



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

October 2026



How 'Bout Them Apples?

Fresh apples covered in caramel and served on a stick are one of the signs that fall has arrived. Thank Dan Walker for the confection. In the 1950s, the Kraft Foods salesman came up with a way to use the company's excess supply of caramel candies. Today, the sticky treats are often made with additional toppings, such as nuts, chocolate, sprinkles and candy bits.

Active Aging

During Active Aging Week (Oct. 5-11), seniors are focusing on the health, dignity and joy of aging. These simple balance exercises can help older adults stay strong and steady, as long as the moves are performed safely and with the approval of individual health care providers:

- Heel raises
- Forward and backward stepping
- Standing on one leg
- Standing with feet together

EYE DOCTOR

Sight On Site
(480) 331-6360

PODIATRY-FEET

- Billet Health Podiatry -
(833) 224-5538

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, applications; contact Surprise Neighborhood Services at (623) 222-1550; Valley Metro number is (602) 253-5000 for broader transit questions. Must fill out application & interview.



100 Years of Winnie-the-Pooh

October marks the 100th birthday of the world's favorite honey-loving bear, Winnie-the-Pooh. In October 1926, English writer A.A. Milne published "Winnie-the-Pooh," charting the adventures of Christopher Robin, named after Milne's son, and his animals inspired by Christopher Robin's beloved toys.

The children's novel was an immediate success, selling 150,000 copies in less than two months. Today, first editions can be found for thousands of dollars, depending on condition.

Test your knowledge of this beloved silly old bear and his friends by matching the quote to the character.

- A) "Could be worse. Not sure how, but it could be."
- B) "What I like best is just doing nothing."
- C) "Sometimes the smallest things take up the most room in your heart."

Answers:

- A) Eeyore
- B) Christopher Robin
- C) Winnie-the-Pooh

Fired Up for Fire Pups

National Fire Pup Day on Oct. 1 celebrates the brave four-legged friends of firefighters. Take a look at the legacy of these brave canines.

In the centuries before automobiles dominated traffic, coach dogs — often tall, strong breeds — ran alongside horse-drawn carriages to ward off bandits and provide companionship. Horse-drawn fire engines often adopted dalmatians as their coach dogs for their stamina, calm, booming barks and highly visible spotted coats, leading to the strong association today between dalmatians and firefighting.

Dalmatians still serve as firehouse companions, but they're not the only pups in today's fire prevention and remediation business. Labrador retrievers are a preferred breed to train as accelerant detection canines (ADCs) to sniff out arson evidence. Studies have found that therapy dogs, which can be any breed as long as they are properly trained and certified, lift the spirits of burn survivors and raise morale among burn unit medical staff.





Health & Fitness

Building Better Balance

While it's impossible to eliminate the risk of falling, older adults can reduce the chance of falls by improving their strength and stability. Research shows that balance training programs reduced falls leading to serious injuries by 40%. The reduction in falls that led to broken bones was over 60%.

Exercises that promote balance can range from tai chi to simple movements that you can

practice at home. Here's one of the most basic: Stand up straight, with your feet together and arms to your sides. Slowly bend your right knee to lift your foot off the floor by a few inches and balance on your left leg. Hold this position for as long as you can, gradually working up to 30 seconds. Lower your foot to the starting position and do the same with the left leg. Try to focus straight ahead as you do the exercise, and maintain your posture. If you need to, hold on to the back of a chair or counter for support.

As with any form of exercise, talk to a health care provider before starting or adding it to your routine.

Popcorn Pick: 'Abbott and Costello Meet Frankenstein'

Hilarity and horror combine in this 1948 monster-filled flick that stars the era's most popular comedy act, Bud Abbott and Lou Costello, in one of their top films. Their co-stars are the who's who of scary creatures: Frankenstein's monster; Dracula, with Bela Lugosi reviving his legendary role; the Wolf Man, portrayed by Lon Chaney Jr; and the Invisible Man, voiced by Vincent Price. Bud and Lou play bumbling porters whose delivery to a mysterious house leads to funny and frightening run-ins with the creepy characters.

