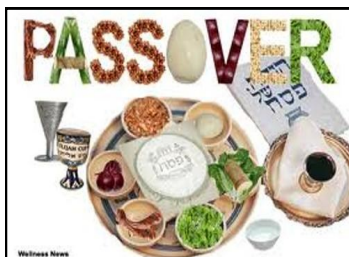


COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

April 2022



PASSOVER (April 15-April 23)

One of the Jewish religion's most sacred and widely observed holidays, Passover (Hebrew: Pesach) commemorates the story of the Israelites' departure from ancient



Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers and Deuteronomy, among other texts. Jews observe the weeklong festival with a number of important rituals, including traditional Passover meals known as Seders, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale.





EASTER

Easter is a Christian holiday that celebrates the belief in the resurrection of Jesus Christ from the dead. The holiday concludes the "Passion of Christ," a series of events and holidays that begins with Lent—a 40-day period of fasting, prayer and sacrifice—and ends with Holy Week, which includes Holy Thursday, Good Friday, and Easter Sunday. From the very early times, the egg has been considered the most important symbol of rebirth.



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
- 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.

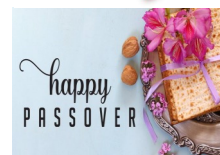


Service Coordinator News --- Teresa Wachala

Wishing everyone a Happy Passover and Easter! This has been a very challenging year and I want to say thank you for your patience and understanding! I so appreciate all the kind words from residents, staff, board members and Biltmore. They touch me deeply and keep me going. A special THANK YOU to all my resident and other volunteers, especially during this month of Volunteer appreciation! You are the only way I can keep having the ongoing programs like PCOA meals, Food Bank boxes, Crafts, Bingo and Birthday cards.

I am so grateful for my volunteers and am happy to see residents helping each other. Please don't hesitate to call me if you need anything, even just to talk,

With a grateful heart, Teresa ❤️



Stress: it's all about how you handle it. When not managed properly, stress is responsible for a host of problems, from gastric issues like indigestion to depression and eating disorders. April is Stress Awareness Month, the perfect time to reflect on how we can better manage stress in our daily lives in order to stay healthy mentally, emotionally and physically.

While a little stress is normal, chronic, long-term stress is not and it can have quite a negative impact on health. Here are some tips and stress management habits we've collected to help manage stress:

GET SOME SLEEP: Be sure you're getting the right amount of sleep. You can't manage stress (or anything else) if you're exhausted. Being rested and refreshed will make you more effective at whatever you do, so get that shut-eye.

KEEP A JOURNAL: The simple act of putting words on paper gives them power and weight. Creating a record of positive thoughts, things you're thankful for, and small victories will help to cement those memories in your brain, causing a shift toward more positive thinking, a major stress-reliever.

TAKE A BREAK : Whether you meditate, take a nap, or binge-watch your favorite Netflix offering, take time out to do absolutely nothing. Take your mind off the tasks at hand for a while and regroup; you'll find that returning to a chore is easier when you've had a positive, stress-free period of time to prepare.

TAKE A WALK : Sometimes a breath of fresh air really is all you need. A change of scenery and a nice breeze can clear your head so that you can return to your task with renewed energy and perhaps even a better perspective.

CLEAR THE CLUTTER : An untidy physical environment can contribute to stress. Take time each day to keep clutter at bay, putting things in their proper places. This can be helpful for our mental environment as well: keep negative thoughts and worry at a distance and focus on the task at hand to become more productive.



Manager's Memo—Reda Anna



Happy Passover and Easter to all!!

Please remember that your rent is based on **ALL INCOME** you receive, including Social Security, SSI, VA benefits, pensions and family support. Be very careful about any deposits going into your bank account because it may be considered income.



If you are paying for any VA or Home Care services, they may not be allowable medical expenses. When in doubt, please ask the office for clarification.



Feel free to come to the office and speak with us about what is considered income and what are allowable medical expenses and how it will affect your rent.



RESIDENTS' RIGHTS & RESPONSIBILITIES!



Residents are responsible for reporting immediately to the office, any increase of income totaling \$200 or more per month!

While all income is reported and calculated during your annual recertification interview; you are responsible to immediately report if your income increases \$200 or more per month.

Please take heed to your responsibilities. If it is not reported, you will be given a repayment agreement and we will go back to the month your increase began.

Please take time to review your Resident's Rights and Responsibilities, HUD Fact Sheet-How your rent is determined, the EIV and You brochure, and the HUD-1141 Fraud is it Worth It handouts.



Haircuts and Nails



Coni is a licensed Hairdresser and Nail Tech who comes to the building to provide services. Please call her at 333-0900 for more information.





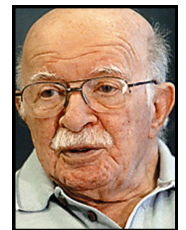
Holocaust Remembrance Day is on April 28th!

It is never too late, and we should always remember those who lost their lives during the Holocaust and make sure it never happens again.

Yom Ha Shoah (Holocaust Remembrance Day) is observed as Israel's day of commemoration for the approximately six million Jews and five million others who perished in the Holocaust as a result of the actions

carried out by Nazi Germany and its accessories, and for the Jewish resistance in that period.

Holocaust survivor, **Gerd Strauss** founded B'nai B'rith Covenant House I and II and the Gerd & Inge Strauss Manor on Pantano. He was an active member of the Holocaust Survivors group in Tucson where he taught thousands of students about the Holocaust.

