

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

April 2021

PASSOVER



PASSOVER (March 27-April 4)

One of the Jewish religion's most sacred and widely observed holidays, Passover (Hebrew: Pesach) commemorates the story of the Israelites' departure from ancient



Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers and Deuteronomy, among other texts. Jews observe the weeklong festival with a number of important rituals, including traditional Passover meals known as Seders, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale.





EASTER

Easter is a Christian holiday that celebrates the belief in the resurrection of Jesus Christ from the dead. The holiday concludes the "Passion of Christ," a series of events and holidays that begins with Lent—a 40-day period of fasting, prayer and sacrifice—and ends with Holy Week, which includes Holy Thursday, Good Friday, and Easter Sunday. From the very early times, the egg has been considered the most important symbol of rebirth.



Por favor, deje saber a Teresa si necesita este boletín traducido verbalmente.

Если Вам нужен перевод какой-либо заметки из Covenant House Chronicles пожалуйста обратитесь к Терезе. Вы можете получить устный перевод интересующей Вас заметки.

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Covenant House Staff

- Reda Anna, Manager
- Gulnar Akhmedova, Assistant Manager
- Teresa Wachala, Service Coordinator
- Troy Pearson, Wellness Center
- Tim Hart, Maintenance
- Lourdes Verduzco, Housekeeping
- Sunny Singh, Housekeeping
- Vijay Singh, Caretaker

Important Phone Numbers

- Office, 327-2200
- Service Coordinator, 321-4496
- Wellness Center, 327-0922
- Emergency, 911
- After Hours Maintenance Emergency, 808-7802

B'nai B'rith Covenant House is professionally managed by Biltmore Properties Inc.



Service Coordinator News --- Teresa Wachala

This has been a very challenging year and I want to say thank you for your patience and understanding! I am so glad I can be here to help and to get the meals, food boxes, produce and other programs to our building. I so appreciate all the kind words from residents, staff, board members and Biltmore. They touch me deeply and keep me going.

I am so grateful for my volunteers and am happy to see residents helping each other. Please don't hesitate to call me if you need anything, even just to talk.

We had our first COVID vaccine clinic and are scheduled for our second one on April 1st. Although many will be vaccinated, please read the article below and continue to follow the CDC guidelines. We will continue to work together to get through this pandemic, and to support each other however we can.

With a grateful heart, Teresa



Health Corner



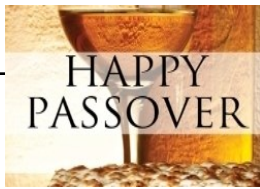
Important Vaccination Information from the CDC

Vaccinations are an important tool to help us get back to normal. Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Experts also think that getting a vaccine may help keep you from getting seriously ill even if you do get COVID-19. COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19.

According to the CDC, it typically takes a few weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. That means it is possible a person could still get COVID-19 just after vaccination. This is because the vaccine has not had enough time to provide protection.

Even after getting vaccinated it's important to continue: **Wearing a mask, staying at least 6 feet apart from others who don't live with you, avoiding crowds, avoiding poorly ventilated spaces, washing your hands often, covering coughs and sneezes, cleaning and disinfecting frequently touched surfaces daily, and monitoring your health.**

Although COVID-19 vaccines are effective at keeping you from getting sick, scientists are still learning how well vaccines prevent you from spreading the virus that causes COVID-19 to others, even if you do not get sick. For this reason, even after vaccination, we need to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Learn more: www.cdc.gov/coronavirus



Manager's Memo—Reda Anna

Happy Passover and Easter to all!!



The management would like to thank all the residents for their cooperation during this difficult time. Please remember that all activities are cancelled until further notice. Please call the office if you have any questions as we will be conducting business by phone, email or fax until further notice.



Since not everyone in our apartment community has outside support, it is important to know who your neighbors are and have a **buddy system** where you can look out for each other. Many of you are already doing this and we always appreciate concerns if you have not seen or heard from your neighbors or friends in the building. Please do not hesitate to tell staff if you are concerned and cannot contact someone.

April 2021

Stress Awareness Month

Stress: it's all about how you handle it. When not managed properly, stress is responsible for a host of problems, from gastric issues like indigestion to depression and eating disorders. April is Stress Awareness Month, the perfect time to reflect on how we can better manage stress in our daily lives in order to stay healthy mentally, emotionally and physically.