Remembering Dolly Parton (1946-2026)

We honor the life and legacy of the legendary Dolly Parton, who passed away on Tuesday, Aug. 25, in Nashville, Tenn., at the age of 80. She wore a coat of many colors: Billboard's Greatest Country Artist of All Time; Grammy and Emmy winner; philanthropist; and inspiration. Goodbye, Dolly. We will always love you.



Wash Hands the Right Way

Want to reduce your risk of colds by up to 20% and stomach bugs by up to 40%? Wash your hands — the right way, since many people get handwashing wrong. In observance of Global Handwashing Day on Oct. 15 and the upcoming season of extra chill (and usually extra illness), consider this expert guidance on handwashing:

Whistle while you wash. The CDC recommends that each handwashing session should take about 20 seconds. These songs can help folks reach the 20-second mark: "Happy Birthday" (at least twice), Dolly Parton's "Jolene" or Prince's "Raspberry Beret."

Beyond the bathroom. Most folks are accustomed to washing hands after using the restroom, but experts urge people to wash hands after coughing or sneezing, touching animals and using public transportation or grocery carts. It's also important to wash hands both before and after eating and preparing food.

Don't forget to dry. Bacteria spread more easily on wet hands, so washing hands without drying them could leave people even more susceptible to illness-inducing germs. Health professionals say people should resist the urge to dry wet hands on clothing because touching clothing with its daily dose of bacteria recontaminates wet hands.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TRANSPORTATION Fellowship Bus Drivers & Info: Tony Lopez, Supervisor (602) 531-6902 DRIVERS: Abe - (480) 204 - 2206 -Damion - (602) 448-8094 - Jeffrey -(602) 768 - 4967	(FS) - Stands for Fellowship Square (AR) - Stands for Activity Room			Bible Study Led by Chaplain Joey Sampaga 1 - M3 3rd floor conference room 1:30 PM - M1 3rd floor conference room 3:00 PM	Post Office Trip - 9:00 AM Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443 Sprouts & Walgreens Trip - CANCELED 2	3
(CCV) Christ's Church of the Valley Service 4 - 11:30 AM - M1 3rd Floor Activity Room	Super Walmart Trip 5 1:00 PM 19th Ave. & Bell Road Movie day! Manor 1 3rd floor activity room 4:00PM. Come join us for a movie!	PRAYER GROUP 6 Check each bulletin board for each floor for time and place.	Fry's Trip 7 8:30 AM - 10% OFF 43rd & Cactus	Bible Study Led by Chaplain Joey Sampaga 8 - M3 3rd floor conference room 1:30 PM - M1 3rd floor conference room 3:00 PM	Bank Trip - Chase, DSFCU, Wells Fargo, and B O f A - 9:00 AM - Check Bulletin Board Dollar Tree 9 35th & Thunderbird - 1:30 PM	10
(CCV) Christ's Church of the Valley Service 11 - 11:30 AM - M1 3rd Floor Activity Room	Columbus Day 12 Movie day! Manor 1 3rd floor activity room 4:00PM. Come join us for a movie!	PRAYER GROUP 13 Check each bulletin board for each floor for time and place.	Fry's Trip 14 8:30 AM 43rd & Cactus * Service Coordinator Luncheon - Olive Garden Italian Restaurant - 2710 W. North Ln., Phoenix, @11AM Sign-up is in the Office	Bible Study Led by Chaplain Joey Sampaga 15 - M3 3rd floor conference room 1:30 PM - M1 3rd floor conference room 3:00 PM	Post Office Trip - 9:00 AM Sign-Up & Pickup Location Is at Center View 2nd Floor (602) 424-9443 Aldi Grocery Trip - 1:30 PM 1401 E. Bell Rd., Phoenix, AZ 85022 16	17
(CCV) Christ's Church of the Valley Service 18 - 11:30 AM - M1 3rd Floor Activity Room	Super Walmart Trip 19 1:00 PM 19th Ave. & Bell Road Movie day! Manor 1 3rd floor activity room 4:00PM. Come join us for a movie!	PRAYER GROUP 20 Check each bulletin board for each floor for time and place.	Fry's Trip 21 8:30AM 43rd & Cactus	Bible Study Led by Chaplain Joey Sampaga 22 - M3 3rd floor conference room 1:30 PM - M1 3rd floor conference room 3:00 PM	Bank Trip - Chase, DSFCU, Wells Fargo, and B O f A - 9:00 AM - Check Bulletin Board Dollar Tree 23 35th & Thunderbird - 1:30 PM	24
(CCV) Christ's Church of the Valley Service 25 - 11:30 AM - M1 3rd Floor Activity Room	Movie day! 26 Manor 1 3rd floor activity room 4:00PM. Come join us for a movie!	PRAYER GROUP 27 Check each bulletin board for each floor for time and place.	Fry's Trip 28 8:30AM 43rd & Cactus	Bible Study Led by Chaplain Joey Sampaga 29 - M3 3rd floor conference room 1:30 PM - M1 3rd floor conference room 3:00 PM	30	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



