



# IN A MANOR OF SPEAKING

## News & Views of Activities at Christian Care Manors

~ VOLUME 21, NO. 6 ~

June 2019

Alex Periu, HUD Apartment Manager  
Rima Banerji, HUD Assistant Manager  
 (602) 861-3970 (Hours: p. 6) ~ M-I Office  
Susan O'Connell, Dir. Subsidized Housing:  
 Phoenix and Cottonwood  
 (602) 443-5449 - M-I Office  
Aundria Thompson, Services Coordinator  
 (602) 443-5446 ~ M-II Office  
SECURITY/INFORMATION/MAINTENANCE  
 (602) 678-4939 or (602) 443-5400

**SALONS / BARBERS:**

Health Center: (602) 443-5432  
Oasis: HAIR: (602) 443-5463 (Nancy)  
NAILS: (623) 332-1367 (Frida)  
Fellowship Square: (602) 443-5422  
Chaplain Brad Auten.....(602) 443-5486  
Dr. Christian Rainer.....(602) 220-1466  
Outpatient Rehab.....(602) 443-5447  
Home Health Services.....(602) 443-5447  
 8:00am to 4:00pm, Monday-Friday  
Health Center Admissions (602) 443-5470  
Sr. FITness .....(602) 443-5479  
Volunteering.....(602) 443-5419  
Manors' Addresses:  
 M-I: .....11830 N. 19th Avenue  
 M-II: .....11802 N. 19th Avenue  
 M-III: .....1944 W. Sunnyside Drive  
 (plus Apartment #), Phoenix, AZ 85029  
 Anyone may view this newsletter at  
[www.christiancare.org](http://www.christiancare.org).

# Save the Date



**Butterfly Wonderland Trip**

The Butterfly Wonderland trip costs \$16.95 per ticket and will be on June 26th at 10am. The wonderland includes a conservatory, 3-D theater, emergence gallery, live ant colony, honey bee extravaganza, rivers of the Amazon aquatic life, a café and gift shop.

Call Aundria to sign up: 602-443-5446

**Fire Department Presentation: Fire Safety**

Starting fires in your apartment is easier than you may think. Come listen to the advice of real firefighters who handle fire mistakes on a regular basis to learn how to better protect your home and yourself.

Tuesday, June 18th @ 2:00-3:00pm  
 in the Manor 2 dining room

**Jessica Tcheng Insurance Presentation**

It's the insurance broker we all know and love! Jessica will be coming to campus June 4th @ 2:30 in the Manor 2 dining room to give us another fun insurance presentation with games and snacks. If you need to learn more about your plan, add or change things, Jessica can help you!

## Trivia Whiz

### 'Berry' Healthy Fruits

Juicy berries are a refreshing summer treat. Enjoy these varieties that are ripe for the eating:

*Strawberries.* This summer staple often tops surveys as America's favorite berry and is one of the most-consumed fruits in the U.S. Strawberries are packed with vitamin C and a good source of fiber.

*Blueberries.* Plump, round blueberries have a high concentration of antioxidants, earning their status as a super food.

*Raspberries.* At 8 grams per cup, raspberries are one of the fruits highest in fiber. Red varieties are the most popular.

*Blackberries.* Their deep, glossy color is a good indicator of their nutritional content. Blackberries are loaded with disease-fighting antioxidants, manganese and vitamins C and K.



### Brain Bender: Father's Day Fun

Celebrate Father's Day with these dad-themed word ladders. In each set, use the clues to change the first word, one letter at a time, to get the last word.

DAD

\_\_\_ Took action  
 \_\_\_ A cube with dots

TIE

GOLF

\_\_\_ Wide chasm  
 \_\_\_ Sea-loving bird  
 \_\_\_ Bovine patriarch

BALL

FISH

\_\_\_ A tightly closed hand  
 \_\_\_ Tiny water droplets  
 \_\_\_ Chewing gum flavor  
 \_\_\_ Two cups  
 \_\_\_ Sewing accessories

FINS

(Answers: 1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins)

### The Anniversary of D-Day

On June 6, 1944, more than 150,000 Allied troops stormed the beaches of Normandy, France, in the largest amphibious military operation in history. This year marks the 75th anniversary of the historic World War II invasion known as D-Day.

Under the command of U.S. Army General Dwight D. Eisenhower, the Allied attack came after two years of planning and preparation to overtake German forces and liberate Western Europe. A 50-mile stretch of coastline in northern France was chosen as the landing site and divided into five beaches, code-named Utah, Omaha, Gold, Juno and Sword.

