

# COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

September 2021



September 11, 2001 is a day that many will never forget. After the terrorist attacks on our World Trade Center and the Pentagon, many Americans' lives were changed forever. Let's remember that day, fill our hearts with strength and pay tribute to those who lost their lives on 9/11.

*"If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate."*

- Sandy Dahl, wife of pilot of Flight 93 Jason Dahl

*"September 11 is one of our worst days but it brought out the best in us. It unified us as a country and showed our charitable instincts and reminded us of what we stood for and stand for."* - Senator Lamar Alexander

## 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.



JEWISH NEW YEAR  
Rosh HaShanah



**Rosh Hashanah and Yom Kippur** are the two "High Holy Days" in the Jewish religion. **Rosh Hashanah** commemorates the creation of the world and marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in the **Yom Kippur** holiday, also known as the Day of Atonement.

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.

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



### National Service Coordinator Day



In 2014, Congress designated September 19<sup>th</sup> as **National Service Coordinator Day** to "Recognize the value of service coordinators in subsidized and other affordable housing communities for their work to promote and support economic self-sufficiency and independence for low-income families, older Americans, and persons with disabilities."

Older Americans who are assisted by service coordinators experience benefits in their health outcomes and have the ability to age in-place as they become more frail, thereby delaying or preventing the transfer to a more expensive nursing home setting.

Residents in subsidized and affordable housing communities having a service coordinator report higher satisfaction with their living environments and a heightened desire to be productive members of their communities.

The profession of service coordination is dedicated to empowering residents to maximize their independence and self-sufficiency, holds residents' rights to self-determination in the highest regard, and instills trust through maintaining high standards of confidentiality.

I truly love my job and am so glad I can assist my residents with their needs. I am so grateful to all my resident volunteers without whom I could not do as much. Your constant words of gratitude are all I need to keep me going even on the busiest of days.



## Happy Grandparents Day to All!!



In 1978, the first Sunday after Labor Day was proclaimed National Grandparents Day. It is a day to honor those who have helped shape the character of our Nation, and thank these role models for their immeasurable acts of love, care, and understanding.



- ♦ 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 various items, such as **tuna, sardines, fruit, soups, milk, ground coffee as well as instant coffee, hearing aide batteries, dish soap, laundry soap, paper towels, Kleenex, toilet paper, etc.**, please see me during my office hours. All distributions are kept confidential.



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

### ATTENTION!!



Please, for the safety of all, be sure **doors are closed and latched/locked** when entering or exiting the building. The side doors especially, are not being properly shut. Please do your part to keep the building and its residents safe!



Please be patient as we finish the carpeting throughout the building. Our library will not be available again until the carpet is done in that hallway. Management will do their best to get notices out to residents when their hallway needs to be done. If you have any questions, please call Reda or Gulnar at 327-2200.

The Board of Directors will be sponsoring a **delivered meal for Labor Day on Friday, September 3<sup>rd</sup>, starting at 12noon.** Teresa sent out a flyer earlier to invite you to sign-up. If you can't be at home, please contact Teresa at 321-4496, or make arrangements for a neighbor to hold it for you.



**SEPTEMBER  
IS  
SELF-CARE  
AWARENESS  
MONTH**

**Self-care** refers to activities and practices that can help you to reduce your stress and enhance your overall well-being: essentially, proactively taking care of yourself. There are many reasons that self-care is important. Research shows that self-care helps to keep you healthy, helps you recharge and helps to improve your overall well-being. Self-care is more than an occasional treat, but a way of living each day that incorporates practices and behaviors that help you feel refreshed, re-energized, and rested.

Self-care is even more important during this pandemic. There are many ways to begin **reducing your stress** and some of them only take a few moments. Watching a sunrise/sunset, listening to a cat purring, playing with a dog, listening to music and going for a walk are some things you can do every day to help relieve stress.

Take five minutes to practice deep breathing. In just those few minutes you can lower your blood pressure and heart rate, thus lowering the physical affects of stress.



Another technique that some people employ to deal with their stress is to try to understand and address the factors that contribute to it. Practicing "Stress Journaling" can be useful in this regard. Journaling can have a lot of benefits. Writing can help you process your feelings, ignite creativity centers in the brain, and help you be in the present moment. Take a few minutes each day to journal.







## WALMART VACCINE CLINIC!!

**Friday, September 24<sup>th</sup> at 9am in the multipurpose room!**

These are the vaccines they will be providing:  
**Flu \* Pneumonia \* Shingles \* Covid-19 (Pfizer and Moderna)**  
**and the Covid-19 Booster (Pfizer and Moderna)**

If you have any questions regarding any of the vaccines,  
 please consult your physician.

**Must call Teresa on or before September 15<sup>th</sup> to  
 sign up, ask questions and get your paperwork.**

It's **Flu Season** and many of the **same CDC Guidelines** should be followed  
 for flu and cold prevention and transmission as those we are currently  
 following for the COVID-19 pandemic.

