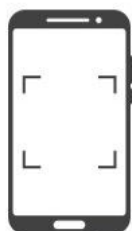




# IN A MANOR OF SPEAKING

News & Views of Activities at Christian Care Manors

## In a *Manor* of Speaking



Scan Here!



\*\*\*\*\*  
Anyone may view this newsletter by scanning the QR code above.

### Manors' Addresses:

M-I: .....11830 N. 19th Avenue

M-II: .....11802 N. 19th Avenue

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

~~~~~

### Alex 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

July 2026



### **Service and Sacrifice**

"To ease another's heartache is to forget one's own."  
—Abraham Lincoln

### **Celebrating Our Semiquincentennial**

This 18-letter mouthful is the name for the 250th anniversary of the signing of the Declaration of Independence on Saturday, July 4. Many buildings will be closed on Friday, July 3, in observance of the country's birthday.

### **Independence Day by the Numbers**

*150 million.* Hot dogs eaten on the Fourth of July.  
*56.* Signers of the Declaration of Independence.  
*2.5 billion.* Approximate population of the U.S. in July 1776.  
*342 million.* Approximate population of the U.S. today.

### 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.



### The Ground Zero Gunboat

In July 2010, construction workers building the new World Trade Center, where the Twin Towers stood before 9/11, found something unexpected: a shipwreck.

The vessel, nicknamed Ground Zero Gunboat, was quickly extracted, studied and preserved as best as possible. Experts determined that the ship was built during the American Revolution era in Philadelphia, maybe even from the same white oak trees used to build Independence Hall, where the Declaration of Independence and Constitution were signed.

Historians and scientists believe the boat was made to patrol shallow waters but may have traveled as far as the Caribbean. In spite of extensive study, it's still a mystery as to how the boat ended up in Lower Manhattan.

The Ground Zero Gunboat now permanently resides at the New York State Museum, where visitors were invited to watch the preservationists reconstruct the ship in 2025. The ship is a much-anticipated piece of the museum's celebration of America's 250th anniversary.

### Stamps For Approval

What did Charlie Chaplin, Amelia Earhart and Queen Elizabeth II all have in common? A love for postage stamps. Stamp collectors have plenty to celebrate on July 1. On that day in 1847, the first U.S. postage stamps were issued, featuring Founding Fathers Ben Franklin and George Washington. Since then, the U.S. Postal Service has released these famous stamps.

*Inverted Jenny.* In 1918, the U.S. Postal Service issued a stamp to celebrate the first U.S. airmail service, featuring a blue Curtiss JN-4 airplane, nicknamed a "Jenny." A sheet of 100 stamps was printed incorrectly, with the airplane upside down. The stamps cost 24 cents in 1918, but the rare error prints have been sold at auction for millions.

*Elvis Presley.* First released in 1993, the stamp featuring the King of Rock and Roll still holds the record for best-selling commemorative stamp. Experts estimate that nearly 125 million Elvis stamps were saved.

*Scratch and sniff.* In 2018, the Postal Service introduced the first-ever scratch and sniff stamps for when people "care enough to scent the very best."





## Fostering Friendships

Older adults have extra reason to recognize the importance of social connection on World Friendship Day, July 30.

First, the concerning news: a 2023 advisory by the U.S. Surgeon General warned Americans about the loneliness epidemic, noting adults aged 65 and older experience the highest rates of social isolation. The study found that lacking social

connection was as dangerous as smoking 15 cigarettes a day.

Here's the good news. The advisory also found that maintaining healthy social connections increased survival rates up to 50%. In a study published in the "Journal of the International Neuropsychological Society," socially active participants lessened their risk of cognitive decline by 70%.

Psychologists recommend that late-life adults socialize according to their interests and energy levels. For folks who are experiencing overwhelming isolation, call the Institute on Aging's 24/7 Friendship Line at (888) 670-1360.



## Health & Wellness



### Our Bodies' Water Ways

It's important to stay hydrated throughout the year, but it's especially important during warm weather. Water is essential for many of the body's organs and functions. Here's a rundown of all the ways water keeps your body working well:

**Heart.** Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water can also help with maintaining a healthy weight and regulating blood pressure, both of which reduce

stress on the heart.

**Brain.** Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, as well as help prevent fatigue and headaches.

**Digestion.** Water helps break down food so that the body can absorb nutrients, making it crucial to a healthy digestive system.



## Wit & Wisdom

"Liberty, when it begins to take root, is a plant of rapid growth."  
—George Washington

"Creativity is the greatest expression of liberty."  
—Bryant H. McGill

"I would like to be remembered as a person who wanted to be free ... so other people would also be free."  
—Rosa Parks


"None who have always been free can understand the terrible fascinating power of the hope of freedom to those who are not free."  
—Pearl S. Buck

"Without freedom of thought, there can be no such thing as wisdom; and no such thing as public liberty without freedom of speech."  
—Benjamin Franklin

"There is a certain enthusiasm in liberty that makes human nature rise above itself in acts of bravery and heroism."  
—Alexander Hamilton

"Liberty is worth paying for."  
—Jules Verne

"You can only protect your liberties in this world by protecting the other man's freedom."  
—Clarence Darrow

| 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>(FS)</b> - Stands for Fellowship Square<br><b>(AR)</b> - Stands for Activity Room                                                                 |                                                                                        | <b>Fry's Trip</b> 1<br>8:30AM - 10% OFF<br>43rd & Cactus                                                                                                        | <b>Bible Study Led by Chaplain Joey Sampaga</b> 2<br>- M3 3rd floor conference room 1:30PM<br>- M1 3rd floor conference room 3:00PM  | <b>Post Office Trip</b> - 9:00AM<br>Sign-Up & Pickup Location Is at Center View 2nd Floor<br>(602) 424-9443<br><b>Sprouts &amp; Walgreens Trip</b> - 1:30PM - 19th Ave. & Northern 3  | <b>Independence Day</b> 4                                                                                                                                                       |
| <b>(CCV) Christ's Church of the Valley Service</b> 5<br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                           | 1:00PM - <b>Super Walmart Trip</b> 19th Ave. & Bell Road<br><b>Movie day!</b> Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie! 6  | <b>PRAYER GROUP</b> 7<br>Check each bulletin board for each floor for time and place.  | <b>Fry's Trip</b> 8<br>8:30AM<br>43rd & Cactus<br><b>*Service Coordinator Luncheon</b><br>- Applebee's - 5880 W Peoria Ave @11<br>AM - Sign-up is in the Office | <b>Bible Study Led by Chaplain Joey Sampaga</b> 9<br>- M3 3rd floor conference room 1:30PM<br>- M1 3rd floor conference room 3:00PM  | <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 10                                      | <div style="text-align: center;"> <p>*** HAPPY ***</p> <h2>4th of July</h2> <p>INDEPENDENCE DAY</p> <p>***</p> </div> 11                                                        |
| <b>(CCV) Christ's Church of the Valley Service</b> 12<br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                          | <b>Movie Day!</b> 13<br>Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!                                                          | <b>PRAYER GROUP</b> 14<br>Check each bulletin board for each floor for time and place. | <b>Fry's Trip</b> 15<br>8:30AM<br>43rd & Cactus                                                                                                                 | <b>Bible Study Led by Chaplain Joey Sampaga</b> 16<br>- M3 3rd floor conference room 1:30PM<br>- M1 3rd floor conference room 3:00PM | <b>Post Office Trip</b> - 9:00AM<br>Sign-Up & Pickup Location Is at Center View 2nd Floor<br>(602) 424-9443<br><b>Sprouts &amp; Walgreens Trip</b> - 1:30PM - 19th Ave. & Northern 17 | 18                                                                                                                                                                              |
