

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

July 2022



**HOME
OF THE
FREE
BECAUSE
OF THE
BRAVE**



A special thanks to all the troops who have served and are serving our country. We are a nation who will be forever grateful.



*Fourth of July meal will be a Grab-n-Go on
Weds., July 6th starting at 12pm!*



Monsoon season is here with lots of rain and wind, so please be careful when outdoors. It's that time of year in the Old Pueblo when the temperatures 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 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.

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
- Sam Rodriguez, Maintenance Tech
- 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, 520-358-3163

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 Fourth of July!!*



I hope everyone has a wonderful Fourth of July holiday! I am slowly getting some speakers and entertainment into the building, so please come to these events. Please contact me if you have any suggestions for speakers.



I want to say a **HUGE THANKS** to all my volunteers who have been such a great help to me! Jan Rowand, Mike Coddington, Rosy Thomas, Trella Finton, Karen Azar, Arthur Waters and all who help at Bingo!



- ♦ 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, laundry soap, 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 see me in my office as all distributions are kept confidential and discreet.
- ♦ I sell **stamps and quarters**, so call me if you need them.



NEW WEBSITE!!!

We recently re-designed our website. Please go to www.covenanthouseoftucson.org to view our new site. It is in English with a Spanish interpretation and has new pictures. It also has a direct link to our Facebook page. Please let Teresa know what you think. Enjoy!!

"THIS NATION WILL REMAIN THE LAND OF THE FREE ONLY SO LONG AS IT IS THE HOME OF THE BRAVE." ~ ELMER DAVIS





Manager's Memo—Reda Anna



Happy July 4th!!

ATTENTION!

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 that the gray/black key fobs to get into the building **should NOT be given to anyone else to use**. It is each residents responsibility to keep these keys and it is a violation of our policies to give them to others. If you lose your key fob, please see the management office immediately so we can void the key and keep unauthorized users from getting into the building.

Please remember to look out for your safety and the safety of others. This may be a locked building, but everyone should be aware that strangers can and do get in, so we must all be careful. Please **DO NOT let anyone you do not know** into the building to help insure the safety of all. Please report any suspicious activity to the management office.



FUN FACTS ABOUT OUR NATION!



- * Benjamin Franklin wanted the turkey to be the national bird, but was outvoted by John Adams & Thomas Jefferson choosing the bald eagle.
- * Over an estimated 150 million hot dogs will be consumed on July 4th. That's roughly one dog for every two people in the U.S.
- * Over \$211 million has been spent on the importation of fireworks from China.
- * The first 4th of July party held at the White House was in 1801.
- * The 4th of July was not declared a national holiday until 1941.
- * More than 70 million Americans will BBQ on the 4th.
- * The stars on the original American flag were arranged in a circle to ensure the colonies were equal.
- * Presidents John Adams, Thomas Jefferson & James Monroe all died on July 4th.



FREE Cricket Phone Service

The Cricket representative can help you get **free phone service and a free phone** through the **Affordable Connectivity Program/Lifeline Discount**. If you already have Free phone service through Safelink, Assurance Wireless or any other company, they can switch you to their service where you can get local help with your service and your phone.

Please come to the multipurpose room on



Tuesday, July 12th at 11am

to find out more about this program.



Refreshments will be served!



We would like to welcome our new maintenance technician, Sam Rodriguez!! He is a native Tucsonan, has a wife and three kids and coaches little league. We are happy to have him as part of our team!!



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.



No Bake Oatmeal Peanut Butter Cookies



- | | |
|-----------------------------------|----------------------------|
| 1 cup sugar | 1 teaspoon vanilla extract |
| 1/4 cup 1% milk | 1/4 cup peanut butter |
| 1/4 cup margarine | 2 cups dry oats |
| 2 Tbsps. unsweetened cocoa powder | nonstick cooking spray |

Put sugar, milk, cocoa powder, and margarine in a saucepan and bring to a boil. Remove from heat and stir in vanilla and peanut butter until peanut butter is melted. Add oats and stir well. Drop by teaspoonful onto a cookie sheet coated with cooking spray or covered with waxed paper.

