

# COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

May 2021



## Older Americans Month 2021

The 2021 theme: **Communities of Strength**. Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. We celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities. There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities.



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 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.

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 Inc.



\*\*\*Service Coordinator News --- Teresa Wachala\*\*\*



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

Happy  
Mother's  
Day!

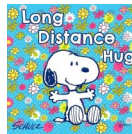


- ♦ My office is currently OPEN by **PHONE APPOINTMENT ONLY**, so please call me at 321-4496 if you need anything including pantry items & quarters.
- ♦ If anyone runs low on food or other items during the month, I have an **emergency food pantry**. I have various items, such as **tuna, sardines, fruit, 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 have **incontinent supplies (Depends pull-ups and Poise pads)** if anyone needs them. Please call me as all distributions are kept confidential and discreet.



Thank you all for your patience and cooperation during this time. I am truly humbled by all the words of appreciation!! I am so glad I can still be here to help all of you. Thank you for helping each other and offering to help me as well. Please continue to follow CDC guidelines to keep everyone safe! We will get through this together!

Sincerely,  
Teresa



Life is short, live it. Love is rare,  
grab it. Anger is bad, dump it.  
Fear is awful, face it. Memories  
are sweet, cherish them.



**SCAMS!!**



I have been seeing more phishing scams where you may get an email or text saying you've won something or your order needs to be checked. Always be careful about emails or texts that are from someone you do not know and be very careful about opening websites. Remember that **Social Security will only reach you by mail**, so never give out any of your personal information to anyone over the phone. If you are aware of or have been the victim of a scam, call the Attorney General's office at 602-542-2124, 844-894-4735 (toll free), or email [seniorabuse@azag.gov](mailto:seniorabuse@azag.gov).





## \*\*\*Manager's Memo—Reda Anna\*\*\*



*Wishing all a very HAPPY MOTHER'S DAY!!!*

- \*\*\*\*\*
- ♦ Management would like to thank everyone for their cooperation with the mask mandate in our building. Please **continue to follow the CDC guidelines** to keep everyone safe.
  - ♦ We hope everyone is enjoying the **FREE Wi-Fi**. Please let us know if you need help connecting to it.
  - ♦ **We will be resuming recertification inspections of your apartments.**
  - ♦ **A/C units** - Please keep your **windows shut** when the A/C is running to avoid condensation and leaking. If you keep the A/C at a constant temperature (75°) it should stay nice and cool without the unit freezing up. If your A/C goes out, we may not be able to get someone here to fix it right away, so please follow these tips to keep it working properly.
  - ♦ Please **DO NOT** adjust the thermostats in the hallways yourself. During this hot weather, they can easily freeze up and stop working if set too low. Please let the staff take care of them.



*We will be delivering a Memorial Day meal on Friday, May 28<sup>th</sup>. Teresa will send out a flyer with all the details to sign-up.*



## Honoring Memorial Day!

To all our residents, family members and friends who have served in the military, we thank you for your dedication and service to our country!



Memorial Day is a good time to reflect on the sacrifices and services of the American soldiers and veterans and the U.S. military men and women. The American military is, has always been and will always recruit the best and finest of the crop of young men and women of the country and we will continue to shower them with appreciation, support and prayers, as we have always done. Memorial Day is an opportunity for us to express the special places they have in the hearts of American citizens and more by honoring the people who work in the various branches of the military.

## Local Produce to Seniors Project!

This program enables seniors to receive more **fresh, locally grown, organic produce** to supplement their nutritional needs!



**Produce bags will arrive on the last Monday of the month.**



Please call Teresa at 321-4496 if you want to sign up for this program or have any questions.

## Pima Council on Aging Meals Program!!

PCOA has a **meals program** and most residents can qualify for it.

They will provide **7 prepared meals** for the week which will be delivered to Teresa for you to come down and get or be delivered to your door.

