

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

August 2021





Monsoon season is here with lots of rain and wind, so please be careful when outdoors. It's that time of year in the Old Pueblo when the temperatures soar! Please remember to use sun screen and a wide-brimmed hat when going outdoors. It is also important to drink plenty of fluids to stay hydrated. At least 6-8, 10 ounce glasses of water per day is recommended.

Por favor, deje saber a Teresa si necesita este boletin 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.

Biltmore Properties, Inc. (BPI) does not discriminate on the basis of disability status in the admission or access to, or treatment or employment in, its federally assisted programs and activities. BPI's Section 504 Coordinator, Kathy McElvain (602.997.0013 ext 104 or 1.800.367.8939 or 711 for TTY users) located at 2330 W Mission Lane, suite 10 Phoenix, AZ 85021 has been designated to coordinate Limited English Proficiency and compliance with the nondiscrimination requirements contained in the Department of Housing and Urban Development's Section 504 (24CFR, part 8 dated June 2, 1988). EQUAL HOUSING OPPORTUNITY

Covenant House Staff

- Reda Anna, Manager
- Gulnar Akhmedova, Assistant Manager
- Teresa Wachala, Service Coordinator
- Troy Pearson, Wellness Center
- Emmett Stone, Computer Rm Coord
- Tim Hart, Maintenance
- Vijay Singh, Caretaker
- Lourdes Verduzco, Housekeeping
- Sonny Singh, Housekeeping

Important Phone Numbers

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

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



Service Coordinator News --- Teresa Wachala

- ♦ If anyone runs low on food or other items during the month, I have an **EMERGENCY food pantry**. I have various items, such as **tuna, sardines, fruit, soups, milk, ground coffee as well as instant coffee**, etc. Since many items are not covered by food stamps, I also provide such things as, **hearing aide batteries, AA & AAA batteries, denture cleaner, dish soap, clothes soap, toothbrushes, toothpaste, paper towels, Kleenex, toilet paper**, etc., so please call 321-4496 and let me know if you have an **EMERGENCY** and need anything. If you need any of the above items please see me during my office hours. All distributions are kept confidential.
- ♦ I have **incontinent supplies (Depends pull-ups, Poise pads & bed pads)** if anyone needs them. Please see me in my office as all distributions are kept confidential and discreet.
- ♦ I still have some **cloth masks** available if you need one. Please be sure to **clean and sanitize** all your reusable masks.

International Left-Handers Day



Throughout the year, lefties are dealt a rough hand. We're forced to put up with items such as doors, scissors and computer keyboards — to name a few — that are crafted for right-handers. But today we unite!

Left-Handers Day was first celebrated in 1992 as an opportunity for left-handers everywhere to celebrate their uniqueness in "Lefty Zones" and increase public awareness of the "struggles left-handers are forced to deal with on a day-to-day basis." Right-handers are encouraged to do everything left-handed for the day.

Only about 10% of the world's population is left-handed. There are some everyday advantages to being a lefty. Left-handers are more likely to pass their driver's test on the first try, a study shows. They are also more apt to deliver a better left hook and be a part of Mensa, the world's largest and oldest high IQ society.

While many people are left handed, very few are 100% left handed. For example, many Left handers golf and bat right handed. On the other hand, there is a high percentage of righties who are 100% right-handed. Take the Left-Handedness test on-line at http://www.anythingleft-handed.co.uk/lh_tests.html.

"Everyone is born right-handed. Only the greatest overcome it".
—Author unknown





Manager's Memo—Reda Anna

Please be responsible!



Please remember that in our building, we still **REQUIRE** that **EVERYONE** wear a mask or face covering in all common areas. Everyone has signed an addendum to the House Rules which states that not wearing a mask is a violation of your lease until further notice.

There has been a rise in new cases of the COVID-19 Delta variant which is said to be highly contagious and more debilitating. Do you wear your seat belt? Do you stop at red lights and stop signs? We do these things as a matter of public safety. Please remember to **wear your mask or face covering when in the hallways, socially distance at six feet apart and DO NOT GATHER IN GROUPS.** We thank you for your cooperation!

Please be patient as we start installing the new carpeting throughout the building. You may have to use detours to get around, so the glue has time to dry properly. Please call the office at 327-2200 if you have any questions.



Haircuts and Nails



Coni is a licensed Hairdresser and Nail Tech who comes to the building to provide services. Please call her at 333-0900 for more information.



We all know there are many Covid-19 challenges right now, including social isolation. You may want to consider walking outside in the early morning or in the evening. Please have a mask with you in case you cannot physically distance from others. Getting outside for some fresh air and enjoying the beauty of the landscaping with the river stones, shrubs, trees & flowers may be just what you need. Three times around the outside of the building is approximately one mile, so try to get out and enjoy the sites. It can be good for the body, mind and soul!!



