



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 Periut, 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

Richard 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

August 2026



### **Spread Sunshine**

"Those who bring sunshine into the lives of others cannot keep it from themselves."

—James Matthew Barrie

### **A Spider's Lesson**

Many attribute the old adage, "If at first you don't succeed, try, try and try again," to the first Scottish king, Robert the Bruce. After being defeated in battle fighting for Scotland's independence in the 14th century, Bruce hid in a cave, where he witnessed a spider trying, failing and trying again at making a web until it had just one silk thread to build from. The experience became a powerful analogy Bruce used to rally troops and secure a victory despite being outnumbered nearly two to one.

Written records of the famous proverb came more than 300 years later in British poet William Edward Hickson's "The Singing Master" and American educator T.H. Palmer's teacher's manual.

### 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.



### 3 Ways to Celebrate Senior Citizens Day

Behind every community is a generation of trailblazers. This National Senior Citizens Day on Aug. 21, we honor the roughly 60 million older adults whose hard work and wisdom paved the way for us all. Here are some ideas to celebrate the day with people of all ages, both in person and virtually.

*Make a masterpiece.* Visit a local art studio to take a painting class together. If in-person art isn't an option, set a time to watch a painting tutorial online together and make your masterpieces miles apart but close at heart.

*Learn something new.* Long-distance learners can attend a virtual webinar together and share ideas afterwards. For in-person bonding, find a public lecture to attend at a local library, university or museum.

*Bring on the harmony.* If you're celebrating in person, attend a concert. Long-distance loved ones can make their own concert by creating a collaborative playlist online and taking turns adding songs. Send messages with favorite lyrics or stories about each other's favorite tracks.

### Journey With Joyspan

Aging expert Dr. Kerry Burnight coined the term "joyspan" in her book, "The Art and Science of Thriving in Life's Second Half," asserting that "In a world obsessed with living longer, joyspan is about living better." Kickstart your joyspan journey with just one hour a day, using Burnight's four joyspan pillars: curiosity, adaptability, generosity and connection.

*Curiosity.* Keep a running curiosity bucket list of topics you want to learn more about. Then, spend 20 minutes each day exploring an item from your list by reading up on it or watching a video online.

*Adaptability.* Spend 10 minutes each day trying to problem-solve a small annoyance. For example, an avid crocheter with arthritis might look into buying ergonomic hooks, rather than gritting through the pain or giving up the hobby altogether.

*Generosity and connection.* Give one of your most valuable resources: time. Spend 30 minutes chatting with a friend or loved one. Focus on their life, asking questions and noting events to follow up on later.







### The Eyes Have It

Have the foresight to get your routine eye exam. Doctors recommend that adults 65 and older get annual eye exams because early detection of eye diseases can prevent up to 90% of vision loss, according to the American Academy of Ophthalmology.

You may be familiar with the Snellen eye chart to test visual acuity, which eye doctors have

been using since the late 19th century, when the chart with the big E was first designed by Dutch ophthalmologist Hermann Snellen.

Routine eye exams often include several additional tests: eye pressure checks to screen for glaucoma, retinal health exams to inspect the optic nerve and circulation, and refraction tests to evaluate the correct prescription for glasses or contacts.

Good eye care benefits the whole body. Having the right prescription can prevent fatigue, strain and headaches. Talk to your doctor about making sure you're taking the best possible care of your peepers.



At the local fair, Helen, Barbara, Maisie and Alice each won a prize for their homemade jams: first place, second place, third place and honorable mention. Using the clues below, can you determine who made each jam and what prize they won?

- Each friend made a different kind of jam: strawberry, blackberry, raspberry and apricot.
- The raspberry jam earned an honorable mention.
- Out of all the friends, Helen did not place first or last.

- Barbara did not make a red jam.
- Alice did not win first place, but she placed higher than the person who made the apricot jam.

*(Answer: Barbara's blackberry jam won first place. Alice's strawberry jam won second place. Helen's apricot jam won third place. Maisie's raspberry jam earned an honorable mention.)*



### Focus on Photography

Celebrate World Photography Day on Aug. 19 with these snapshots of influential photographers.

*Ansel Adams (1902-1984).* In the early 20th century, a bright San Francisco boy with a crooked nose struggled in school. By the age of 14, the young Adams had traded the classroom for the wild nature of California, spending summers in Yosemite Valley. He became a Sierra Club member as a teen, where his passion for photography bloomed into an influential commercial and artistic career, eventually earning him the Presidential Medal of Freedom.

*Gordon Parks (1912-2006).* Born in Kansas during segregation, Parks was a young man when he recognized the power of a camera to effect change. Parks was a magazine photographer and captured acclaimed pictures of the civil rights movement and the lives of African Americans. Parks was also an author, filmmaker, composer and painter.

