



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
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

September 2026



Super Food: Sunflower Seeds

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.

3 Ways to Improve Mature Skin Care

Did you know that skin becomes drier with age? The American Academy of Dermatology recommends three ways older adults can improve their skin care:

1. Use warm but not hot water when washing and bathing.
2. Opt for fragrance-free soaps and moisturizers.
3. After bathing and washing hands, gently pat skin to be almost dry and then apply a moisturizer.

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 Ancient Ampersand

Celebrate National Ampersand (&) Day on Sept. 8 with this pop quiz: Who invented the ancient logogram?

- A) Cicero's secretary
 - B) An enslaved man later freed
 - C) Creator of one of the earliest shorthand systems
- If you had a hard time picking just one answer, you'd be right! Answers A, B and C are all correct.

Marcus Tullius Tiro served the famous Roman orator Cicero as a slave and his personal secretary. He had the important task of transcribing Cicero's speeches, and he invented his own shorthand made up of thousands of symbols to keep up with Cicero's rate of speech, including the ampersand, a logogram standing for "et" in Latin, which translates to "and" in English. Cicero eventually granted Tiro his freedom.

Tiro's shorthand, also called Tironian notes, survived more than 1,000 years, from being preserved as ancient graffiti in Pompeii's volcanic ash to being used by medieval scribes in Gutenberg Bibles. Today, the ampersand is a popular symbol used for passwords, brand names and design.

Grounded Gratitude

"Gratitude can transform our life sooner than anything else," urged spiritual leader Sri Chinmoy, who helped establish World Gratitude Day on Sept. 21. Keep your gratitude grounded with these practical paths to transformation.

One-minute messages. Each day, send a brief message to a loved one, making sure to include one or two of their specific qualities that you notice and appreciate. When you sign a receipt, include a brief thank-you note.

Bring it home. Incorporate gratitude into your environment with a gratitude jar and dedicated space for thankfulness. Consider using pages from an old gratitude journal to fill your jar and read the slips when you need a boost of peace.

Avoid thankfulness thieves. Persistent comparison, complaining or gossip can create a loop of negative thinking that impedes gratitude. If you find yourself slipping into one of these habits, consider trying a weeklong challenge with no complaints allowed or substitute gossip for bragging rights.





Intergenerational Friendships

September could be the beginning of a beautiful friendship. This month shines a light on both Friendship Month and Intergeneration Month, focusing on connections between people with an age gap of a decade or more.

Befriending someone of a different generation helps all parties learn new things and broaden their perspectives

Stories of Alzheimer's Disease

In observance of World Alzheimer's Day on Sept. 21, consider reviewing these books and movies to gain perspective and insight into the lives of those impacted by the disease.

"Iris." This 2001 film is based on John Bayley's 1999 memoir "Elegy for Iris," about the disease's effect on his wife, celebrated British writer Iris Murdoch. Starring Judi Dench and Kate Winslet as Murdoch at different ages, the movie earned Jim Broadbent a best supporting actor Oscar for his portrayal of Bayley.

"Still Alice." Author Lisa Genova's 2007 bestseller was

thanks to generational differences in worldviews and experiences. According to a 2022 study in the "European Journal of Aging," older adults with intergenerational friendships also tend to have a more positive perspective on aging.

Making new friends outside your age range can pose a challenge. Consider taking a local class or workshop and invite classmates to activities related to your shared interest. Social media platforms can also provide opportunities for folks with similar passions from all walks of life to connect both online and in person.

made into a critically acclaimed movie in 2014. Julianne Moore won the best actress Oscar for her role as Alice Howland, a professor with early-onset Alzheimer's disease.

"We Are Not Ourselves." The New Yorker magazine called this novel by Matthew Thomas "the greatest Alzheimer's novel yet." Published in 2014, "We Are Not Ourselves" paints an intimate portrait of the Leary family's struggles as their beloved patriarch develops Alzheimer's.



Brain Games

Brainteaser: Beloved Characters and Their Careers

Can you name the jobs for these famous TV characters?

- Ricky Ricardo, "I Love Lucy"
- Matt Dillon, "Gunsmoke"
- Frankie Bergstein, "Grace and Frankie"
- Cliff Clavin, "Cheers"
- Roz Doyle, "Frasier"
- Mary Richards, "The Mary Tyler Moore Show"
- Charles (Pa) Ingalls, "Little House on the Prairie"

Bonus: What sitcom character had a mile-long resume, including hand model, car parker and sales rep for the Penske file?