More than 13,000 airplanes and 5,000 ships and landing craft carrying American, British and Canadian soldiers departed England, crossed the English Channel and invaded Normandy by sea and air in the early hours of June 6. By day's end, it's estimated that 10,000 Allied troops were killed or wounded.

After gaining a foothold along the coast, the Allies advanced into France and eastward to Germany. D-Day is often considered the beginning of the end of the war.



# SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order.
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

S	9	8	7	6	5	4	3	2	1
1	2	3	4	5	6	7	8	9	0
6	5	4	3	2	1	9	8	7	6
3	8	1	6	9	2	7	4	5	3
9	7	5	1	7	8	3	6	2	1
7	2	7	5	4	3	1	9	8	7
8	6	5	3	2	1	7	4	3	2
2	1	9	8	5	7	6	3	4	3
5	4	7	6	9	8	3	6	8	7

1		8			6	7		
4	3			8	5			2
	5							
		6			4			
	9			7			4	
			2			1		
							3	
9			6	4			7	1
		2	1			8		5

## Wit & Wisdom

“How sweet to be a cloud, floating in the blue!”

—A.A. Milne

“Let’s build us a happy little cloud that floats around the sky.”

—Bob Ross

“Summer is the annual permission slip to be lazy. To do nothing and have it count for something.

To lie in the grass and count the stars.

To sit on a branch and study the clouds.”

—Regina Brett

“The seasons do not push one another; neither do clouds race the wind across the sky. All things happen in their own good time.”

—Dan Millman

“When you’re a kid, you lay in the grass and watch the clouds going over, and you literally don’t have a thought in your mind. It’s purely meditation, and we lose that.”

—Dick Van Dyke

## TRANSPORTATION SERVICES

\*Service Coordinator is available to assist with applications.

I. Dial-A-Ride -  
(602) 253-4000

All trips must be scheduled 1 to 14 days in advance.

Application must be submitted and approved before use.

II. DUET -

(602) 274-5022

Call for eligibility

Need 4 to 5 days’ notice.

III. A.D.A. -

(602) 716-2100

Requires application/ verification of need.

IV. SENIOR A.D.A. RIDE PROGRAM -

(602) 801-1160

Fare Card for Cab Rides: Still only \$6 for \$20 worth! (Not 20 rides)

MV Alternative Transportation

For rides after receiving FARE CARD, customers should call one of the 8 cab companies (list comes with FARE CARD) directly.



## Out & About

### Coordinator Lunch: Valle Luna

Come join us June 12th @ 11am to enjoy a delicious lunch at Valle Luna, an award winning Mexican restaurant.

Enchiladas, cold drinks, chimis, sliders, churros, and more!

Call Aundria, the Service Coordinator, to reserve your spot now: 602-443-5446



## MOBILE DOCTORS

Dr. Rainer 602-292-1466

Dr. Jensen 801-874-3135

## MOBILE DENTIST

Smile Direct

623-584-4746

## MOBILE DERMATOLOGY

Care 2 You-

480-202-3914

## COUNSELING AND CASE

### MANAGEMENT

Arizona Facts of Life-

602-254-2704

## HOME HEALTH

Front Office:

602-443-5447

## ALTCS

Arizona Long Term Care

System: Helps pay for

assisted living if

approved. Call Service

Coordinator for details.

Call to start application

or ask questions:

602-417-6600

## SAINT MARY'S FOOD BOXES

Call to apply for box

delivery to campus:

602-242-3663

\*Must be homebound or

have a disability

## TRANSPORTATION


GoGo Grandparent 1

(855) 464-6872

(25% less expensive than a taxi)

Call 24/7. Call 15 minutes in advance.

Press 0 to speak with an operator.