*Mick Rock (1948-2021).* "The man who shot the seventies" framed some of the most famous names in rock and roll—including David Bowie, Queen and Blondie—throughout several decades. Some of his works are in the National Portrait Gallery in London, and many more live on as iconic album art.

| 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                                                                          |                                                                                           |                                                                                                                                                                                                 |                                                                                                                                         |                                                                                                                                                                                              | 1        |
| <b>(CCV) Christ's Church of the Valley Service</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                       | 3<br>11:30AM - <b>Super Walmart Trip</b><br>19th Ave. & Bell Road<br><b>Movie day!</b><br>Manor 1, 3rd floor activity room 4:00PM. Come join us for a movie!  | 4<br><b>PRAYER GROUP</b><br>Check each bulletin board for each floor for time and place.  | 5<br><b>Fry's Trip</b><br>8:30AM - 10%OFF<br>43rd & Cactus                                                                                                                                      | 6<br><b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M3 3rd floor conference room 1:30PM<br>- M1 3rd floor conference room 3:00PM  | 7<br><b>Post Office Trip - 9:00AM</b><br>Sign-Up & Pickup Location Is at Center View 2nd Floor<br>(602) 424-9443<br><b>Sprouts &amp; Walgreens Trip - 11:30AM</b><br>19th Ave. & Northern    | 8        |
| <b>(CCV) Christ's Church of the Valley Service</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                       | 10<br><b>Movie Day!</b><br>Manor 1, 3rd floor activity room 4:00PM. Come join us for a movie!                                                                 | 11<br><b>PRAYER GROUP</b><br>Check each bulletin board for each floor for time and place. | 12<br><b>Fry's Trip</b><br>8:30AM<br>43rd & Cactus<br><b>*Service Coordinator Luncheon</b> - Little Miss BBQ<br>SunnySlope - 8901 N 7th St, Phoenix, AZ 85020 @11 AM - Sign-up is in the Office | 13<br><b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M3 3rd floor conference room 1:30PM<br>- M1 3rd floor conference room 3:00PM | 14<br><b>Bank Trip</b> - Chase, DSFCU, Wells Fargo, and B Of A<br>- 9:00AM - Check Bulletin Board<br><b>Dollar Tree</b><br>35th & Thunderbird - 11:30AM                                      | 15       |
| <b>(CCV) Christ's Church of the Valley Service</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                       | 17<br>11:30AM - <b>Super Walmart Trip</b><br>19th Ave. & Bell Road<br><b>Movie day!</b><br>Manor 1, 3rd floor activity room 4:00PM. Come join us for a movie! | 18<br><b>PRAYER GROUP</b><br>Check each bulletin board for each floor for time and place. | 19<br><b>Fry's Trip</b><br>8:30AM<br>43rd & Cactus                                                                                                                                              | 20<br><b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M3 3rd floor conference room 1:30PM<br>- M1 3rd floor conference room 3:00PM | 21<br><b>Post Office Trip - 9:00AM</b><br>Sign-Up & Pickup Location Is at Center View 2nd Floor<br>(602) 424-9443<br><b>Aldi Grocery Trip - 11:30AM</b><br>1401 E Bell Rd, Phoenix, AZ 85022 | 22       |
| <b>(CCV) Christ's Church of the Valley Service</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                       | 24<br><b>Movie Day!</b><br>Manor 1, 3rd floor activity room 4:00PM. Come join us for a movie!                                                                 | 25<br><b>PRAYER GROUP</b><br>Check each bulletin board for each floor for time and place. | 26<br><b>Fry's Trip</b><br>8:30AM<br>43rd & Cactus                                                                                                                                              | 27<br><b>Bible Study Led by Chaplain Joey Sampaga</b><br>- M3 3rd floor conference room 1:30PM<br>- M1 3rd floor conference room 3:00PM | 28<br><b>Bank Trip</b> - Chase, DSFCU, Wells Fargo, and B Of A<br>- 9:00AM - Check Bulletin Board<br><b>Dollar Tree</b><br>35th & Thunderbird - 11:30AM                                      | 29       |
| <b>(CCV) Christ's Church of the Valley Service</b><br>- 11:30AM - M1<br>3rd Floor Activity Room                                                                                                       | 31<br><b>Movie Day!</b><br>Manor 1, 3rd floor activity room 4:00PM. Come join us for a movie!                                                                 |                                                                                           |                                                                                                                                                                                                 |                                                                                                                                         |                                                                                                                                                                                              |          |





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

**Alex Periut**  
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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### **Strutting Through Time With the History of Canes**

Take an assisted walk through the history of the cane and its evolution from ancient walking stick to modern mobility aid.