While a little stress is normal, chronic, long-term stress is not and it can have quite a negative impact on health. Here are some tips and stress management habits we've collected to help manage stress:

GET SOME SLEEP: Be sure you're getting the right amount of sleep. You can't manage stress (or anything else) if you're exhausted. Being rested and refreshed will make you more effective at whatever you do, so get that shut-eye.

KEEP A JOURNAL: The simple act of putting words on paper gives them power and weight. Creating a record of positive thoughts, things you're thankful for, and small victories will help to cement those memories in your brain, causing a shift toward more positive thinking, a major stress-reliever.

TAKE A BREAK : Whether you meditate, take a nap, or binge-watch your favorite Netflix offering, take time out to do absolutely nothing. Take your mind off the tasks at hand for a while and regroup; you'll find that returning to a chore is easier when you've had a positive, stress-free period of time to prepare.

TAKE A WALK : Sometimes a breath of fresh air really is all you need. A change of scenery and a nice breeze can clear your head so that you can return to your task with renewed energy and perhaps even a better perspective.

CLEAR THE CLUTTER : An untidy physical environment can contribute to stress. Take time each day to keep clutter at bay, putting things in their proper places. This can be helpful for our mental environment as well: keep negative thoughts and worry at a distance and focus on the task at hand to become more productive.



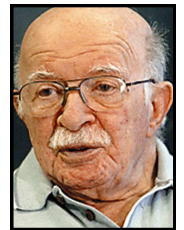
Holocaust Remembrance Day is on April 8th!

It is never too late, and we should always remember those who lost their lives during the Holocaust and make sure it never happens again.

Yom Ha Shoah (Holocaust Remembrance Day) is observed as Israel's day of commemoration for the approximately six million Jews and five million others who perished in the Holocaust as a result of the actions

carried out by Nazi Germany and its accessories, and for the Jewish resistance in that period.

Holocaust survivor, **Gerd Strauss** founded B'nai B'rith Covenant House I and II and the Gerd & Inge Strauss Manor on Pantano. He was an active member of the Holocaust Survivors group in Tucson where he taught thousands of students about the Holocaust.

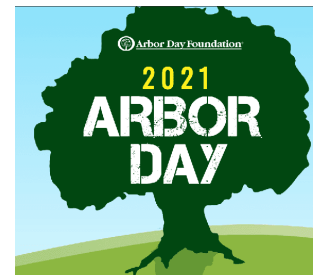


Earth Day, April 22, 2021's theme is Restore Our Earth. We will

start by supporting our local communities, focusing on areas that are disproportionately affected by environmental issues. Those living on the front lines of these environmental crises don't always

have the resources to deal with the damage. EARTHDAY.ORG is honored that the Biden Administration has decided to convene a global climate summit on Earth Day 2021.

Arbor Day, April 30, 2021, is a holiday in which individuals and groups are encouraged to plant and care for trees. Planting trees is an act of kindness and optimism; a gift for our friends and neighbors, and for future generations. The trees we plant clean the air, beautify our neighborhoods, provide homes for wildlife, conserve energy and topsoil, and help keep the atmosphere in balance. Trees not only bring an aesthetic beauty to our world but are important to our very survival. They not only provide shelter for many species of birds, animals and insects but they are also the lungs of our planet.



LAUGHTER IS THE BEST MEDICINE!!

*If you're happy and you know it Its your meds

*How am I supposed to trust you when you keep running away every time I untie you

*Sorry I'm late... I didn't want to come.

*To me "drinking responsibly" means don't spill it.

*I'm great in bed. I can sleep for days.

*Does running late count as exercise?

*4 out of 3 people struggle with math

*My heart says chocolate and wine but my jeans say, for the love of God woman, eat salad!

*The best thing about the good old days was that I wasn't good and wasn't old

*My relationship with whiskey is on the rocks.

*Does running from my responsibilities count as cardio?

*A little gray hair is a small price to pay for all this wisdom.

*Never laugh at your wife's choices. You are one of them.

*Retired, under new management "see spouse for details"

*Thought growing old would take longer.



Doctor: What's the condition of the boy who swallowed the quarter?

Nurse: No change yet.

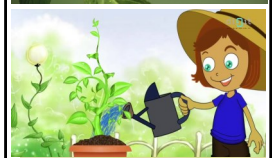
LOL

Spring Fun Word Search

Can you find the words associated with the coming of Spring?

