video game competitions. Individual players or teams of players face off in the same video games that are popular with at-home gamers.

Fans can watch their favorite players via TV or video streaming or attend live competitions in sold-out arenas. In 2015, the Esports Arena in Santa Ana, Calif., became the first dedicated esports facility in the U.S.

The esports audience has grown to more than 600 million viewers worldwide and global revenues are valued at nearly \$3 billion.

Player earnings vary based on the event and if competitors play solo or as a team. Many professional gamers make tens of thousands of dollars a year, while the best in the world have won millions from a single competition.

Some high schools now have esports teams, and a growing number of colleges offer esports at the varsity level, providing players scholarships.





### **Hanging Out in Hammocks**

A hammock hanging between two trees is an inviting sight. This swinging bed has provided safety and rest in the centuries since its invention.

Anthropologists say the native people of Central and South America hung the first hammocks about 1,000 years ago, weaving bark and leaves into lightweight nets they called *hamacas*. While some were used for fishing, others were strung between trees and used as a bed, providing a clean, dry place to sleep, plus protection from animals on the jungle floor.

When Christopher Columbus arrived in the Caribbean in the 1400s, he was fascinated by the sleeping nets and wrote about them in his journal. The explorer took *hamacas* back to Europe, where they became known as hammocks.

Sailors quickly adopted the suspended beds because they were more portable and hygienic and also helped prevent seasickness.

In some cultures, hammocks are still the bed of choice. Scientists have discovered that a hammock's gentle rocking helps people doze off faster and get a deeper sleep.

### **A Look Back at Jacks**

Cherries in a basket, pigs in the pen and over the fence ... Those are some of the names you may have heard when playing jacks, a classic children's game with ancient roots.

Evidence left behind in caves suggests that prehistoric people played a form of jacks as a way to improve the hand-eye coordination needed for hunting. In the early days, the ankle bones of sheep served as the game pieces, and the activity came to be known as "knucklebones." Rocks, beans and other small objects were later used, until the invention of six-pronged jacks, usually made of metal or plastic.

The basic concept of modern jacks is simple: A player scatters a set of jacks onto a flat surface, tosses a small rubber ball into the air, then with one hand, tries to scoop up a set number of jacks and catch the ball. In the classic version, the first round is called "onesies," meaning the player scoops up one jack; then "twosies," trying for two at a time, and so on, becoming more difficult. Variations of the game alter the number of ball bounces allowed and the hand motions used. The winner is the one with the most jacks.



## **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

### **June Babies!!!**

**Manor 1:**  
- 303 - Gibson, June - 6/4

### **SAINT MARY'S FOOD BOXES**

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

### **Beauty Salon**

**Susie hairstylist -**  
(602) 443-5463  
By Appointment Only  
**Locations:** Oasis 1st floor  
- Tuesdays  
Centerview 2nd floor -  
Wednesdays - Saturdays  
**Hours Of Operation:** 8AM  
- 3PM



June 14 is  
**FLAG DAY**

## “This Month In History” JUNE

**1917:** U.S. Army troops arrive in France to fight in World War I.

**1937:** Pennsylvania is the first state to celebrate Flag Day as a state holiday. Today, it is the only state to recognize June 14 as a legal holiday.

**1949:** Hank Williams Sr. makes his Grand Ole Opry debut, singing his first No. 1 hit, “Lovesick Blues.” Williams was called back to the stage for six encores.

**1963:** Soviet cosmonaut Valentina Tereshkova becomes the first woman to travel into space. Her solo mission lasted just under three days.

**1973:** A U.S. patent is granted for the automated teller machine, or ATM.

**1990:** Comedian and popular late-night talk show host Arsenio Hall is named “TV Person of the Year” by TV Guide magazine.

**2002:** Brazil sets a soccer record when it wins its fifth World Cup title. The team defeated Germany 2–0 at the tournament finals in Japan.

**2019:** Ali Stroker makes history as the first performer in a wheelchair to win a Tony Award. She earned the best featured actress prize for her role in the musical “Oklahoma!”