'Tackle' Is One

How many words can you come up with using the letters in "cozy blanket"?



A Classic Detective Game

"Colonel Mustard, in the library, with a candlestick." That's a deduction you'd likely hear while playing the murder mystery board game Clue, in which players use their sleuthing skills to solve a whodunit.

Eliminating possible suspects, crime scenes and weapons has been popular entertainment since the game debuted in 1949 as Clue in the U.S. and Cluedo in England. Inspired by murder

mystery parlor games he'd seen played and the detective novels he enjoyed, Englishman Anthony Pratt and his wife, Elva, created a board game that used elements from both. The couple passed the time during World War II air raid blackouts designing and playing it.

Clue is set during a dinner party at Tudor Mansion, where host Mr. Boddy is found dead. The mansion's nine rooms, six suspects and six weapons add up to over 300 possible crime scene combinations.

Clue's enduring popularity over the decades earned it the honor of being inducted into the National Toy Hall of Fame in 2017.

Fall Classic Facts

From the first pitch to the last out, the World Series is the highlight of every MLB season. Look over this lineup of facts about the Fall Classic.

- At the first World Series, in 1903, the Boston Americans defeated the Pittsburgh Pirates five games to three.
- Awarded since 1967, the sterling silver Commissioner's Trophy is 24 inches tall and weighs 30 pounds. It features 30 metal flags representing every MLB team.

- Handing out rings to the winning team's players and coaches became an annual tradition for all teams in the 1930s.
- The New York Yankees have won the most World Series titles, 27 in all.
- In 1956, New York Yankee Don Larsen pitched the only perfect game in a World Series.





Talking to Loved Ones About Estate Planning

What can feel even more daunting than estate planning? Communicating your plans to loved ones clearly and with consideration. Here are a few strategies to navigate these complex conversations with grace:

Plan first. Spouses should be on the same page with estate planning, including beneficiaries, advance directives, end-of-life wishes including power of attorney, and more.

Family over finances. Those planning their estate should stress the importance of maintaining healthy relationships among all loved ones, so that unity and respect lead the conversations both before and after an estate plan is executed.

Schedule conversations. Folks should decide whether estate plans should be shared one-on-one with affected loved ones or in a group setting.

Consider outside help. Estate attorneys can provide expert guidance on specific circumstances and questions to solidify planning, as well as experience on how to handle potentially difficult details with family.

Music Streaming 101

What was your favorite song when you were a young adult? Listening to your favorite tunes from your youth can reduce stress and improve memory and recall, according to recent research. Now, anyone can listen to their original jams for little to no cost with music streaming.

Spotify and YouTube Music offer songs for free with ads, and several other providers offer plans for under \$20 a month. Many providers also offer family plans, so it may be worth checking with friends or relatives to explore the possibility of being added to an existing shared plan for minimal or no cost.

After choosing your streaming service, download the app and log in. Most music streaming platforms have a simple search bar at the top, so all you need to do is type the song or album you'd like to listen to. If you're not sure where to start, many services also provide pre-made playlists and stations with a specific focus on genre (like Motown or folk) or artist (like Aretha Franklin or Joan Baez).



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

October Babies!!!

