

# COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

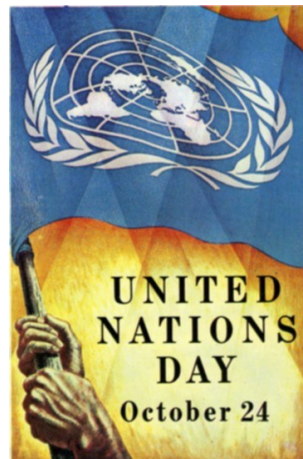
October 2021



*October is  
Breast Cancer  
Awareness  
Month*

Breast Cancer Awareness Month, also referred to in America as National Breast Cancer Awareness Month, is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.

**United Nations Day** celebrates the anniversary of the signing of the United Nations Charter which occurred on October 24, 1945. The United Nations is an international organization engaged in the diplomatic and peaceful communication between the countries of the world. The UN oversees issues like human rights, international security, political freedoms and democracy. Their end goal is the achievement of world peace. United Nations Day is observed on October 24<sup>th</sup> each year.



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 Терезы. 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,

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





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



I will be notifying everyone of **activities like Bingo, craft classes and monthly, celebratory meals** starting this month. Thank you for your patience.

If anyone runs low on food or other items during the month, I have an **emergency food pantry**, so please call 321-4496 and let me know if you need anything.

I have incontinent supplies—**pull-ups, Poise pads and bed pads**. If you need any of the above items please see me during my office hours. All distributions are kept confidential.

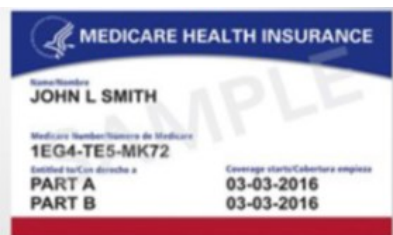
I still have various **GREETING CARDS** and some **2022 Calendars**. There are still plenty of **adult coloring books and colored pencils and puzzles**. Please let me know if you need any of these to help keep you occupied.



### Would you like to receive a Holiday Gift? Be Santa to a Senior Program



Please bring me your gift form for the **Be Santa to a Senior** program if you would like to **receive a Christmas/Chanukah gift** this year. All gifts will be bought through **AMAZON** this year and have a limit of **\$15-\$20**. **Home Instead Senior Care** is sponsoring this program to **try to make sure** that every senior gets a gift during the holiday season. **Gifts are NOT guaranteed!** All residents can participate in this program by filling out a gift form which I distributed to your door. **Please get them to me by October 25<sup>th</sup>**. Please call me at 321-4496 if you have any questions.



### Medicare's Open Enrollment period is October 15<sup>th</sup> - December 7<sup>th</sup>

when **ALL** people with Medicare can change their Medicare health plan and prescription drug coverage for 2022. **If you are enrolled in AHCCCS, you can change your Medicare Advantage plan once every quarter during the year.** Information on 2022 plans will be available beginning in October. People with Medicare can call 1-800-633-4227 or visit [www.medicare.gov](http://www.medicare.gov) for plan information. If a person is satisfied that their current plan will meet their needs for next year, they don't need to do anything. Please call Teresa at 321-4496 if you have any questions.

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

Due to the various inspections we have throughout the year, it is *always* a good idea to keep your apartments in good condition. The following tips should help:



### Things that you should look for in your apartments....

- ♦ **Emergency Items**- Blocked or inoperable smoke alarms. Nothing should be blocking your access to the emergency pull cords. The cord must be fully extended.
- ♦ **Tripping Hazards** - You should never have any cords running across the room or taped to the floor, including TV cable wiring.
- ♦ **Electrical Panels** - Nothing may be covering your electrical panel. It must be easy to see and easily accessible.
- ♦ **Missing or broken outlet/switch covers** - Please report any broken outlet or switch covers, so they can be replaced.
- ♦ **Stovetops and ovens** - Please remember they are used for cooking and baking, not for storage.
- ♦ **Faucets** - Please remember to shut your faucets tight when you turn them off. This saves water and stops the damage to the sink.
- ♦ **Window screens** - If your window screens need replacing, please come to the office and let us know.
- ♦ **In front of your door** - You may keep things on the shelf outside your door, but the hallway and floor outside of your door should be free of clutter.
- ♦ **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.

