

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

May 2022

OLDER
AMERICANS
MONTH



AGE MY WAY: MAY 2022

Older Americans Month 2022

The 2022 theme is **Age My Way**, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

We focus on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible; and how planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique.



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
- 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!



- ♦ 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, 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.



Mothers' Day Grab-n-Go

Please join us in the multipurpose room
on Friday, May 6th from 1:30-2:30pm
to grab some Ice-Cream and goodies
to celebrate Mothers' Day.



Craft Class

Please join us in
the MP room on

Tuesday, May 3rd at 2pm

Jan will help you make some
Mother's Day crafts.

Please sign-up in the lobby.

Of all the special
joys in life,
The big ones
and the small,
A mother's love
and tenderness
Is the greatest
of them all.



Manager's Memo—Reda Anna

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



- *****
- ♦ We hope everyone is enjoying the **FREE Wi-Fi**. Please let us know if you need help connecting to it.
 - ♦ **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 you're 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.
 - ♦ Please remember to always pick up after your dog, including any gravel they may throw on the sidewalk. If you walk someone else's dog, you are responsible for their behavior while in your care.



A **HUGE THANK YOU** to Tim Hart who has been our Maintenance man for over 23 years!! We all want to wish him the best of luck and hope he enjoys his well deserved retirement!! He will be missed by all!!



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.

Thank You!

Walmart
Pharmacy



A **BIG THANK YOU** to Melissa and her team from Walmart for doing our last two Covid Booster and Flu shot clinics.

We are so grateful you could come!!



We will providing a Memorial Day meal in May. Teresa will send out a flyer with all the details to sign-up.



RECIPE

Spring Chicken



1 cup macaroni, dry
1 tablespoon vegetable oil
1 onion, chopped
1 zucchini, chopped
1/2 cup salsa

1 can (12 ounces) chicken, drained
1 can (15 ounces) corn, drained
1 can (15 ounces) low sodium tomatoes
1/2 cup reduced-fat cheddar cheese, shred

Prepare macaroni according to package directions.



In a large pan over medium heat, cook onion and zucchini in the oil until soft.

Stir in salsa, chicken, tomatoes, corn, and cooked macaroni. Cook for 10 minutes over medium heat.



Remove from heat and stir in cheese until melted.



Mother's Day

Second Sunday of May



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

APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



*****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****STAY HYDRATED!!! TUCSON REACHES 100 DEGREES IN MAY!!**

In seniors, it's particularly important to stay hydrated in order to keep your mind and body functioning as well as possible. Here are a few reasons staying hydrated is crucial for your health:

Reduce thirst — As you get older, you may start to lose your sense of thirst, making it much easier to get dehydrated without knowing it. Keeping water nearby can help ensure you stay hydrated, even when you may not feel thirsty.

Maintain metabolism — Younger adults are able to regulate water balance within their bodies, while older adults may need to stay on top of their water intake in order to keep their metabolism in check.

Reinforce brain function — Since your brain is mostly made of water, and seniors' mental processes tend to slow with age, staying hydrated can help ensure your brain is functioning as best as possible.

Improve digestion — If you begin to experience constipation or digestive discomfort as you age, incorporating more water into your daily routine may help!

Protect your kidneys — Seniors are more susceptible to kidney disease and disfunction. You can help your kidneys do their job by drinking plenty of water throughout the day.

Promote urinary health — It's not uncommon for seniors to experience urinary incontinence. While you may be tempted to lessen your water intake, it can actually make the problem worse and cause infection. Make sure you drink plenty of water throughout the day, even when you aren't thirsty.



Covenant House Calendar May 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 PCOA Meals at 11:45am! 	3 Mother's Day Craft Class at 2pm! 	4 Bingo at 1pm 	5  PCOA Meals at 11:45am! 	6 Mother's Day Grab-N-Go Ice Cream & goodies at 1:30pm! 	7
8 	9 PCOA Meals at 11:45am!  Produce to Seniors Pro- gram at 12pm 	10	11 Food Boxes at <u>9 am!</u> 	12 PCOA Meals at 11:45am! 	13 	14
15	16 PCOA Meals at 11:45am! 	17	18 Bingo at 1pm 	19 PCOA Meals at 11:45am! 	20	21 
22	23 PCOA Meals at 11:45am! 	24 	25	26 PCOA Meals at 11:45am! 	27	28 
29	30 Offices will be closed for Memorial Day 	31 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!

**May 11th
June 8th**