



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

(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 1st Floor

SECURITY/INFORMATION

(602) 443-5400

MAINTENANCE-W/O

(602) 424-9432

Pastor Joey

(602) 443-5486

November 2026



Attitude of Gratitude

"Be present in all things and thankful for all things."
—Maya Angelou

Virtual Volunteering

Volunteers help both themselves and others when they give back. Studies show that folks who donate their time serving others are more likely to feel optimistic and purposeful, as well as have an overall reduced risk of mortality. To volunteer virtually, consider opportunities like card- or letter-writing programs, sewing or crocheting blankets for children in need or digitizing books and historical records. Simply search online for specific opportunities.

Wishing on a Bone

Wishbones have been lucky symbols for nearly 3,000 years. The Etruscans, an ancient Italian civilization, believed chickens could see the future, and they would touch dried wishbones (left whole) while making a wish. In today's common tradition, the wishbone of the meal's bird is broken in half by two people, and the largest half is the luckiest.

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

HOME WELL-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.



Life on the Road

Route 66 is celebrating its 100th birthday! From 1926 to the last half of the 20th century, "The Mother Road" was the favored way to traverse the western half of the United States.

The nation's first paved highway spanned 2,448 miles from Chicago, Ill., to Los Angeles, Calif. Towns and businesses along the highway grew and prospered with the boom of tourists. The Bobby Troup song "Route 66" advised folks to "Get your kicks on Route 66."

The Federal Aid Highway Act of 1956 prompted the construction and upgrade of roads across the country. By the 1970s, Route 66 was mostly replaced by five interstate highways, and it was fully decommissioned by 1985. Businesses along the highway closed as traffic dwindled.

There have been efforts, however, to preserve historic sites along the route, and travelers can still get their nostalgic "kicks" navigating about 85% of the original Route 66. Cities along the famous route are celebrating the centennial with parades, festivals and, of course, car shows.

Call It a Comeback

From vinyl records to vintage arcades, young consumers are turning to the past for their pastimes. These pre-digital, mid-century activities are making a comeback as younger generations today seek slower, multisensory experiences in a world filled with screens.

Vinyl experienced a golden age during the 1950s to 1970s before losing ground to emerging technologies such as cassette tapes, CDs and eventually music streaming services. Today's consumers, however, are much more likely to put a record on for a slower, more mindful experience. During the past decade, vinyl sales have increased by more than 500%.

In the 1970s and 1980s, arcades were a refuge for teens and young adults to compete and to simply hang out, but many closed in the late 20th century with the rise of home-based video games. Today's arcade revival is about gathering as much as gaming.

As younger generations trade instant algorithms for intentional experiences, they remind us that the most vivid moments happen offline.





Brain Bender: Words of a Feather

Use your ol' noodle to solve these Thanksgiving-themed analogies!

Example: Thanksgiving is to November as Valentine's Day is to: February.

1. Turkey is to bird as cranberry is to _____.
2. Corn is to field as pumpkin is to _____.
3. Mash is to potatoes as _____ is to turkey.

4. Thanksgiving is to Thursday as Mother's Day is to _____.
5. Drumstick is to turkey leg as spud is to _____.
6. Stuffing is to side dish as pumpkin pie is to _____.
7. Turkey is to platter as _____ is to boat.
8. Green bean is to casserole as _____ is to sauce.
9. Massasoit is to Wampanoag as William Bradford is to _____.
10. Black is to Friday as _____ is to Monday.

(Answers: 1. fruit; 2. patch; 3. carve; 4. Sunday; 5. potato; 6. dessert; 7. gravy; 8. cranberry; 9. Pilgrims; 10. Cyber)

Pompom Power

For these dancers, the only numbers that matter are the beats in a bar, not the years on a birth certificate. Around the country, 55+ dance and cheer squads are taking the stage in stadiums, parades and more. Here are a couple of the popular performance groups:

Pacemakers. Susan Avery loved performing with the dance team for a minor league baseball team, but she quit after just a year because of online insults about her age from an unaffiliated fan page. After her daughter suggested Avery start her own dance team, she founded the Pacemakers, based in New York City. They first

performed for the same minor league baseball team fans, where they received a standing ovation.

Sun City Poms. The Sun City Poms are all residents of Sun City, Ariz., who are 55 and older. The cheerleaders are famous for their acrobatics and lively routines.

Other cheer and dance squads are popping up around the country, inspiring neighboring chapters, intergenerational connections and proof that what's fun and fabulous doesn't have an age limit.