| <b>(CCV) Christ's Church of the Valley Service</b> 19<br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                          | 1:00PM - <b>Super Walmart Trip</b> 19th Ave. & Bell Road<br><b>Movie day!</b> Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie! 20 | <b>PRAYER GROUP</b> 21<br>Check each bulletin board for each floor for time and place. | <b>Fry's Trip</b> 22<br>8:30AM<br>43rd & Cactus                                                                                                                 | <b>Bible Study Led by Chaplain Joey Sampaga</b> 23<br>- M3 3rd floor conference room 1:30PM<br>- M1 3rd floor conference room 3:00PM | <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 24                                      | <div style="text-align: center;"> <p>NATIONAL</p> <h2>Hot Dog</h2> <p>MONTH</p>  </div> 25 |
| <b>(CCV) Christ's Church of the Valley Service</b> 26<br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                          | <b>Movie Day!</b> 27<br>Manor 1, 3rd floor activity room 4:00 PM. Come join us for a movie!                                                          | <b>PRAYER GROUP</b> 28<br>Check each bulletin board for each floor for time and place. | <b>Fry's Trip</b> 29<br>8:30AM<br>43rd & Cactus                                                                                                                 | <b>Bible Study Led by Chaplain Joey Sampaga</b> 30<br>- M3 3rd floor conference room 1:30PM<br>- M1 3rd floor conference room 3:00PM | 31                                                                                                                                                                                    | 31                                                                                                                                                                              |



**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

## **MENTAL HEALTH**

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Terros Crisis Line 1

1-800-631-1314

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## **A Daring Double Agent**

Most Americans recognize the names of first Commander in Chief George Washington and the famous traitor Benedict Arnold, but few know the name of the man who helped secure victory for the American Revolution: James Armistead Lafayette.

James Armistead was born enslaved on a Virginia plantation in the mid-1700s. He volunteered for the colonies'

Continental Army in a French unit under Marquis de Lafayette, who tapped Armistead to be a double agent. The mission: pretend to be a runaway slave and offer to spy on the Americans for the redcoats and Benedict Arnold, all while relaying information back to Lafayette.

Armistead's intelligence enabled an American victory at the decisive Battle of Yorktown. After the war, Armistead was forced to return to the plantation as a slave until his emancipation in 1787 after Lafayette's personal recommendation, when James Armistead took the last name Lafayette in the officer's honor.

## **A Revolutionary Rebel**

The young American Revolutionary Robert Shurtleff had a secret: the Massachusetts infantryman was really Deborah Sampson, nicknamed Molly for her beardlessness by her unsuspecting comrades.

Sampson spent her childhood as a ward and then an indentured servant. She educated herself, and after turning 18, worked as a teacher and a weaver.

After Sampson enlisted in the Continental Army in disguise, she was assigned to serve as a scout in the dangerous "Neutral Ground" between British and American-held land, where raiders wreaked havoc on local

citizens. Legend has it that Sampson was shot during a raid and left the bullet in her shoulder rather than risk being discovered.

In 1783, Sampson's gender was discovered by a treating physician after she passed out due to high fever, resulting in her honorable discharge. After the war, Sampson married a farmer and went on a speaking tour in New England.





### Let's Rock and Roll

For those about to rock, we salute you on July 7, the National Day of Rock 'n' Roll. Here are the best-selling rock albums of all time in the U.S., according to statistics tracked by the Recording Industry Association of America.

The Eagles, known for their 1970s American country rock, created both the No. 1 best-selling album "Their Greatest Hits" (1976) and the Top 5 best-seller "Hotel California" (1975).