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

APRIL
BASEBALL
BIRDS
BLOSSOMS
BUDS
DAFFODILS
EASTER
FLOWERS
GARDENING
GREEN
GROWING
KITE
MARBLES
MARCH
MAY
NESTING
PLANTING
PUDDLES
RAIN
ROBIN
SEEDS
SHOWERS
SUNSHINE
TULIP
WINDS



*****Wellness Center—Troy Pearson*******OFFICE HOURS:****TUESDAY: 6:00AM—11:00AM****THURSDAY: 6:00AM—11:00AM****FRIDAY: 6:00AM— 4:00PM*****SPRING INTO ACTION AND GET FREE GROCERIES!!!***

I left a calendar on your door to track your estimated daily walking time.

Simply keep track of your total daily walking time and write it down on the corresponding day on the calendar. Keep track with your watch, electronic device or you can simply estimate. Keep track of ALL your walking time—a walk to the store, a walk around the property or even a walk down to your mailbox. Please call if you need a replacement calendar.

ALL TIME COUNTS!!!

We are keeping track of total walking time. We are NOT tracking total steps or total distance. Trekking poles, dumbbells, rubber tubing, ankle weights, exercise DVDs and other equipment are available to check-out from the

Wellness Center by calling 520-327-0922.

Like and follow B'nai B'rith Covenant House on [facebook](#) to view EXERCISE OF THE WEEK videos that can easily be done in your apartment.



<div>   <h2>Covenant House Calendar April 2021</h2>   </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>VOLUNTEER APPRECIATION MONTH</p> 				<p>1 Covid Vaccine Clinic at 9:30am!</p> 	<p>2 PCOA Meals at 11:45am!</p> 	<p>3</p> 
<p>4 Last day of Passover</p> 	<p>5 PCOA Meals at 11:45am!</p> 	<p>6</p> 	<p>7</p>	<p>8 PCOA Meals at 11:45am!</p>  <p>HOLOCAUST REMEMBRANCE DAY</p>	<p>9</p> 	<p>10</p>
<p>11</p> 	<p>12 PCOA Meals at 11:45am!</p> 	<p>13</p>	<p>14 Food Boxes at 9:15am!</p> 	<p>15 PCOA Meals at 11:45am!</p> 	<p>16 17</p> 	
<p>18</p> 	<p>19 PCOA Meals at 11:45am!</p> 	<p>20</p> 	<p>21</p>	<p>22 PCOA Meals at 11:45am!</p> 	<p>23 24</p> 	
<p>25</p>	<p>26 PCOA Meals at 11:45am!</p> 	<p>27 28</p> 	<p>29 PCOA Meals at 11:45am!</p> 	<p>30</p> 	<p>National DONATE LIFE Month</p> 	



B'nai B'rith Covenant House

4414 E. 2nd Street

Tucson, AZ 85711

Website: www.covenanthouseoftucson.org

Facebook: www.facebook.com/covenanthousetucson

Phone: 520-327-2200 Fax: 520-327-0080

E-mail: bnaibrithcovenant@qwestoffice.net



Our Mission Statement:

B'nai B'rith Covenant House provides affordable independent housing for seniors. We develop programs and projects to enrich the resident's lives while fostering independence and dignity.

Around Covenant House

WELLNESS CENTER

All classes have been cancelled and the Wellness Center is closed until further notice.

Troy has put together some equipment (light dumbbells and rubber tubing) you can use in your home. It has been sanitized and sealed for your protection and includes some simple exercise charts.

Please watch the bulletin board for any notices regarding any changes.

Please call Troy at 327-0922 if you have any questions.

****IMPORTANT!!****

Please let the office know if your **phone number** has changed. It is difficult for staff to contact you without the correct information.



We would like to thank ***Evergreen Mortuary & Cemetery*** for printing our newsletter every month. Their assistance is invaluable to us. So a **BIG THANKS** to them for helping make our newsletter possible!



CSFP (Food Plus)

Income Guidelines:
NEW! \$1396/mo (ind)
NEW! \$1888/mo (cple)

Please see Teresa if you want to sign up for CSFP.

Food Boxes are delivered to the building on the **SAME DAY** (2nd Weds. of mo.)

Pick-up time is 9:15!

April 14th
May 12th