

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

June 2022



Flag Day (June 14th), is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation.....one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon. As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride!



HAPPY FATHER'S DAY!



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 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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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





Service Coordinator News --- Teresa Wachala



I would like to wish everyone a Happy Father's Day!

We are now officially open! Covenant House has removed our "indoor masking requirement restrictions." Since we are an older adult community and the population we serve is considered the most vulnerable, please be mindful of others. So while everyone's situation is different and thus their comfort levels, should you still wish to wear a mask, please feel free to do so. Social distancing/spacing is still a good practice for the prevention and spread of COVID/flu. As always, if you are experiencing any sickness or flu-like symptoms, please stay home until you are feeling better. Thanks to everyone for your patience, encouragement and kindness over the past two years as we navigate through these unprecedented times. While we are returning to normal activities, there may still be some adjustments along the way.

It's so great to see everyone's smiling faces again!

Take a look at our calendar for activities you may wish to attend. Please sign up in the lobby.

We are planning to bring more special events/activities your way, but are also open to your creative ideas. We continue to be blessed with new residents, and look forward to seeing new friendships blossom within our community.

Teresa Wachala

Service Coordinator



- *****
- ♦ If anyone runs low on food or other items during the month, I have an **emergency food pantry**. Please call me at 321-4496 during my office hours. All distributions are kept confidential.
 - ♦ I sell **stamps and quarters**, so call me if you need them.
 - ♦ I have **incontinent supplies (Depends pull-ups, Poise pads)** if anyone needs them. Please see me in my office as all distributions are kept confidential and discreet.
- *****



Place Your Order for round 3 of the Free At-Home COVID-19 Tests

Residential households in the U.S. can order **one set of 4 free at-home tests** from USPS.com. Here's what you need to know about your order:

One order includes 4 individual rapid antigen COVID-19 tests

Website: <https://special.usps.com/testkits>

Please call Teresa at 321-4496 if you need help ordering.





Manager's Memo—Reda Anna

HAPPY
FATHER'S
Day!

Wishing all a very HAPPY FATHER'S DAY!!

- ◆ Please remember we have a **wooden box** next to the soda machine which is where any **FREE** items (except **FOOD**) should be placed. If you see a walker or any other items in the lobby, please **DO NOT remove** them or inquire at the management office.
- ◆ The **barbeque grill** outside of the multi-purpose room is **GAS ONLY!** Please **DO NOT** put charcoal briquettes in it! Ask us if you don't know how to use it.
- ◆ Please let the office know if **you are going on vacation** so staff knows you are gone. We also want to be sure it does not coincide with your annual recertification.
- ◆ Please let the office know if you **change your phone number or your emergency contact**.

Thank you! Sincerely, Management



Dad



*He never looks
for praises
He's never one to boast
He just goes on quietly working
For those he loves the most
His dreams are seldom spoken
His wants are very few
And most of the time his worries
Will go unspoken too
He's there.... A firm foundation
Through all our storms of life
A sturdy hand to hold to
In times of stress and strife
A true friend we can turn to
When times are good or bad
One of our greatest blessings,
The man that we call Dad.*



The Value of a Smile



A smile creates happiness in the home, fosters good will in business, and is the countersign to friends. It is rest to the weary, daylight to the discouraged, sunshine to the sad, and nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed or stolen; for it is something that is no earthly good to anyone until it can be given away.

And if someone is too tired to give a smile, just give them one of yours; for nobody needs a smile as much as those who have none left to give.

| BINGO | | | | | |
|-------|----|------------|----|----|----|
| 1 | 27 | 33 | 48 | 75 | |
| 8 | 19 | 45 | 56 | 61 | |
| 3 | 18 | FREE SPACE | | 49 | 69 |
| 15 | 26 | 41 | 53 | 66 | |
| 2 | 21 | 37 | 46 | 65 | |

BINGO!!

Come enjoy Bingo. We play for prizes, have a lot of fun, and there is no charge to attend.

Two Wednesdays a month (see calendar) at 1pm!

There will be a sign-up sheet in the lobby each week.
Limited to 16 residents at a time.

| BINGO | | | | | |
|-------|----|------------|----|----|----|
| 1 | 27 | 33 | 48 | 75 | |
| 8 | 19 | 45 | 56 | 61 | |
| 3 | 18 | FREE SPACE | | 49 | 69 |
| 15 | 26 | 41 | 53 | 66 | |
| 2 | 21 | 37 | 46 | 65 | |



MASKS are encouraged & PHYSICAL Distancing is required
Please sign-up if you plan to attend.