Answers:

- Bandleader
- U.S. marshal
- Artist
- Postal worker
- Radio producer
- TV news producer
- Farmer (primarily)

Bonus Answer: George Costanza, "Seinfeld"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	(FS) - Stands for Fellowship Square (AR) - Stands for Activity Room	PRAYER GROUP 1 Check each bulletin board for each floor for time and place.	Fry's Trip 2 8:30AM - 10% OFF 43rd & Cactus	Bible Study Led by Chaplain Joey Sampaga 3 - M3 3rd floor conference room 1:30PM - M1 3rd floor conference room 3:00PM	Post Office Trip - 9:00 AM 4 Sign - Up & Pickup Location Is at Center View 2nd Floor (602)424-9443 Sprouts & Walgreens Trip - 11:30AM 19th Ave. & Northern	5
6	Labor Day 7 Super Walmart Trip 11:30AM-19th Ave. & Bell Road Movie day! Manor 1 3rd floor activity room 4:00PM. Come join us for a movie!	PRAYER GROUP 8 Check each bulletin board for each floor for time and place.	Fry's Trip 9 8:30 AM 43rd & Cactus *Service Coordinator Luncheon - Los Gloria's Grill - 7835 N. 19th Ave., Phoenix, AZ 85021 @11AM Sign - up is in the Office	Bible Study Led by Chaplain Joey Sampaga 10 - M3 3rd floor conference room 1:30PM - M1 3rd floor conference room 3:00PM	Bank Trip - Chase, DSFCU, Wells Fargo, and B Of A - 9:00AM - Check Bulletin Board 11 Dollar Tree 35th & Thunderbird -11:30AM	12
13	Movie Day! 14 Manor 1 3rd floor activity room 4:00PM. Come join us for a movie!	PRAYER GROUP 15 Check each bulletin board for each floor for time and place.	Fry's Trip 16 8:30 AM 43rd & Cactus	Bible Study Led by Chaplain Joey Sampaga 17 - M3 3rd floor conference room 1:30PM - M1 3rd floor conference room 3:00PM	Post Office Trip - 9:00 AM 18 Sign - Up & Pickup Location Is at Center View 2nd Floor (602)424-9443 Aldi Grocery Trip - 11:30 AM 1401 E. Bell Rd., Phoenix, AZ 85022	19
20	Super Walmart Trip 21 11:30AM-19th Ave. & Bell Road Movie day! Manor 1 3rd floor activity room 4:00PM. Come join us for a movie!	PRAYER GROUP 22 Check each bulletin board for each floor for time and place.	Fry's Trip 23 8:30 AM 43rd & Cactus	Bible Study Led by Chaplain Joey Sampaga 24 - M3 3rd floor conference room 1:30PM - M1 3rd floor conference room 3:00PM	Bank Trip - Chase, DSFCU, Wells Fargo, and B Of A - 9:00AM - Check Bulletin Board 25 Dollar Tree 35th & Thunderbird -11:30AM	26
27	Movie Day! 28 Manor 1 3rd floor activity room 4:00PM. Come join us for a movie!	PRAYER GROUP 29 Check each bulletin board for each floor for time and place.	Fry's Trip 30 8:30 AM 43rd & Cactus			



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

Famous Faces Born in September

Sept. 1, 1996: Zendaya

Sept. 5, 1951: Michael Keaton

Sept. 9, 1971: Eric Stonestreet

Sept. 12, 1980: Yao Ming

Sept. 17, 1995: Patrick

Mahomes

Sept. 19, 1949: Twiggy

Sept. 21, 1950: Bill Murray

Sept. 26, 1981: Serena

Williams

Sept. 30, 1982: Kieran Culkin



It Takes Two

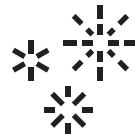
These classic comedy teams have been earning laughs for decades. Which is your favorite dynamic duo?

Laurel and Hardy. Stan Laurel and Oliver Hardy set the standard for comedy teams in the 20th century, starting in the 1920s with silent films. Easygoing Laurel and cynical Hardy enjoyed an entertaining odd-couple chemistry until they hung up their bowler hats in 1955.

Abbott and Costello.

Fast-talking funny men Bud Abbott and Lou Costello brought big laughs to the radio waves in the 1930s, cementing their legacy with the classic routine "Who's on First" in 1938. In the 1940s, the pair made eight movies in two years, beating leading man Clark Gable at the box office.

Lucy and Desi. Known as the "First Couple of Comedy," Lucille Ball and Desi Arnaz won hearts and ratings with "I Love Lucy," the beloved sitcom based on their real-life marriage. Though the couple divorced in 1960, "I Love Lucy" has proven timeless, as it hasn't left the air since its debut in 1951.



Just For Fun

Classroom Crack-Ups

Kids say the darnedest things, especially on tests and homework. Celebrate the start of the school year with these real-life clever cop-outs from kids these days.

Q. Why do we pay taxes?

A. So we don't get arrested.

Q. Provide an example of a risk.

A. No.

Q. Explain how you figured

how much milk they drank.

A. Thinking.

Q. Describe what is meant by "forgetting."

A. I can't remember.

Q. Washington's army didn't receive any support from ____?

A. Godzilla.





Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there many ways to connect and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits, sending "just because" cards by mail or making phone or video calls. For short but meaningful connections, try texts or connecting on social media.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences.

