

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

July 2021



**HOME
OF THE
FREE
BECAUSE
OF THE
BRAVE**



A special thanks to all the troops who have served and are serving our country. We are a nation who will be forever grateful.



Fourth of July meal will be delivered to your door on Friday, July 2nd starting at 12pm!



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 Emergency, 808-7802

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



Service Coordinator News --- Teresa Wachala



*I would like to wish everyone a
Happy Fourth of July!!*



I would like to thank you all for your patience during this trying time. We are going to slowly start reopening the Wellness and Computer (for one-on-one sessions) centers on July 6th. We will still **require masks and social distancing with a limited number of residents in classes**. Look for sign-up sheets for the Wellness Center and the Computer Center in the lobby.

Once the carpet is replaced in the multipurpose room, we will let you know about resuming other activities. In the meantime, here are some resources you can utilize from your phone or laptop:

FREE On-line Virtual activities and classes. Anything from arts and crafts, to brainteasers, relaxation and wellness classes. All you need to sign up is an email address. Since we now have free Wi-Fi throughout the building and many of you have or are getting a tablet, laptop or desk-top computer, check out these websites:

<https://www.slvirtual.com>

<https://www.getsetup.io>

<https://www.tmcav.com/wellness-and-prevention/tmc-for-seniors-at-el-dorado/>

- ♦ 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, denture cleaner, dish soap, laundry soap, toothpaste, dryer sheets, paper towels, Kleenex, toilet paper**, etc., so please call 321-4496 and let me know if you 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 and Poise pads)** if anyone needs them. Please see me in my office as all distributions are kept confidential and discreet.
- ♦ I sell **stamps and quarters**, so call me if you need them.



"THIS NATION WILL REMAIN THE LAND OF THE FREE ONLY SO LONG AS IT IS THE HOME OF THE BRAVE." ~ ELMER DAVIS





Manager's Memo—Reda Anna



Happy July 4th!!

ATTENTION!

Please ***DO NOT*** use the doors off the stairwells as an exit as the alarm will go off.



Please remember to look out for your **safety** by:

- ◆ always looking to see if someone might be following you inside the doors
- ◆ locking your doors
- ◆ not telling strangers where you live
- ◆ calling 911 if you see someone acting strangely or suspiciously
- ◆ telling management or a neighbor when you are out of town
- ◆ being observant of your neighbors and informing staff if something seems wrong or suspicious



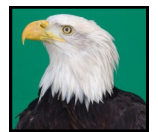
All residents have the right to question anyone they do not recognize, or inform the staff so we can take care of it. This may be a locked building, but everyone should be aware that strangers can and do get in, so we must all be careful. Please ***DO NOT*** let anyone you do not know into the building to help insure the safety of all.

Please remember that the gray/black key fobs to get into the building **should NOT be given to anyone else to use**. It is each residents responsibility to keep these keys and it is a violation of our policies to give them to others. If you lose your key fob, please see the management office immediately so we can void the key and keep unauthorized users from getting into the building.



FUN FACTS ABOUT OUR NATION!

- * Benjamin Franklin wanted the turkey to be the national bird, but was outvoted by John Adams & Thomas Jefferson choosing the bald eagle.
- * Over an estimated 150 million hot dogs will be consumed on July 4th. That's roughly one dog for every two people in the U.S.
- * Over \$211 million has been spent on the importation of fireworks from China.
- * The first 4th of July party held at the White House was in 1801.
- * The 4th of July was not declared a national holiday until 1941.
- * More than 70 million Americans will BBQ on the 4th.
- * The stars on the original American flag were arranged in a circle to ensure the colonies were equal.
- * Presidents John Adams, Thomas Jefferson & James Monroe all died on July 4th.



4TH OF JULY

WORD SEARCH

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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	

YOU KNOW YOU'RE SUMMERING IN ARIZONA WHEN....

The birds have to use potholders to pull worms out of the ground.

The best parking place is determined by shade instead of distance.

You discover that in July it only takes 2 fingers to steer your car.

Hot water now comes out of both taps.

You can make sun tea instantly!

You learn that a seat belt buckle makes a pretty good branding iron!

You actually burn your hand opening the car door.

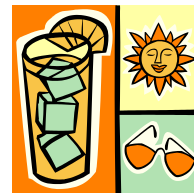
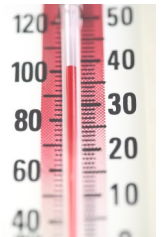
You break into a sweat the instant you step outside at 7:30 am!

You realize that asphalt has a liquid state.

You see two cacti fighting over a dog.

The cows are giving evaporated milk!

Ah, what a place to call home!



Mother's Day, Memorial Day & Father's Day



*****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

WELCOME BACK!!!

CLASSES RESUMING TUESDAY, JULY 6TH!!!

Residents wishing to attend class **MUST** reserve a spot on the sign-up sheet that will be in the lobby. Classes are limited to 6 residents so we can maintain social-distancing. **MASKS ARE REQUIRED**

CLASS SCHEDULE:

TUESDAY at 9:30am—Low-impact upper body exercises

THURSDAY at 9:30am—Low-impact lower body exercises

FRIDAY at 9:30am—Toe-To-Head stretch

30 minute One-On-One sessions available with Troy J Pearson—Wellness Director on a limited basis by calling 520-327-0922.

All residents participating in the JUNE MOVEMENT CHALLENGE must turn in their logs by Friday, July 9th.

Like and follow B'NAI B'RITH COVENANT HOUSE on [facebook](#) to view EXERCISE OF THE WEEK video that can easily be performed in your apartment.

<div>   <h2>Covenant House Calendar</h2> <h3>July 2021</h3>   </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 PCOA Meals at 11:45am! 	2 Fourth of July Meal will be delivered at 12	3 
4 	5 Offices will be closed for the Fourth of July Holiday! 	6 PCOA Meals at 11:45am! 	7	8 PCOA Meals at 11:45am! 	9 	10
11 	12 PCOA Meals at 11:45am! 	13	14 Food Boxes at 9:15am! 	15 PCOA Meals at 11:45am! 	16	17
18 	19 PCOA Meals at 11:45am!  Produce to Seniors Pro- gram at 12pm 	20 	21	22 PCOA Meals at 11:45am! 	23 	24
25	26 PCOA Meals at 11:45am! 	27 	28	29 PCOA Meals at 11:45am! 	30 Senior Olympics at 10am 	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: bnaibrithcovenan@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 at 9:30am—Low-impact upper body exercises

THURSDAY at 9:30am—Low-impact lower body exercises

FRIDAY at 9:30am—Toe-To-Head stretch

Residents wishing to attend class **MUST** reserve a spot on the sign-up sheet that will be in the lobby. Classes are limited to 6 residents so we can maintain social-distancing.

MASKS ARE REQUIRED

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!

July 14th
August 11th