**COMPUTER ROOM!**

We have recently upgraded our computers and are requiring a new user agreement be signed before receiving the password. Teresa will be making appointments to go over the rules, sign the user agreement and show you the basics. We will space users apart, so **only 3 computers will be available at a time.** Please be patient as Teresa fills in until we get a new Computer Coordinator. Thanks!



Live your highest quality of life on your terms! Electronic Caregiver provides comprehensive Emergency Response Services (ERS) to protect your health and independence. Electronic Caregiver services help reduce falls, suffering, loss of independence, and nursing home admissions.

How can utilizing Remote Patient Monitoring help ease the stress of managing your chronic illness independently?

What are virtual wellness checks and how can they benefit your everyday stresses?

How can we lessen the stress of staying organized with your medication regimen without stepping a foot into your home?

If you are interested in learning more, please come to the multipurpose room on

Wednesday, June 22nd at 2pm!

Please sign-up in the lobby as it will be limited to 20 residents.

Refreshments will be provided.



Find the hidden words associated with Old Glory.

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

ALLEGIANCE
 BETSYROSS
 FLAG
 FRANCIS
 SCOTT
 KEY
 FREEDOM
 INDEPENDENCE
 JUNE
 OLDGLORY
 PATRIOTIC
 PLEDGE
 RED
 WHITE
 BLUE
 STARS
 STRIPES
 STAR
 SPANGLED
 BANNER
 THIRTEEN
 UNION



WHAT IF
 TODAY
 WE WERE
 JUST
 GRATEFUL
 FOR
 EVERYTHING



We don't always
 have to agree with
 one another but it's
 important that we
**LEARN TO
 RESPECT**
 each other.

- Rubyanne

When you can't
 control what's
 happening, challenge
 yourself to control the
 way you respond.

That's where your power is.

*****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****MANAGING CHRONIC PAIN WITH EXERCISE**

Inactivity leads to stiff muscles, decreased mobility, and decreased strength. These effects can worsen the symptoms of chronic pain. Engaging in a regular exercise routine can help you manage your symptoms and improve your overall health.

Exercise is a common treatment for chronic pain. Depending on your current state of health, it may help decrease inflammation, increase mobility, and decrease overall pain levels, no additional medication required.

Try a combination of the cardio, stretching, and strength exercises below and you may feel some of your pain ease away over time.

Cardiovascular exercise has several physical and mental benefits and can be particularly helpful for people with chronic pain. Cardio can be done any time of day and often requires little or no equipment. You don't have to run! You can walk our air-conditioned hallways and add the stairs if you are able.



If you have chronic pain in your low back or neck, stretching can relieve tension and stiffness.

Building strength with low-impact and appropriate resistance exercises is important for stabilizing the joints and preventing future injuries.



For people living with chronic pain, adequate core strength is especially important. It helps you maintain proper posture and balance and reduces the risk of injuries that could lead to more pain. Working the muscles of the abdomen, hips, and back can help improve core strength and stability.

| <div>  <div> Covenant House Calendar June 2022 </div>   </div> | | | | | | |
|--|---|--|---|--|--|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|  |  |  | 1 Bingo at 1pm  | 2 PCOA Meals at 11:45am!  | 3 | 4  |
| 5 | 6  PCOA Meals at 11:45am! Produce to Seniors Program at 12pm  | 7  | 8 Food Boxes at 9 am!  | 9 PCOA Meals at 11:45am!  | 10  | 11  |
| 12  | 13 PCOA Meals at 11:45am!  | 14 Flag Day!  | 15 Bingo at 1pm  | 16 PCOA Meals at 11:45am!  | 17  | 18 |
| 19 HAPPY FATHER'S DAY!  | 20 PCOA Meals at 11:45am!  | 21  | 22  electronic caregiver presentation at 2pm! | 23 PCOA Meals at 11:45am!  | 24  | 25 |
| 26  | 27 PCOA Meals at 11:45am!  | 28  | 29 PCOA Meals at 11:45am!  | 30 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.

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!

**June 8th
July 13th**