Sunday	Monday	Tuesday
	<b>LEGEND</b> <b>FS = Fellowship Square</b> <b>HC = Health Center</b> <b>O = Oasis - Assisted Living</b> <b>HH = Home Health</b> <b>I = Manor I</b> <b>II = Manor II</b> <b>III = Manor III</b>	
<b>2</b>	<b>3</b>	<b>4</b>
3:00 CHURCH SERVICES - FS	11:00 SrFIT Stretch - I (3rd Floor Activity Room) 5:45 BINGO! - FS	11:00 <b>Knitting and Crocheting</b> M1-3rd Floor Activity Room ----- 1:30 Choir Practice - O ----- 2:30 Jessica Tcheng <b>Insurance Presentation</b> M2 Dining Room
<b>9</b>	<b>10</b>	<b>11</b>
3:00 CHURCH SERVICES - FS	11:00 SrFIT Stretch - I (3rd Floor Activity Room) ----- 2:30 <b>Knitting and Crocheting</b> M1-3rd Floor Activity Room ----- 5:45 BINGO! - FS	1:00 <b>CRAFTS</b> - I (3rd Floor Activity Room) ----- 1:30 Choir Practice - O ----- 3:30 <b>Bright Side Community Support Group</b> M1- 3rd Floor Activity Room
<b>16</b>	<b>17</b>	<b>18</b>
3:00 CHURCH SERVICES - FS	11:00 SrFIT Stretch - I (3rd Floor Activity Room) ----- 1:00 <b>What's Your Story?</b> M1-3rd Floor Activity Room ----- 5:45 BINGO! - FS	11:00 <b>Knitting and Crocheting</b> M1-3rd Floor Activity Room ----- 1:30 Choir Practice - O ----- 2:00-3:00 <b>Fire Safety Presentation</b> by Phoenix Fire Department in M2 Dining Room
<b>23/30</b>	<b>24</b>	<b>25</b>
3:00 CHURCH SERVICES - FS	11:00 SrFIT Stretch - I (3rd Floor Activity Room) ----- 2:30 <b>Knitting and Crocheting</b> M1-3rd Floor Activity Room ----- 5:45 BINGO! - FS	1:00 <b>CRAFTS</b> - I (3rd Floor Activity Room) ----- 1:30 Choir Practice - O ----- 3:30 <b>Bright Side Community Support Group</b> M1- 3rd Floor Activity Room