You've probably heard the saying "They may forget what you said, but they will never forget how you made them feel." What grandchildren will value most is love and support. Showing interest in their lives, offering a listening ear and saying "I love you" are all simple yet shining ways of being a wonderful grandparent.

Social Media Safety

Protect yourself and your loved ones from social media fraud with these strategies:

Create powerful passwords. Make sure you change your social media passwords at least once a year. Passwords are less likely to be hacked if they exclude common words (like "password123!") or personally identifiable words, like the user's first name or birthday.

Keep your friends close and strangers far away. Vet your friend requests carefully. Only accept friend requests from people you know in real life. Even if you do know the person behind a new friend request, it's a good practice to visit their profile page before accepting the friendship, in case that person has been hacked or had a false profile made in their name.

Don't get too personal. Bragging on family members or showing off a delicious breakfast is fine, but avoid sharing personal identification like your social security number or address. Even if your intended recipient is a trusted friend, on social media the information can still fall into the wrong hands in the case of an account hack.



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

September Babies!!!

Manor 1:

317 - Johnson, Doris (Dee)
- 9/06

116 - Vervaet, Helen - 9/09

117 - Townsend, Eve - 9/09

Manor 3:

302 - Koverly, Patricia - 9/15

102 - Zuniga, Betty - 9/24

103 - Stacey, Scott - 9/25

Staff:

Cecena, Kim - 9/26

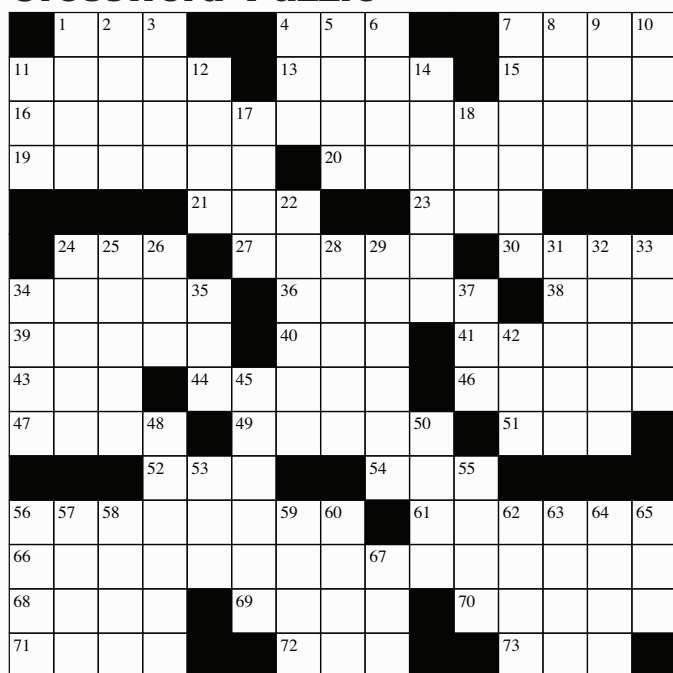
SAINT MARY'S FOOD BOXES

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

Hair Salon

Hair Stylist - Sue
Phone # 623-332-1386
By appointment only

Crossword Puzzle



ACROSS

1. Water barrier
4. Street paver's goo
7. Wagers
11. Boring tool
13. Lily of Africa
15. Cream-filled cookie
16. Portrayer of Hamlet and Heathcliff
19. Swindle
20. Like the most polluted room
21. Game for "It"
23. Desk item
24. Caesar, for one
27. Switch
30. __, Nevada
34. Less savage
36. Home
38. __ flash; suddenly
39. Enough
40. "I think ___!"
41. Intense beam
43. "The Raven" poet
44. Unclear
46. Spouses
47. Stew ingredient
49. Numerical prefix
51. Beast of burden
52. Bustle
54. __-pitch softball
56. Stirred

61. Rubbed felt over slate
66. Plains man
68. Prefix for septic or trust
69. Use a knife
70. Hardware store purchases
71. Remainder
72. Ambrose & Anne: abbr.
73. Fem. title

DOWN

1. Twofold
2. Malarial fever
3. Nice mother
4. Part of the title of an X-O game
5. Beverages
6. Space
7. Cow
8. Tribe member
9. __ off; irritates
10. Type
11. TV sitcom (1986-90)
12. Geom. shape
14. United hastily
17. In order
18. WWII hero, for short
22. Farmers' group
24. Pago Pago's location
25. Push forward
26. Dover's place: abbr.
28. Nearly
29. Grandparents, often
31. Itemizations

32. Leg parts
33. Sails' alternatives
34. Bugle call
35. To speed an engine
37. Common street name
42. Battery size
45. Makes amends
48. Can't __; is unable to cope
50. Sir Guinness
53. Start of a state capital
55. Algerian port
56. Not shut
57. Lessen
58. Pts. and gals.
59. Chews and swallows
60. Word of disgust
62. Syria, once
63. Commotion
64. Sea denizens
65. Prescription writers: abbr.
67. Dieter's concern: abbr.