A Thanksgiving Tradition

The Macy's Thanksgiving Day Parade in New York City has been a holiday tradition since 1924. Line up for some facts about the annual spectacle:

- Along with floats, brass bands and entertainers, the early parades included animals from the Central Park Zoo.
- Giant balloons replaced the live animals in 1927. Felix the Cat, a dinosaur and a dog were among the first characters.
- The parade was halted for three years during World War II, and Macy's donated 650 pounds of balloon rubber to the war effort.
- Between 2,000 and 3,000 balloon handlers volunteer for the parade each year, and they have the option to attend training to learn the ropes, whistles and hand signals needed to safely guide the massive balloons.
- Directing each balloon's handlers is a "pilot," who must walk backward during the entire 2.5-mile route.
- There are more than 8,000 parade participants, including Macy's employees, marching bands, celebrity singers, Broadway performers and the Radio City Rockettes.
- Around 3.5 million people line the city streets to watch the parade, and more than 30 million watch on TV.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(CCV) Christ's Church of the Valley 1 Service - 11:30 AM - M1 3rd Floor Activity Room	2 Super Walmart Trip - 1:00 PM 19th Ave. & Bell Road Movie Day! Manor 1, 3rd Floor Activity Room 4:00 PM. Come join us for a movie! (CCV) Calvary Church of the Valley Sing Along - 2 PM	3 PRAYER GROUP Check each bulletin board for each floor for time and place. Cards/Dice hosted by Rosa & Erin - 12:30 - 4:00 PM	4 Fry's Trip 8:30 AM - 10% OFF 43rd & Cactus	5 Bible Study Led by Chaplain Joey Sampaga - M3 3rd Floor Conference Room 1:30 PM - M1 3rd Floor Conference Room 3:00 PM	6 Post Office Trip - 9:00 AM Sign-up & Pick Up Location Is at Center View 2nd Floor (602) 424-9443 Sprouts & Walgreens Trip - 1:30 PM 19th Ave. & Northern	7
(CCV) Christ's Church of the Valley 8 Service - 11:30 AM - M1 3rd Floor Activity Room	9 Movie Day! Manor 1, 3rd Floor Activity Room 4:00 PM. Come join us for a movie!	10 PRAYER GROUP Check each bulletin board for each floor for time and place. Cards/Dice hosted by Rosa & Erin - 12:30 - 4:00 PM	11 Veterans Day Fry's Trip - 8:30AM 43rd & Cactus *Service Coordinator Luncheon* - Lin's Grand Buffet - 10021 N Metro Pkwy E, Phoenix @ 11 AM Sign-up is in the Office	12 Bible Study Led by Chaplain Joey Sampaga - M3 3rd Floor Conference Room 1:30 PM - M1 3rd Floor Conference Room 3:00 PM	13 Bank Trip - 9:00 AM - Chase, DSFCU, Wells Fargo, and B of A - Check Bulletin Board Dollar Tree Trip - 1:30 PM 35th & Thunderbird	14
(CCV) Christ's Church of the Valley 15 Service - 11:30 AM - M1 3rd Floor Activity Room	16 Super Walmart Trip - 1:00 PM 19th Ave. & Bell Road Movie Day! Manor 1, 3rd Floor Activity Room 4:00 PM. Come join us for a movie!	17 PRAYER GROUP Check each bulletin board for each floor for time and place. Cards/Dice hosted by Rosa & Erin - 12:30 - 4:00 PM	18 Fry's Trip 8:30 AM - 43rd & Cactus	19 Bible Study Led by Chaplain Joey Sampaga - M3 3rd Floor Conference Room 1:30 PM - M1 3rd Floor Conference Room 3:00 PM	20 Post Office Trip - 9:00 AM Sign-up & Pick Up Location Is at Center View 2nd Floor (602) 424-9443 Aldi's Grocery Trip - 1:30 PM 4553 E Cactus Rd.	21
(CCV) Christ's Church of the Valley 22 Service - 11:30 AM - M1 3rd Floor Activity Room	23 Movie Day! Manor 1, 3rd Floor Activity Room 4:00 PM. Come join us for a movie!	24 PRAYER GROUP Check each bulletin board for each floor for time and place. Cards/Dice hosted by Rosa & Erin - 12:30 - 4:00 PM	25 Fry's Trip 8:30 AM - 43rd & Cactus	26 Thanksgiving Bible Study Led by Chaplain Joey Sampaga - M3 3rd Floor Conference Room 1:30 PM - M1 3rd Floor Conference Room 3:00 PM	27 Bus Trips Canceled Due to Holiday	28
(CCV) Christ's Church of the Valley 29 Service - 11:30 AM - M1 3rd Floor Activity Room	30 Movie Day! Manor 1, 3rd Floor Activity Room 4:00 PM. Come join us for a movie!			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



Christian Care Statement

Our Mission:

Through Christian Love and Excellence, we are dedicated to providing A fulfilling lifestyle and promoting independence to those we serve.

Our Vision:

A world where people thrive and live with purpose.

Our Values:

We believe in the immeasurable value of every person. Empowered by Christ's love, we joyfully serve with humility, integrity, compassion and respect.

Christian Care Text Notification System

Text "phxm1n3" to (602) 603-4431. Stay up to date on what's going on in your community. Emergency notifications will be sent out as soon as the issue is identified.