## FLU 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. There  
 also are **flu antiviral drugs** by prescription that can be used to treat and prevent  
 the flu.

- ♦ **Avoid close contact.**
- ♦ **Stay home when you are sick.**
- ♦ **Cover your mouth and nose.**
- ♦ **Clean your hands.**
- ♦ **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.**



# Compassion and Self Care



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

SELF LOVE  
BREATHE  
WORTHY  
CALM  
COMPASSION  
HEALING  
KINDNESS  
WELL BEING  
EMPOWERED  
POSITIVE  
MOVE  
MINDFULNESS  
LISTEN  
GROWTH  
EMPATHY



**PIMA COUNTY**  
**PUBLIC LIBRARY**

Martha Cooper Library  
1377 N. Catalina Ave.  
Tucson AZ 85712

(520) 594-5315

Open Tuesday-Saturday at 10am

Did you know we have a branch of Pima County Library near here? It is just two blocks north on Catalina Ave.



**Postage rates are going up!** As of August 29<sup>th</sup>, a first class stamp now costs 58 cents. A book of ten (which Teresa sells) will now cost \$5.80. She also sells them individually.



**\*\*\*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****Key Benefits of Exercise for Seniors**

Some of the key benefits of exercise for seniors are:

- **Improved healing and function** – Regular exercise by seniors may decrease the time it takes for a wound to heal by 25%. Also, a healthy, strong body can better fight off infection and makes recovery from illness or injury easier.
- **Prevention of disease or chronic conditions** – According to the National Institute of Aging, exercising as a senior may delay or even prevent diseases like diabetes, cancer, stroke, heart disease and osteoporosis, just to name a few.
- **Increased balance and stability** – Falls are the number one injury among seniors, and regular exercise can help prevent them. Falling leads to injuries like broken hips or other bones, and exercise is a key component to improve functional reach and balance.
- **Improved quality of life and increased life expectancy** – New studies have found that seniors who exercise improve not only their physical fitness but experienced psychological benefits as well. Exercise can help alleviate symptoms of depression and improve the mood in general. The increased mobility that comes from regular, moderate exercise can help a senior maintain his or her independence if it is done on a long-term basis. Consistency is more important than intensity.

It is never too late for seniors to start engaging in a regular exercise routine. The key is to find something you enjoy doing, and start at a level that is easy to maintain.



Covenant House Calendar September 2021						
 <b>LABOR DAY</b>		 <b>Happy Grandparents Day</b>		 <b>Rosh Hashanah</b>		 <b>9/11</b> WE WILL NEVER FORGET NATIONAL DAY OF REMEMBRANCE <b>PATRIOT DAY</b>
Sun	Mon	Tue	Wed	Thu	Fri	
<b>September is National Honey Month!</b> 			<b>1</b> <b>SEPTEMBER IS SELF CARE AWARENESS MONTH</b>	<b>2</b> <b>PCOA Meals at 11:45am!</b> 	<b>3</b> <b>Labor Day meal delivered at 12noon!</b> 	<b>4</b> <b>Happy September!</b> 
<b>5</b>  <b>it's Labor Day take the day off!</b>	<b>6</b> <b>Offices will be closed for Labor Day!</b> <b>Rosh Hashanah begins</b> 	<b>7</b> <b>PCOA Meals at 11:45am!</b> 	<b>8</b> <b>Food Boxes at 9:15am!</b> 	<b>9</b> <b>PCOA Meals at 11:45am!</b> 	<b>10</b>  <b>TAKE CARE OF YOURSELF</b>	<b>11</b> <b>9.11.01 PATRIOT DAY</b> WE WILL NEVER FORGET
<b>12</b> <b>Happy Grandparents Day!</b> 	<b>13</b> <b>PCOA Meals at 11:45am!</b> 	<b>14</b> 	<b>15</b> <b>YOM KIPUR</b> 	<b>16</b> <b>PCOA Meals at 11:45am!</b> 	<b>17</b> <b>18</b> <b>Always practice reckless optimism and kindness</b>	
<b>19</b> <b>National Service Coordinator Day!</b>  <b>I Service Coordinators!</b>	<b>20</b> <b>PCOA Meals at 11:45am!</b> 	<b>21</b>	<b>22</b> <b>Fall Equinox</b> 	<b>23</b> <b>PCOA Meals at 11:45am!</b> 	<b>24</b>   <b>at 9am!!</b>	<b>25</b> 
<b>26</b>	<b>27</b> <b>PCOA Meals at 11:45am!</b> 	<b>28</b> <b>29</b> 		<b>30</b> <b>PCOA Meals at 11:45am!</b> 	<b>SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH</b>	



## *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 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

### **\*\*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!



### 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**

**September 8<sup>th</sup>**  
**October 13<sup>th</sup>**