Australian heavy metal rock band AC/DC claims a spot on the best-seller list with "Back in Black" (1980), which was the band's first album following the death of their original lead singer, Bon Scott. The all-black album was designed as a tribute from the bandmates and featured their new singer, Brian Johnson.

British rockers Led Zeppelin make the U.S. best-selling rock albums list with their 1971 album, officially untitled but typically known as "Led Zeppelin IV." The epic, roughly 8-minute-long song "Stairway to Heaven" debuted on this album.

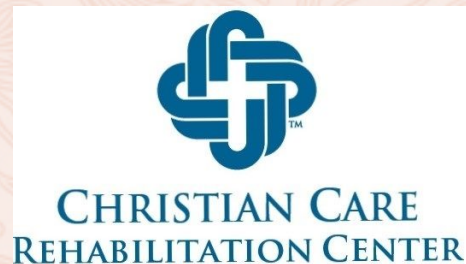
### The Fighters Behind the Films

Celebrate real-life heroes on your next movie night with one of these films based on the true stories of combat veterans.

Gary Cooper won an Academy Award as the title character in "Sergeant York" (1941), which follows World War I soldier Alvin York — a pacifist blacksmith drafted against his will — who went on to win the Medal of Honor.

"The Tuskegee Airmen" (1995) is an HBO TV movie that won three Emmys for its depiction of the first Black combat pilots in the Army who fought during World War II. The unit is led by the legendary Benjamin O. Davis Jr. (played by Andre Braugher), a West Point graduate, three-war veteran and four-star general.

Five-time Oscar winner "Saving Private Ryan" (1998) is based on the true story of the rescue mission for Sgt. Fritz Niland after his three brothers had been declared missing in action or died in combat during World War II. Niland was recovered, and one of his brothers was found when the war ended, after surviving a prisoner of war camp.



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

### July Babies!!!

#### Manor 1:

- 109 - Lappert, Susan - 7/1
- 423 - Osmanovic, Mina - 7/2
- 408 - Hutson, Eva - 7/11
- 219 - Fernandez, Rosa - 7/19

#### Manor 3:

- 112 - Metler, Margaret - 7/14
- 207 - Miller, John - 7/15
- 305 - Sugia de Lopez, Filogonia - 7/30
- 411 - Ulery, Pamela - 7/31

### SAINT MARY'S FOOD BOXES

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

### Cannonball!

July 11 is National Swimming Pool Day!



## We All Scream for Ice Cream!

Many people beat the summer heat by dipping into their favorite ice cream. Take a “lick” at these popular parlors and see when and where they began serving up their cool treats.

| Year | Ice Cream Shop      | Location               |
|------|---------------------|------------------------|
| 1934 | Carvel              | Hartsdale, N.Y.        |
| 1935 | Friendly's          | Springfield, Mass.     |
| 1940 | Dairy Queen         | Joliet, Ill.           |
| 1945 | Baskin-Robbins      | Glendale, Calif.       |
| 1948 | Swensen's           | San Francisco, Calif.  |
| 1968 | Braum's             | Oklahoma City, Okla.   |
| 1976 | Häagen-Dazs         | Brooklyn Heights, N.Y. |
| 1978 | Ben & Jerry's       | Burlington, Vt.        |
| 1988 | Cold Stone Creamery | Tempe, Ariz.           |
| 1989 | Bruster's           | Bridgewater, Pa.       |

## “This Month In History”

### JULY

**1904:** The ice cream cone debuts at the World's Fair in St. Louis.

**1913:** Alfred Carlton Gilbert is granted a patent for the Erector Set. His invention became one of the most popular toys of all time.

**1922:** A new sport is invented on a lake in Minnesota when 18-year-old Ralph Samuelson skis on water using two planks of wood.

**1930:** Congress creates the Veterans Administration.

**1946:** The new flag of the Philippines is raised over Manila after the U.S. grants the Asian nation full independence.

**1957:** John Glenn, then a major in the U.S. Marines, sets a new transcontinental speed record, flying a jet from California to New York in 3 hours, 23 minutes. The record was broken in March 1990 with a flight from Los Angeles to Washington, D.C., that took 1 hour and 4 minutes.

**1963:** To help speed up mail delivery, the Postal Service begins implementing the ZIP code system.

**1976:** Bicentennial celebrations are held all over the U.S. to celebrate the 200th anniversary

of the signing of the Declaration of Independence.

**1981:** President Ronald Reagan announces he will nominate Sandra Day O'Connor to be the new associate justice of the U.S. Supreme Court. She was the first woman to serve on the court.

**1999:** The U.S. women's soccer team wins the World Cup, defeating China in front of a record crowd at the Rose Bowl in California.

**2005:** NASA's space probe Deep Impact slams into a comet as part of a mission to learn more about the solar system.