Wednesday	Thursday	Friday	Saturday
			<p style="text-align: right;"><b>1</b></p> <p>10:00 MASS - FS</p> <p>-----</p> <p>1:45 "Saturday at the Movies" -M1 3rd Floor Activity Room</p>
<p style="text-align: right;"><b>5</b></p> <p>8:30 Fry's Trip - 43rd &amp; Cactus</p> <p>-----</p> <p>11:00 <b>Bible Study for Everyday Life</b> - M3 Activity Room</p> <p>-----</p> <p>1:30 Fry's Trip - 43rd &amp; Cactus</p> <p>-----</p> <p>2:30 Bible Study - II</p> <p>-----</p> <p>6:15 BUNCO! - FS</p>	<p style="text-align: right;"><b>6</b></p> <p>10:45 PRAYER CIRCLE: ALL ARE WELCOME! - I (3rd Floor Activity Room)</p> <p>-----</p> <p>12:30 SuperWalMart Trip - 19th Ave &amp; Bell Rd.</p> <p>-----</p> <p>3:00 <b>Wii Sports</b> (Virtual Reality Games) M1 3rd Floor Activity Room</p>	<p style="text-align: right;"><b>7</b></p> <p>9:00 POST OFFICE TRIP - Departs From FS Only</p> <p>-----</p> <p>1:30 Sprouts &amp; Walgreens Trip - 19th Ave &amp; Northern</p>	<p style="text-align: right;"><b>8</b></p> <p>10:00 MASS - FS</p> <p>-----</p> <p>1:45 "Saturday at the Movies" -M1 3rd Floor Activity Room</p>
<p style="text-align: right;"><b>\$2</b></p> <p>8:30 Fry's Trip - 43rd &amp; Cactus</p> <p>-----</p> <p>11:00 <b>Bible Study for Everyday Life</b> - M3 Activity Room</p> <p>-----</p> <p>11:00 Coordinator Lunch: Valle Luna</p> <p>-----</p> <p>2:30 Bible Study - II</p> <p>-----</p> <p>6:15 BUNCO! - FS</p>	<p style="text-align: right;"><b>13</b></p> <p>10:45 PRAYER CIRCLE: ALL ARE WELCOME! - I (3rd Floor Activity Room)</p> <p>-----</p> <p>3:00 <b>Wii Sports</b> (Virtual Reality Games) M3 1st Floor Activity Room</p>	<p style="text-align: right;"><b>14</b></p> <p>9:00 BANK TRIP - CHASE, DSFCU &amp; BofA (Sites Listed on Bulletin Board)</p> <p>-----</p> <p>1:30 Dollar Tree, Ross &amp; Fry's Trip - 35th Ave &amp; Thunderbird</p> <p>-----</p> <p>3:00 <b>Ice Cream Social</b> (Health Insurance-related) - M1 3rd Floor Activity Room</p>	<p style="text-align: right;"><b>15</b></p> <p>10:00 MASS - FS</p> <p>-----</p> <p>1:45 "Saturday at the Movies" -M1 3rd Floor Activity Room</p>
<p style="text-align: right;"><b>19</b></p> <p>8:30 Fry's Trip - 43rd &amp; Cactus</p> <p>-----</p> <p>11:00 <b>Bible Study for Everyday Life</b> - M3 Activity Room</p> <p>-----</p> <p>2:30 Bible Study - II</p> <p>-----</p> <p>6:15 BUNCO! - FS</p>	<p style="text-align: right;"><b>20</b></p> <p>10:45 PRAYER CIRCLE: ALL ARE WELCOME! - I (3rd Floor Activity Room)</p> <p>-----</p> <p>12:30 SuperWalMart Trip - 19th Ave &amp; Bell Rd.</p> <p>-----</p> <p>3:00 <b>Wii Sports</b> (Virtual Reality Games) M1 3rd Floor Activity Room</p>	<p style="text-align: right;"><b>21</b></p> <p>9:00 POST OFFICE TRIP - Departs From FS Only</p> <p>-----</p> <p>1:30 Sprouts &amp; Walgreens Trip - 19th Ave &amp; Northern</p>	<p style="text-align: right;"><b>22</b></p> <p>10:00 MASS - FS</p> <p>-----</p> <p>1:45 "Saturday at the Movies" -M1 3rd Floor Activity Room</p>
<p style="text-align: right;"><b>26</b></p> <p>10:00 <b>Butterfly Wonderland Trip</b> (Call SC to Sign Up)</p> <p>-----</p> <p>11:00 <b>Bible Study for Everyday Life</b> - M3 Activity Room</p> <p>-----</p> <p>2:30 Bible Study - II</p> <p>-----</p> <p>6:15 BUNCO! - FS</p>	<p style="text-align: right;"><b>27</b></p> <p>10:45 PRAYER CIRCLE: ALL ARE WELCOME! - I (3rd Floor Activity Room)</p> <p>-----</p> <p>3:00 <b>Wii Sports</b> (Virtual Reality Games) M3 1st Floor Activity Room</p>	<p style="text-align: right;"><b>28</b></p> <p>9:00 BANK TRIP - CHASE, DSFCU &amp; BofA (Sites Listed on Bulletin Board)</p> <p>-----</p> <p>1:30 Dollar Tree, Ross &amp; Fry's Trip - 35th Ave &amp; Thunderbird</p>	<p style="text-align: right;"><b>29</b></p> <p>10:00 MASS - FS</p> <p>-----</p> <p>1:45 "Saturday at the Movies" -M1 3rd Floor Activity Room</p>

## Manor-isms:



### **MEAL CARD:**

Two ways to use your Meal Card:

1. Pre-pay (cash or check)

**OR**

2. Use it and be billed for meals purchased on your monthly rent statements.

Available at the M-I office:

(602) 861-3970



**Alex Periot,**

HUD Office Manager  
&

**Rima Banerji,**

HUD Asst Manager

### Manager's Office

#### Hours:

Mon.- Fri.: 9 - 5

(Sat.: By

Appointment)

### **Need Insurance Guidance?**

Jessica Tcheng can help you!

(949) 394-7738

### **Ultimate Medical Equipment**

Fixes Scooters:

602-978-4100



### **Honoring the US Flag**

We celebrate Flag Day on June 14, the anniversary of Old Glory's adoption as America's flag in 1777. The U.S. Flag Code outlines how this national symbol should be honored.

American flags are displayed outside public institutions, including government offices, police stations and schools, as well as private businesses and homes. The Stars and Stripes always flies at the peak of a staff, higher than any other flag when on the same pole. When multiple flags are flown on separate poles, the U.S. flag is hoisted first and placed to the

observer's far left.

The flag should not touch anything beneath it, such as the ground or floor. Unless properly lit, the flag is lowered—slowly and ceremoniously—and brought indoors at sundown.

When in uniform, members of the military and police and fire departments salute the flag when it's being hoisted or lowered or passes by in a parade. Military members who are out of uniform and veterans may also salute. Civilians should show their respect by placing their right hand over their heart and removing their hats.