*Status, storage and self-defense.* Ancient Egyptian royals, Chinese scholars and African tribal leaders carried canes to showcase their powerful social standing. Some ancient Roman canes were designed with hidden weapons, and Egyptian

canes were sometimes made with secret compartments to hold valuables.

*The cane's golden age.* Walking sticks were used throughout the Middle Ages and Renaissance, but they peaked in popularity during the Victorian era, when canes became a must-have for any self-respecting fashionable gentleman. The walking stick rage was so big that in the 1700s, people had to have a license to carry a cane.

*Modern mobility.* Technology advances have led to modern "smart canes," which have GPS and sensors to provide the cane carrier with guidance based on movement patterns and even alert loved ones in case of a fall.

### **Breaking the Bank**

Ever wonder why piggy banks came to be shaped like swine?

Historically, pigs were valuable resources to rural families desperate for the meat or money from the pig's sale. The German expression "schwein gabt" translates literally to "got pig," denoting that someone got a lucky break during hard times.

Around the turn of the 20th century, novelty pig-shaped banks hit the market, featuring a stopper-less design. The only way to access the coins inside was to smash the bank, which kept the coins safe for true need.

Today, piggy banks have removable stoppers to make

accessing the stashed cash easier than ever. To move away from a "breaking the bank" habit, financial experts recommend putting savings in accounts that are more difficult to empty: using high-yield savings accounts, a savings account at a separate bank from checking accounts, and restricted retirement accounts like 401(k) plans.







### Playing Pinball

In 1976, a young man stood before New York City Council and took his place at a pinball machine.

Pinball champion Roger Sharpe testified to the Council that the beloved but banned arcade staple was a game of skill, not chance. To prove it, he called his shot and landed it perfectly, influencing New York City's decision to lift the pinball ban. Soon, the rest of the country followed suit.

Today, pinball enthusiasts celebrate National Pinball Day on Aug. 1, Sharpe's birthday, but the game began long before his day in court.

Pinball can be traced back to an 18th-century French parlor game called bagatelle, similar to billiards. In 1871, Montague Redgrave created a smaller tabletop form of bagatelle. The game was a hit with players of all ages, and coin-operated machine versions were later produced for penny arcades. After decades of partial bans that were largely lifted in the 1970s, an era of high-tech machine designs began, but there are still plenty of fans who enjoy the pinball games of yesteryear.

### A Spin Through Disc Golf History

The first Saturday in August is for golfers ... disc golfers, that is. Celebrate the love of this growing game on National Disc Golf Day, Aug. 1.

Disc golf is a sport in which players throw flying discs from a tee area at a target, usually a basket made of chains, until they reach their target. Generally, a round of disc golf includes 9 or 18 targets, similar to traditional golf. Disc golf discs are smaller than average frisbees, and they come in categories: drivers, mid-range discs and putters.

American inventor "Steady" Ed Headrick is widely considered the Father of Disc Golf. Headrick patented the Frisbee in 1966. In 1975, he patented the Disc Golf Pole Hole, installed the first official disc golf course in California and, a year later, Headrick founded the Professional Disc Golf Association (PDGA).

Disc golf is an international sport with more than 16,000 disc golf courses available in the world. To find your neighborhood disc golf course, visit [pdga.com/course-directory](http://pdga.com/course-directory).



### 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

### August Babies!!!

#### Manor 1:

- 110 - Knittig, Mary - 8/4
- 411 - Becker, Catherine
- 8/12

#### Manor 3:

- 402 - Sisler, Betty - 8/10

### SAINT MARY'S FOOD BOXES

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

### Dogs in the Movies

Go fetch some "pupcorn" and enjoy one of these flicks starring man's best friend:

- "Benji"
- "Beethoven"
- "Homeward Bound"
- "Best in Show"
- "Marley & Me"





## In the Swim

Each year, Swimming World magazine honors the athletes who have made the biggest splash in the sport. Here's a roster of a few of the men and women who have been named World Swimmer of the Year.

| <u>Year</u> | <u>Male Winner</u> | <u>Female Winner</u> |
|-------------|--------------------|----------------------|
| 1967        | Mark Spitz         | Debbie Meyer         |
| 1978        | Jesse Vassallo     | Tracy Caulkins       |
| 1981        | Alex Baumann       | Mary T. Meagher      |
| 1990        | Mike Barrowman     | Janet Evans          |
| 2002        | Ian Thorpe         | Natalie Coughlin     |
| 2016        | Michael Phelps     | Katie Ledecky        |
| 2025        | Leon Marchand      | Summer McIntosh      |