Military Medals

Each branch of the armed forces has badges, pins, ribbons and medals that are awarded for various achievements. Among them:

The Good Conduct Medal. As its name implies, the Good Conduct Medal is awarded for exemplary conduct, efficiency and fidelity throughout a specified period of active military service.

The Purple Heart. Directly descended from the Badge of Military Merit created by George

Washington in 1782, the Purple Heart is the oldest decoration in the world still in use. It is awarded to service members who are wounded or killed in any action involving an enemy of the United States.

Distinguished Service Cross (Army), Navy Cross and Air Force Cross. These medals are awarded for extraordinary heroism in combat.

The Medal of Honor. The pinnacle of all military decorations, the Medal of Honor is awarded for "conspicuous gallantry and intrepidity ... above and beyond the call of duty." The first Medal of Honor was awarded in 1863 to Pvt. Jacob Parrott.

Weathering the Weight of the Holidays

The change of seasons often brings a confusing mix of emotions. You might feel the warmth of nostalgia one moment and the heavy pull of loss the next. For many older adults, the "holiday blues" aren't just a phrase — they are a lived experience.

Here's how you can navigate the season with resilience and grace.

Stay connected from afar. If it's not possible for everyone to spend time with each other in person, plan regular phone or video calls, especially during or around special traditions like shared meals.

Proactive planning. Many older adults experience increasing physical limitations, so make sure to communicate and support requests for extra assistance.

Listen to your heart. It's important to note that signs of depression, which differs from the temporary "holiday blues," should be taken seriously and referred to a medical professional.





How to Spot AI-Generated Content

Artificial intelligence (AI) is a new, world-changing technology. While it can be helpful, it also makes it hard to tell if the content you're seeing is real. Only half of adults over 50 felt confident they could spot AI-generated content, according to a 2025 study from the University of Michigan. Here are some simple ways to identify AI:

AI images and videos. If light seems too blurry, skin seems too smooth or a shadow is overly dark or missing, it could be an indicator the image is AI-generated.

AI writing. Hint: em dashes aren't the enemy. The punctuation mark (—) is heavily favored in AI-generated writing because human professionals prefer its ability to add pace to sentences. To identify AI-generated writing, look for back-to-back rhetorical questions, repetitive sentence structure and statistics that seem too good to be true that don't cite specific sources.

As AI advances rapidly, remember that verifying information with a trusted source is never a bad idea!

Shop Small This Season

Between the hectic shopping days of Black Friday and Cyber Monday, a local shopping tradition is emerging: Small Business Saturday.

Taking place on the Saturday after Thanksgiving, Small Business Saturday was started in 2010. The purpose of the day is to focus on local and small businesses rather than big box retail stores, which receive most of the attention during holiday sales.

Consumers are encouraged to make at least one purchase at a small business on the designated Saturday. With their purchases, customers can provide financial support to a specific business in addition to showing symbolic support for small businesses throughout the country.

According to the U.S. Small Business Administration, small businesses are a crucial component of local communities. They create jobs, provide quality products and services and help neighborhoods thrive.

Many small businesses will hold special sales or offer discount codes in recognition of the holiday, so you may even save some money on your holiday shopping.



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

November Babies!!!

Manor 1:

102 - Makela, Candy - 11/1

121 - Murtic, Suljo - 11/6

412 - Shrum, Oneida

304 - Gideon, Mildred

- 11/14

402 - Wahlgren, Margaret

- 11/17

422 - McCoy, Wyethia - 11/20

119 - Holden, Pamela

Manor 3:

408 - Nast, Gary

311 - Harper, Pamela - 11/10

SAINT MARY'S FOOD BOXES

Call to apply for box delivery to campus:

602-242-3663

*Must be homebound or have a disability



November

Word Search

Autumn
Colorful
Cool
Cornucopia
Feast
Harvest
Holiday
Leaves

November
Nuts
Pilgrim
Rake
Thankful
Thanksgiving
Turkey
Windy

G	O	V	I	B	I	T	H	B	C	D	A	K	L	S
N	W	S	S	L	C	O	L	O	R	F	U	L	T	Y
I	Z	B	I	K	L	G	R	U	F	Y	T	D	S	S
V	Y	D	N	I	W	N	R	E	F	V	U	J	E	Z
I	S	M	D	Z	U	W	A	T	B	K	M	L	V	I
G	D	A	F	C	X	S	K	A	U	M	N	E	R	V
S	Y	Y	O	O	T	J	E	L	R	R	E	A	A	F
K	I	P	C	O	N	M	W	F	J	T	K	V	H	L
N	I	V	I	L	A	L	L	U	Z	V	U	E	O	T
A	O	P	I	L	F	L	G	G	L	U	H	S	Y	N
H	S	J	D	B	G	L	L	W	H	B	V	S	I	U
T	Y	L	Q	J	E	R	X	U	V	F	R	F	V	T
B	R	T	R	F	K	W	I	U	T	K	A	U	M	S
I	Y	Q	A	F	C	U	U	M	U	T	V	L	H	X