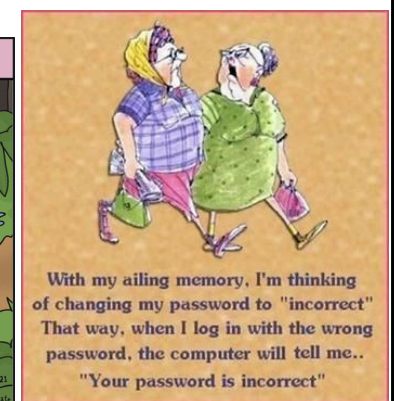
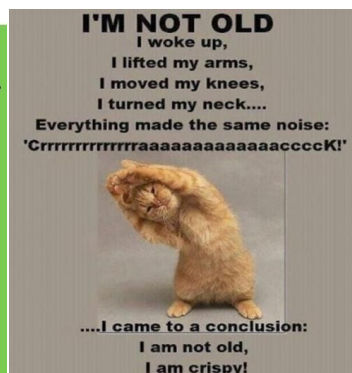
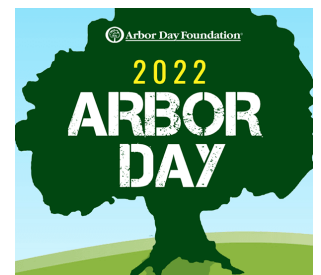


Earth Day, April 22, 2022's theme is Invest In Our Planet .

This is the moment to change it all — the business climate, the political climate, and how we take action on climate. Now is the time for the unstoppable courage to preserve and protect our health, our families, and our livelihoods.

For Earth Day 2022, we need to act (boldly), innovate (broadly), and implement (equitably). It's going to take all of us. All in. Businesses, governments, and citizens — everyone accounted for, and everyone accountable. A partnership for the planet.

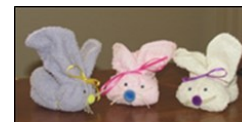
Arbor Day, April 29, 2022, is a holiday in which individuals and groups are encouraged to plant and care for trees. Planting trees is an act of kindness and optimism; a gift for our friends and neighbors, and for future generations. The trees we plant clean the air, beautify our neighborhoods, provide homes for wildlife, conserve energy and topsoil, and help keep the atmosphere in balance. Trees not only bring an aesthetic beauty to our world but are important to our very survival. They not only provide shelter for many species of birds, animals and insects but they are also the lungs of our planet.



Spring/Easter Craft Class



Please join us in the MP room on
Tuesday, April 5th at 2pm
 for our Easter Craft Class. We will be making
 baskets, bunnies and other crafts.
 Come explore your creative side!
 There will be a sign-up sheet in the lobby,
 limited to 12 residents.



EVERYONE MUST WEAR A MASK AND REMAIN 6 FEET APART!



Earth Day Word Search



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



Air
 Clean
 Climate
 Compost
 Conservation
 Energy
 Forest
 Global
 Land

Litter
 Ocean
 Ozone
 Recycle
 Reduce
 Reuse
 Trees
 Waste



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

SOME GREAT SPRINGTIME ACTIVITIES FOR SENIORS

1. TAKE UP GARDENING - Gardening is a great activity for seniors in the spring. Bringing mobility, increased immunity, and a reduced risk of depression, gardening is one way to draw seniors outdoors with purposeful and meaningful activity. If mobility is limited, consider a raised bed garden or even a potted plant garden. If your spring weather isn't quite ready for plants, plant an indoor garden and start your seeds in small pots, ready to transplant when the weather is warmer.
2. VOLUNTEER OUTDOORS - Get outdoors and spend some time helping others! Volunteer for a park or beach clean up day, help with a pet adoption event at a local park, or play a sport with a child you mentor. The warmer weather is energizing and volunteering is a great way to give back and help seniors enjoy the spring in a way that is engaging and meaningful.
3. ATTEND LOCAL FARMERS' MARKETS - Visit the local farmers' markets and check out the fresh produce and flowers. Bring home some fresh flowers to brighten your living space or learn how to prepare a new type of vegetable. Consider having neighbors or friends over for a picnic showcasing your fresh finds at the local farmers' market!
5. SPRING CLEAN YOUR HOUSE - This is a great season to go through drawers and closets, sorting, organizing, and donating. Invite friends and family over to help you and make it a social event. Getting rid of unnecessary items can reduce the risk of falls and reduce anxiety. This is a great time to go through outdoor storage units and give items away.
6. SPEND TIME WITH GRANDCHILDREN - Spring is a great time to revisit your own childhood with your grandchildren! Fly a kite, explore a new park or draw with sidewalk chalk. You'll love the weather, the time outside, and you will cultivate meaningful memories with the people you love.

| <div>   </div> <div> Covenant House Calendar April 2022 </div> <div>  </div> | | | | | | |
|--|--|---|---|---|---|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|  | |  | |  |  |  |
|  | PCOA Meals at 11:45am!  | Spring/ Easter Craft Class at 2pm!  | Bingo at 1pm  | PCOA Meals at 11:45am!  |  | |
|  | PCOA Meals at 11:45am!  | | Food Boxes at 9:15am!  | PCOA Meals at 11:45am!  | Passover begins  |  |
|  | PCOA Meals at 11:45am!  | | Bingo at 1pm  | PCOA Meals at 11:45am!  |  |  |
| | PCOA Meals at 11:45am!  |  | | PCOA Meals at 11:45am!  |  |  |



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

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** call Troy as 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!\$1473/mo (ind)

NEW!\$1984/mo (cple)

Please see Teresa if you want to sign up for CSFP.

BOTH food boxes are delivered on the SAME DAY (2nd Weds. of mo.)

Pick-up time is 9:15!

**April 13th
May 11th**