YOU KNOW YOU'RE SUMMERING IN ARIZONA WHEN....

The birds have to use potholders to pull worms out of the ground.

The best parking place is determined by shade instead of distance.

You discover that in July it only takes 2 fingers to steer your car.

Hot water now comes out of both taps.

You can make sun tea instantly!

You learn that a seat belt buckle makes a pretty good branding iron!

You actually burn your hand opening the car door.

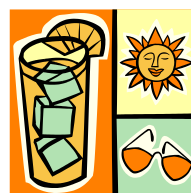
You break into a sweat the instant you step outside at 7:30 am!

You realize that asphalt has a liquid state.

You see two cacti fighting over a dog.

The cows are giving evaporated milk!

Ah, what a place to call home!



Mother's Day & Father's Day



Please join us in the multipurpose room on

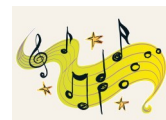
Friday, July 22nd at 3pm

for an afternoon of fun!

Mike will be singing some

Rock, Country and a variety of music. If you would like to sing some Karaoke, please contact him at 520-273-8379 before that date. He has many songs to choose from.

Come sing along or just listen and enjoy!



Wellness Center—Troy Pearson

OFFICE HOURS:

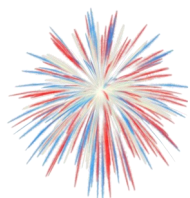
TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



TROY J PEARSON—WELLNESS DIRECTOR



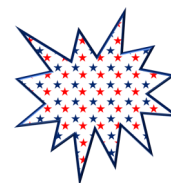
Residents that have keys issued now have 24/7 access to the Wellness Center!!!

If you would like to have a key issued to the Wellness Center, please see Troy to obtain the proper paperwork.

The Wellness Center is fully-equipped and features something that can benefit each and every resident without having to make a commute. Whether it's post-rehab protocol for a surgery, pain management, mobility and flexibility, weight loss, strength, balance and many other issues, you should take advantage of the convenience of the Wellness Center and the experience of your Wellness Director.

The Wellness Center features a variety of classes designed for all levels and to have you feeling energized NOT tired or drained. Try a NEW CLASS (see schedule on bulletin board). Tai-Chi, Chair Tai-Chi, Chair Yoga, Chair Dance, Low-Impact Upper Body, Low-Impact Lower Body, Chair Dance, Upper Body Stretch, Lower Body Stretch, Aerobics, Cardio-Drumming and many more.

Residents DO NOT need keys or Wellness Center waivers to attend class or visit the Wellness Center during Troy's office hours.



<div>   <h2>Covenant House Calendar July 2022</h2>   </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 
3 	4 Offices will be closed for the Fourth of July Holiday! 	5 PCOA Meals at 11:45am! 	6 Fourth of July Grab-n-Go Meal at 12!  Bingo at 1:30!! 	7 PCOA Meals at 11:45am! 	8 	9
10 	11 PCOA Meals at 11:45am! 	12 Cricket Free phones and service at 11am!	13 Food Boxes at 9:15am! 	14 PCOA Meals at 11:45am! 	15 	16
17 	18 PCOA Meals at 11:45am! 	19	20 Bingo at 1pm! 	21 PCOA Meals at 11:45am! 	22 Mike's Singing and Karaoke Show at 3pm! 	23
24 <div>31</div>	25 PCOA Meals at 11:45am! 	26	27	28 PCOA Meals at 11:45am! 	29 	30



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

NEW CLASS SCHEDULE:

Tuesday: 7:00-7:30am

Early Riser Class *

9:30-10:00am

Low-Impact Upper Body

Thursday: 7:00-7:30am

Early Riser Class *

9:30-10:00am

Low-Impact Lower Body

Friday: 9:30-10:15am

Head-To-Toe Stretch

1:30-2:00pm *

***These classes vary. Please see full schedule in the bulletin board.**

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:

\$1473/mo (ind)

\$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 9am!

**July 13th
August 10th**