

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

June 2021



Flag Day (June 14th), is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation.....one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon. As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride!



HAPPY FATHER'S DAY!



It's that time of year in the Old Pueblo when the temperatures start to 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
- 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



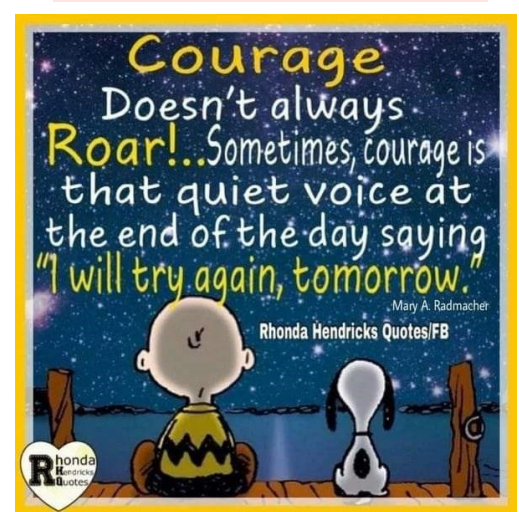
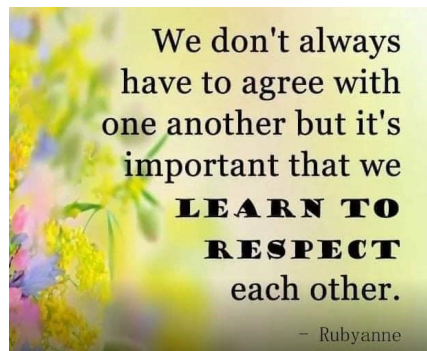


Service Coordinator News --- Teresa Wachala

*I would like to wish everyone a
Happy Father's Day!*



- ♦ 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, clothes soap, toothbrushes, toothpaste, 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 sell **stamps and quarters**, so call me if you need them.
- ♦ I have **incontinent supplies (Depends pull-ups, Poise pads)** if anyone needs them. Please see me in my office as all distributions are kept confidential and discreet.






Manager's Memo—Reda Anna

HAPPY
FATHER'S
Day!

Wishing all a very HAPPY FATHER'S DAY!!

- ◆ Please remember that our building still requires all residents, guests and caregivers to **wear a mask** in all the common areas. 
- ◆ The **barbeque grill** outside of the multi-purpose room is **GAS ONLY!** Please DO NOT put charcoal briquettes in it!
- ◆ Please let the office know if **you are going on vacation** so staff knows you are gone. We also want to be sure it does not coincide with your annual recertification.
- ◆ Please let the office know if you **change your phone number or your emergency contact.**

Thank you! Sincerely, Management



Dad



*He never looks
for praises
He's never one to boast
He just goes on quietly working
For those he loves the most
His dreams are seldom spoken
His wants are very few
And most of the time his worries
Will go unspoken too
He's there.... A firm foundation
Through all our storms of life
A sturdy hand to hold to
In times of stress and strife
A true friend we can turn to
When times are good or bad
One of our greatest blessings,
The man that we call Dad.*



The Value of a Smile



A smile creates happiness in the home, fosters good will in business, and is the countersign to friends. It is rest to the weary, daylight to the discouraged, sunshine to the sad, and nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed or stolen; for it is something that is no earthly good to anyone until it can be given away.

And if someone is too tired to give a smile, just give them one of yours; for nobody needs a smile as much as those who have none left to give.



COVID-19 Vaccinations



Still need to get a COVID-19 vaccine?

Vaccinations have opened up to all who are 18 and older and there are more options available in Pima County.

Some require appointments and others are walk-ins.

Here is a list of places you can call if you, a caregiver or family member would like to get vaccinated.

Walgreens.....327-7239

CVS.....320-1184 or 917-0117

Pima County Health Dept. for TMC or TCC.....222-0119

Please call Teresa at 321-4496 if you need help or have any questions.

FEMA Offers help with COVID-19 related funeral expenses!

To help ease the burden for grieving families, the Federal Emergency Management Agency (FEMA) will provide financial assistance of up to \$9,000 per funeral for COVID-19-related funeral expenses incurred after January 20, 2020.

You can learn more about eligibility and required documentation on the [FEMA website](https://www.fema.gov) (FEMA.gov).

FEMA has already begun accepting applications. To apply you must call FEMA's COVID-19 Funeral Assistance Line at 844-684-6333 (TTY: 800-462-7585). The line will be open Monday – Friday, 6 AM – 6 PM Arizona Time.



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

HAPPY FATHER'S
DAY!

FATHER'S DAY WORD SEARCH



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

BARBECUE
BRAVE
CHILDREN
DAD
FAMILY



FATHER
FISHING
GRILLING
HELPFUL
JUNE

KIND
LOVE
MOTIVATIONAL
PARENT
PICNIC

PROTECT
SPORTS
STRONG
SUMMER
TEACHER



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

JUNE WALKING/MOVEMENT CHALLENGE

I left a calendar on your door to track your estimated daily walking time or rolling time if you have a scooter or wheelchair for the month of June. 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. All calendars that are returned to me will receive a \$5 GIFT CARD to FRY'S or SPROUTS.

HELPFUL TIPS WHILE WALKING/MOVING

- **STAY HYDRATED:** Drink fluids before, during and after you walk.
- **START EARLY:** Beat the heat and walk in the cooler mornings or walk the air-conditioned hallways.
- **PROPER FOOTWEAR:** Wear comfortable shoes.
- **TREKKING POLES:** Improve your balance and reduce impact.

Please call The WELLNESS CENTER at 520-327-0922 for questions or a replacement calendar.

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>  <div> Covenant House Calendar June 2021 </div>   </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 PCOA Meals at 11:45am! 	2  CANCER SURVIVOR AWARENESS MONTH	3 PCOA Meals at 11:45am! 	4	5  Cataract Awareness Month June
6	7 PCOA Meals at 11:45am! 	8 KINDNESS IS FREE  SPRINKLE THAT STUFF EVERYWHERE	9 Food Boxes at 9 am! 	10 PCOA Meals at 11:45am! 	11	12 
13	14 PCOA Meals at 11:45am! 	15 	16	17 PCOA Meals at 11:45am! 	18	19
20 HAPPY FATHER'S DAY! 	21  PCOA Meals at 11:45am! 	22	23	24 PCOA Meals at 11:45am! 	25 	26
27	28  PCOA Meals at 11:45am! Produce to Seniors Program at 12pm 	29	30 			



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 am!

**June 9th
July 14th**