We have noticed many of you not wearing your masks properly. Please remember to **always cover your nose** and your mouth! Please **DO NOT** take your mask off when speaking to someone in the common areas. Please help keep everyone safe!



## FLU & COVID-19 PREVENTION

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu and COVID-19. Also, wearing a mask to prevent spreading your germs or getting others germs is recommended especially if you have a compromised immune system. There also are **flu antiviral drugs** by prescription that can be used to treat and prevent the flu.

- ♦ **Avoid close contact. Stay 6 feet apart.**
- ♦ **Stay home when you are sick.**
- ♦ **Cover your mouth and nose.**
- ♦ **Wash your hands for 20 seconds.**
- ♦ **Avoid touching your eyes, nose or mouth.**
- ♦ **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



## ATTENTION!

Please note: the **COVID-19 booster vaccine clinic has been CANCELLED until further notice.** I am awaiting word from Walmart about when I can reschedule as they have not gotten approval yet.

I will send a flyer to everyone as soon as I have a new date.

Thank you for your patience!



**Computer Center Coordinator  
Emmett Stone**

**Hours :**

**Wednesday from 3:30-5:30pm**

**Thursday from 2-4pm**

**Friday from 1-4pm**



The Computer Room will be open by appointment **ONLY**. Emmett has a sign-in sheet in the lobby, so please sign up for one or more 15 minute slots if you need help with your technology. Please come see him for your computer, tablet, laptop and phone technology questions/lessons by making an appointment with him. Call Teresa at 321-4496 if you have any questions.





# Fall Word Search



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

ACORN  
APPLE  
AUTUMN  
CHESTNUTS  
CHILLY  
CIDER  
COBWEB  
FALL  
FOOTBALL  
GOURD

HALLOWEEN  
HARVEST  
HAY BALE  
HAYRIDE  
LEAVES  
MAIZE  
NOVEMBER  
NUTS  
OCTOBER  
PUMPKIN

QUILT  
RAKE  
SCARECROW  
SEPTEMBER  
SLEET  
THANKSGIVING

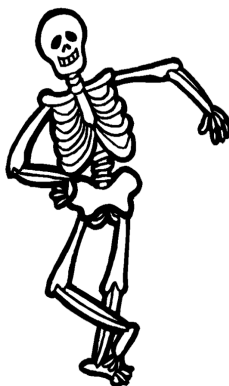


**\*\*\*Wellness Center—Troy Pearson\*\*\*****OFFICE HOURS:**

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



TROY J PEARSON—WELLNESS DIRECTOR

***EXERCISE YOUR BONES***

**Osteoporosis by definition means “porous bone.” It’s when the body loses too much, or makes too little, bone. Osteoporotic bones are those that have lost density or mass and contain abnormal tissue structure. When osteoporosis occurs, bones become weak and are more likely to break from a fall. In some of the more serious cases, simple minor bumps or even sneezing can result in bone fractures.**

**Once people reach a certain age, it becomes time to start putting thought into exercises for osteoporosis. Just like there are techniques and workouts designed to increase strength and build muscle, there are also exercises for seniors that focus on strengthening bones and improving balance to prevent falls.**

**There are a variety of exercises for osteoporosis that are simple enough for people to do at any age, but are especially beneficial for seniors. Many beneficial exercises are performed in regular classes or you can schedule an individualized session by calling the Wellness Center at (520) 327-0922.**

Happy  
Halloween



# Covenant House Calendar

## October 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>October is National Depression Education &amp; Awareness Month</p>			1	2
3	4 PCOA Meals at 11:45am!	5	6	7 PCOA Meals at 11:45am!	8	9
10	11 Offices will be closed for Columbus Day!	12 PCOA Meals at 11:45am!	13 Food Boxes at 9:15am!	14 PCOA Meals at 11:45am!	15	16
		<p>Produce to Seniors Pro- gram at 12pm</p>				
17	18 PCOA Meals at 11:45am!	19	20	21 PCOA Meals at 11:45am!	22	23
24 United Nations Day	25 PCOA Meals at 11:45am!	26	27	28 PCOA Meals at 11:45am!	29	30
	<p>Deadline for BASTAS Gifts!</p>					
31 Happy Halloween						





## *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

#### 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!



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

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

**October 13<sup>th</sup>**  
**November 10<sup>th</sup>**