FUN FACTS

- » The zodiac signs for August are Leo and Virgo.
- » The birthstone of August is the peridot.
- » The birth flowers of August are the gladiolus and the poppy.
- » International Clown Week is celebrated between August 1st and 7th each year.
- » This year, the Perseid Meteor Shower will peak between August 11th and 12th.
- » Famous jazz musician "Satchmo" Louis Armstrong was born on August 4, 1901.
- » On August 1, 1790, the first U.S. Census was completed, with a population of 4 million people.
- » On August 9, 1944, Smokey the Bear made his debut as the spokesman for fire prevention.
- » August 13, 2016, American swimmer Michael Phelps ended his Olympic swimming career with his 23rd gold medal win at the Rio de Janeiro Olympics.

FRIENDSHIP DAY

Friendship Day celebrations take place on the first Sunday of August every year. The tradition of dedicating a day in honor of friends began in the US in 1935. On this day people spend time with their friends and express love for them.



True friendship is about putting your feet up and knowing that someone is there to bail you out when the world might walk out on you. Besides, as a support system in today's hectic world, friends are the most reliable sources for social, intellectual and creative stimulations.

In the present fast pace age of nuclear families where people have little time to spend with each other, friends have become indispensable. Then there are times when we find it tough to discuss matters with our family members or even with our spouse. It is on occasions such as these that friends come to our support. They guide us and become our pillar of strength when we need them most. And the best part is we don't really need to put things in words when communicating issues to our best friends. Most often friends understand us, just by looking at us or hearing our voice. This heart-to-heart bonding is what makes friendship so exclusive, setting it apart from all other relationships.

"Friends are the most important ingredient in this recipe of life." *Unknown*

"A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words." *Unknown*

"It takes a long time to grow an old friend." *John Leonard*



Books-by-Mail-a free service for visually impaired people who live in Pima County and are unable to get to a library. Large print and audio materials are mailed directly to their home at no charge. Please see Teresa for details.



If anyone makes their own **SHARPS** containers from household coffee cans or detergent bottles, etc., Teresa has some **containers** and the **Biohazard stickers** to put on them before you put them in the trash. Call 321-4496 if you have any questions.



Your life is measured not by the number of breaths you take, but by the number of moments that take your breath away.



Feeling Grateful

Word Search

What are YOU thankful for on Thanksgiving Day and all the other days of the year? Here are a few ideas to get you started.

ANIMALS
BED
BIRTHDAY
BOOKS
CARS
CHALLENGES
DAD
EARTH
FAMILY
FLOWERS
GRANDPARENTS
HEALTH
HEARING
HEART
HOME
ICE CREAM
JOKES
LAUGHTER
LUNGS
MOM
MOON
MUSIC
NATURE
OXYGEN
POPCORN

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

RAIN
READING
SCHOOL
SHOES
SIGHT
SMELL

STARS
SUNSHINE
TASTE
TEACHER
TOUCH
VACATION

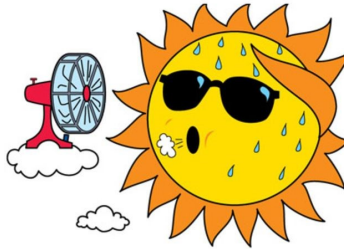


*****Wellness Center—Troy Pearson*******OFFICE HOURS:**

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



TROY J PEARSON—WELLNESS DIRECTOR

STAY SAFE IN THE SUMMER HEAT

Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F (38°C) to put them at risk for a heat-related illness. Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool place—air-conditioning is best.
- Drink fluids, but avoid alcohol and caffeine. Water and fruit or vegetable juices are good choices.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest in a cool place.

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day.
- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.
- Dress for the weather. Some people find natural fabrics, such as cotton, to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.

<div> INTERNATIONAL LEFT HANDERS DAY </div> <div> Covenant House Calendar August 2021 </div> <div> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Friendship Day 2021 1 st August 	2 PCOA Meals from 11:45-12:30! 	3 National Watermelon Day August 3 	4	5 PCOA Meals from 11:45-12:30! 	6 Senior Olympics at 1pm! 	7 Purple Heart Day August 7
8 August 8 is... World Cat Day	9 PCOA Meals from 11:45-12:30! 	10	11 Food Boxes at 9:15am! 	12 PCOA Meals from 11:45-12:30! 	13 	14
15 	16 PCOA Meals from 11:45-12:30! 	17 	18	19 PCOA Meals from 11:45-12:30! 	20	21 NATIONAL HONEY BEE day
22 	23 PCOA Meals from 11:45-12:30! 	24	25	26 PCOA Meals from 11:45-12:30! National Dog Day	27 	28 IT'S COOL TO BE Kind
29	30 PCOA Meals from 11:45-12:30! 	31 				



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

CLASS SCHEDULE:

**TUESDAY 9:30AM– LOW
IMPACT—UPPER BODY**

**THURSDAY 9:30AM- LOW
IMPACT—LOWER BODY**

**FRIDAY 9:30AM– TOE TO HEAD
STRETCH**

**ONE-ON-ONE SESSIONS BY
APPOINTMENT DURING
OFFICE HOURS**

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!



Food Plus

Income Guidelines:
\$1383/mo (ind)
\$1868/mo (cple)

**Please see Teresa if
you want to sign up
for Food Plus.**

**BOTH food boxes
are delivered on the
SAME DAY
(2nd Weds. of mo.)**

Pick-up time is 9:15

**August 11th
September 8th**