Manor 1:

214 - Washington, Ruth
- 10/03
404 - Hill, Jeannese - 10/10
403 - Smith, JoAnn - 10/19
204 - Layton, Darlene - 10/23

Manor 3:

Hardin, Eileen - 10/10
202 - Weber, Beth - 10/18

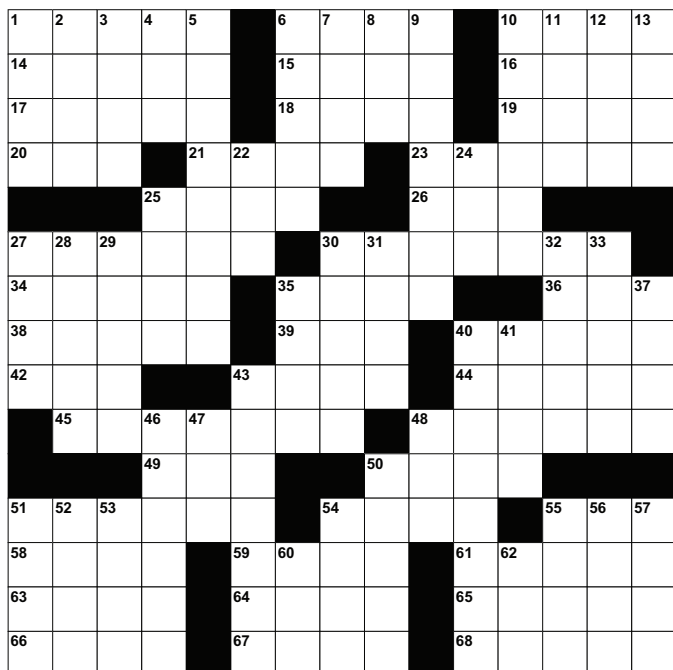
SAINT MARY'S FOOD BOXES

Call to apply for box delivery to campus:
602-242-3663

*Must be homebound or have a disability



Crossword Puzzle



ACROSS

1. Monastery superior
6. Composer Johann Sebastian
10. President's office
14. Type of cheese
15. Entice
16. Terminate
17. Equipped
18. Black gem
19. Feudal estate
20. Representative
21. Treaty
23. Passing or setting the ball to a teammate, in volleyball
25. Treat with contempt
26. "To the right!"
27. Easy
30. Serve with no spin and follows an erratic path, in volleyball
34. Repent
35. Sentence part
36. Strike lightly
38. Lets borrow
39. Vase
40. Elicit
42. Alternative (abbr.)
43. Promote
44. Ocean movements
45. Mouth moisturizer (2 wds.)
48. Sunday _____
49. Lower limb
50. Stare at
51. Towards the center of the net, in volleyball
54. Young lady
55. ___ Jones Industrial Average

58. Second letter of the Greek alphabet
59. Soon
61. Bird's "thumb"
63. Iraq's neighbor
64. Northeast by east
65. Broken in
66. Arrange
67. Matched
68. Big exhibits

DOWN

1. Seaweed substance
2. Dullard
3. Descriptive slang for forearm passing, in volleyball
4. Lyric poem
5. Frog predecessors
6. Defensive play by one or more front row players, in volleyball
7. Relative
8. Shout
9. Six-sided shape
10. Type of printing
11. Roman eight
12. Greek god of war
13. Opposite of right-handed
22. Serve that results directly in a point, in volleyball
24. Ocean
25. Minnesota (abbr.)
27. Syllables used in songs (2 wds.)
28. Coral reef
29. Raccoon-like animal
30. Group discussion
31. Respiratory organ

32. Music used as practice
33. Speed contests
35. Invalidated
37. Annoyance
40. Weaken
41. One-handed soft hit into opponent's court with fingertips, in volleyball
43. Exhibition
46. Flexible
47. Sleeping place
48. Pro
50. Tablecloth fabric
51. Wading bird
52. Roman emperor
53. Nova
54. Central Asian desert
55. Performed by the setter who delivers ball into opponent's court on second contact, in volleyball
56. Margarine
57. Gobs
60. Unused
62. Careless



Write your own caption for this photo.