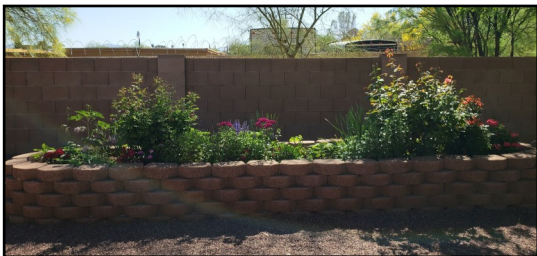


**Meals will have to be heated and consist of a protein, vegetable, fruit and grains.**

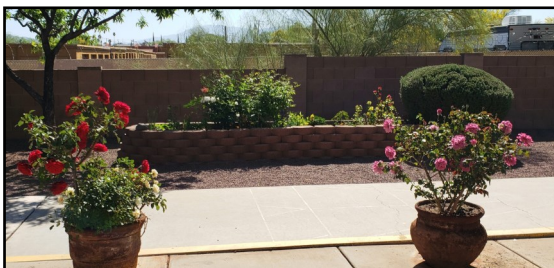


There is no cost to the resident and for meal service to **begin the following week, Teresa must know by 4pm the Wednesday before.**

If you are interested, please call **Teresa at 321-4496 for more details.**



Our resident gardeners have been doing a great job, so please visit the back courtyard to enjoy their work!



**STOP AND SMELL THE ROSES**



# Mother's Day Word Search



MOTHER  
AUNT  
FAMILY  
RESPECT  
COOKING



MOMMY  
LOVE  
PARENT  
WISDOM  
NURTURE



GRANDMA  
SPECIAL  
HUGS  
KISSES  
BEAUTIFUL

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

## \*\*\*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



### ***THE WEATHER IS GETTING WARMER!! STAY HYDRATED!!!***

People over 60 generally stop feeling thirsty and consequently stop drinking enough fluids. When no one is around to remind them to drink fluids, they can easily dehydrate. DEHYDRATION IS SEVERE AND AFFECTS THE ENTIRE BODY. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

But there are more complications. Although they are already dehydrated, they don't feel thirsty because their internal balance mechanisms do not feel the lack of water in the body due to blunted thirst receptors.

GET INTO THE HABIT OF DRINKING FLUIDS. Water, juices, tea, coconut water, milk, soups and water-rich fruit, such as watermelon, melons, peaches, pineapple, oranges and tangerines can contribute to your overall fluid intake.

The important thing to remember is: DRINK FLUIDS EVERY TWO HOURS!!!

Don't forget to turn in your logs for THE SPRING WALKING CHALLENGE to receive your gift card for FREE groceries!!!

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



# Covenant House Calendar May 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 PCOA Meals at 11:45am! 	4	5 	6 PCOA Meals at 11:45am! 	7 	8
9 	10 PCOA Meals at 11:45am! 	11	12 Food Boxes at <u>9 am</u> ! 	13 PCOA Meals at 11:45am! 	14	15 
16	17 PCOA Meals at 11:45am! 	18 	19	20 PCOA Meals at 11:45am! 	21 	22
23	24 PCOA Meals at 11:45am!  Produce to Seniors Pro- gram at 12pm 	25 	26	27 PCOA Meals at 11:45am! 	28 Memorial Day Meal delivered to your door. Details by flyer.	29 
30	31 Offices will be closed for Memorial Day 					



## *B'nai B'rith Covenant House*

4414 E. 2nd Street

Tucson, AZ 85711

Website: [www.covenanthouseoftucson.org](http://www.covenanthouseoftucson.org)

Facebook: [www.facebook.com/covenanthousetucson](https://www.facebook.com/covenanthousetucson)

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

E-mail: [bnaibrithcovenant@qwestoffice.net](mailto: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.



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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** (2<sup>nd</sup> Weds. of mo.)

**Pick-up time is 9:15!**

**May 12<sup>th</sup>**  
**June 9<sup>th</sup>**