When an American flag is worn or faded, it should be retired in a flag-burning ceremony. The American Legion, Veterans of Foreign Wars, Boy Scout and Girl Scout troops, and other organizations perform these ceremonies as a community service.

FLOWER OF THE MONTH | JUNE

Rose

Love and  
gratitude



## Dress Up Your Drinking Water

Consuming enough water ensures that our bodies function properly, and hydration is especially important during hot summer months. Plain water, however, can be a bit boring. Here are some simple and creative ways to boost your daily water consumption.

*Upgrade your ice cubes.* Add chopped berries, mint or cucumber to water in an ice cube tray and freeze. You can also make ice cubes out of fruit juice, or freeze orange slices and use them as ice cubes.

*Flavor with fresh fruit.* Fruit is an excellent addition to water because it provides natural sweetness plus vitamins and minerals. Crush some raspberries, blueberries, mango or watermelon in the bottom of your glass, then add water. Or drop a few strawberry or kiwi slices in your beverage.

*Add some herbs.* Tempt your taste buds with the addition of herbs such as thyme, basil, cilantro, mint or lavender. Gently crush the herbs to release the flavor.

*Jazz it up with juice.* Enhance the color, flavor and nutrients in water with a splash of fruit juice. Grapefruit, cranberry, pomegranate, grape and apple are all delicious choices.

*Switch to sparkling.* Sparkling water is a fun alternative to plain water and comes in multiple flavors. You can reduce the carbonated qualities of sparkling water by mixing it half-and-half with plain water.

## Embrace the Season

"I love how summer just wraps its arms around you like a warm blanket."  
—Kellie Elmore



### MANOR 1

422 Franklin Clark, 6/2  
303 June Gibson, 6/4  
424 Jill Gatta, 6/5  
122 Kathleen Rafferty, 6/9  
323 Betty Sheldon, 6/14  
410 Sharon White, 6/17  
305 Donna Koerper, 6/29

### MANOR 3

206 Keith Cowgill, 6/14  
403 Celia Arambula, 6/23  
407 Stella Florez, 6/25



## Services & More...



### Christian Care Health Center

Have an upcoming surgery? Need skilled nursing care? Check out follow-up care by talking with **Cynthia Mora**, Admissions Coordinator. **(602) 443-5470**

### Manors SrFITness

#### Hours

In Manor II - Fitness Room

Tuesdays: 7:30 AM - 2:30 PM

Thursdays: 7:30 AM - 2:30 PM

(By appointment only)

In M-I Activity room

-Stretch Class

Mondays: 11 - 11:30 AM

602-443-5479

**Monday 11:00 AM SrFIT Stretch Class:**

**M-I Activity Room**

An instructor-led, chair-based, gentle stretch class to help with flexibility & posture. Get to exercise & relax along with vibrant music!

# June 2019



NOT ALL  
**SUPERHEROES**  
WEAR CAPES.  
HAPPY *Father's* DAY!

## "This Month In History" JUNE

**1886:** Grover Cleveland becomes the first U.S. president to be married in the White House. He wed Frances Folsom in a small ceremony in the Blue Room.

**1905:** The world's first nickelodeon, an early version of a movie theater, opens in Pittsburgh. Customers paid a 5-cent admission to see short silent films and live entertainment.

**1925:** Walter P. Chrysler founds his own auto company, the Chrysler Corp.

**1938:** The design of the modern-day ballpoint pen is patented by inventor Lazlo Biro in Britain.

**1942:** U.S. forces win a decisive victory against Japan at the Battle of Midway in the Pacific theater during World War II.

**1962:** Ray Charles' version of the country song "I Can't Stop Loving You" tops the pop music chart. It was one of the biggest hits of the singer's career.

**1970:** Army officers Anna Mae Hays and Elizabeth P. Hoisington are the first women in the U.S. military to be promoted to the rank of general.

**1993:** Ruth Bader Ginsberg is nominated to serve as an associate justice of the U.S. Supreme Court.

**2002:** The Los Angeles Lakers win their third straight NBA championship, and team center Shaquille O'Neal is named the most valuable player.

**2016:** "Hamilton," the Broadway musical about founding father Alexander Hamilton, wins 11 Tony Awards out of its record-breaking 16 nominations.

**2018:** A colt named Justify wins horse racing's Triple Crown. He was the 13th horse in history to earn the coveted title.