

# COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

August 2022



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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\*\*\*

- ♦ 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, AA & AAA batteries, denture cleaner, dish soap, clothes soap, toothbrushes, toothpaste, paper towels, Kleenex, toilet paper**, etc., so please call 321-4496 and let me know if you have an **EMERGENCY** and 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, Poise pads & bed 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. **Stamps have now gone up to 60 cents.**



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### International Left-Handers Day



Throughout the year, lefties are dealt a rough hand. We're forced to put up with items such as doors, scissors and computer keyboards — to name a few — that are crafted for right-handers. But today we unite!

Left-Handers Day was first celebrated in 1992 as an opportunity for left-handers everywhere to celebrate their uniqueness in

"Lefty Zones" and increase public awareness of the "struggles left-handers are forced to deal with on a day-to-day basis." Right-handers are encouraged to do everything left-handed for the day.

Only about 10% of the world's population is left-handed. There are some everyday advantages to being a lefty. Left-handers are more likely to pass their driver's test on the first try, a study shows. They are also more apt to deliver a better left hook and be a part of Mensa, the world's largest and oldest high IQ society.

While many people are left handed, very few are 100% left handed. For example, many Left handers golf and bat right handed. On the other hand, there is a high percentage of righties who are 100% right-handed. Take the Left-Handedness test on-line at [http://www.anythingleft-handed.co.uk/lh\\_tests.html](http://www.anythingleft-handed.co.uk/lh_tests.html).

"Everyone is born right-handed. Only the greatest overcome it".  
—Author unknown





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



### Privacy Issues

Please realize that when a resident is having a problem or issue (ie: Hospital stay, needing services, etc.), it is their personal business and a private matter. When you ask staff where another resident is, or if staff is helping them with a personal issue, please be aware that we cannot discuss these matters with other residents unless given express permission. When we say we cannot discuss another resident's information with you (including illness, hospitalization, rehab, absence from unit, lease concerns, etc), we are protecting their right to privacy just as we would protect yours. That information is confidential and not to be shared. You can, as a neighbor and friend, ask that person yourself, but they have the right to divulge only the information they wish to tell you. Please, let us all respect each other's privacy.

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### MENTAL HEALTH HELPLINES

People experiencing a mental health crisis have a new way to reach out for help in the U.S. The **new three-digit 988 Suicide & Crisis Lifeline** is designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional.

During a crisis, you can text 741741 for free 24/7 support from a trained counselor. You can also call the **NAMI HelpLine (1-800-950-6264)** or go online ([www.nami.org/help](http://www.nami.org/help)) to chat with a trained volunteer.

The **Crisis Line, (520) 622-6000 (local)**, can connect you with a counselor 24/7.



You may want to consider walking outside in the early morning or in the evening. Getting outside for some fresh air and enjoying the beauty of the landscaping with the river stones, shrubs, trees & flowers may be just what you need. Three times around the outside of the building is approximately one mile, so try to get out and enjoy the sites. It can be good for the body, mind and soul!!



Today will never come again,  
Be a blessing, be a friend.



Encourage someone,  
take time to care.



Let your words heal,  
and not wound.



TO MAKE A DIFFERENCE  
IN SOMEONE'S LIFE, YOU  
DON'T HAVE TO BE BRILLIANT,  
RICH, BEAUTIFUL, OR PERFECT.  
YOU JUST HAVE TO CARE



"Ah, kindness."

What a simple way to  
tell another struggling  
soul that there is Love  
to be found in the  
world."



What the world  
needs right now is a  
little bit  
more  
Kindness  
and a lot more  
**Love!**





## FRIENDSHIP DAY

Friendship Day celebrations take place on the first Sunday of August every year. The tradition of dedicating a day in honor of friends began in the US in 1935. On this day people spend time with their friends and express love for them.



True friendship is about putting your feet up and knowing that someone is there to bail you out when the world might walk out on you. Besides, as a support system in today's hectic world, friends are the most reliable sources for social, intellectual and creative stimulations.

In the present fast pace age of nuclear families where people have little time to spend with each other, friends have become indispensable. Then there are times when we find it tough to discuss matters with our family members or even with our spouse. It is on occasions such as these that friends come to our support. They guide us and become our pillar of strength when we need them most. And the best part is we don't really need to put things in words when communicating issues to our best friends. Most often friends understand us, just by looking at us or hearing our voice. This heart-to-heart bonding is what makes friendship so exclusive, setting it apart from all other relationships.

"Friends are the most important ingredient in this recipe of life." *Unknown*

"A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words." *Unknown*

"It takes a long time to grow an old friend." *John Leonard*



**Books-by-Mail**-a free service for visually impaired people who live in Pima County and are unable to get to a library. Large print and audio materials are mailed directly to their home at no charge. Please see Teresa for details.



If anyone makes their own **SHARPS** containers from household coffee cans or detergent bottles, etc., Teresa has some **containers** and the **Biohazard stickers** to put on them before you put them in the trash. Call 321-4496 if you have any questions.



*Your life is measured not by the number of breaths you take, but by the number of moments that take your breath away.*



# SUMMER WORD SEARCH

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

Barbecue  
Baseball  
Beach  
Camping  
Fishing



Flip Flops  
Ice Cream  
Lemonade  
Ocean  
Park



Pool  
Popsicle  
Road Trip  
Sandcastle  
Sprinklers



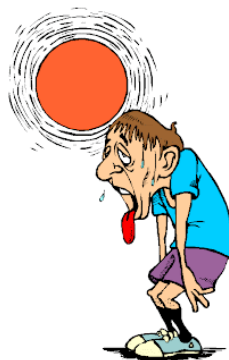
Summer  
Swimming  
Swimsuit  
Vacation  
Watermelon

**\*\*\*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

**HEAT SAFETY TIPS**

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.
- If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.
- Dress for the weather. Some people find natural fabrics, such as cotton to be cooler than synthetic fibers.
- Don't try to exercise or do a lot of activities outdoors when it's hot.
- Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.



<div> <b>INTERNATIONAL LEFT HANDERS DAY</b> </div> <div> <b>Covenant House Calendar</b>  <b>August 2022</b> </div> <div> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>PCOA Meals at 11:45am!</b> 	<b>2</b>	<b>3</b> <b>National Watermelon Day</b>  <b>Bingo at 1pm</b> 	<b>4</b> <b>PCOA Meals at 11:45am!</b> 	<b>5</b> 	<b>6</b>
<b>7</b> <b>HAPPY FRIENDSHIP DAY</b> 	<b>8</b> <b>PCOA Meals at 11:45am!</b> <i>August 8 is...</i>  <i>World Cat Day</i>	<b>9</b>	<b>10</b> <b>Food Boxes at 9:15am!</b> 	<b>11</b> <b>PCOA Meals at 11:45am!</b> 	<b>12</b>	<b>13</b> 
<b>14</b> 	<b>15</b> <b>PCOA Meals at 11:45am!</b> 	<b>16</b> 	<b>17</b> <b>Bingo at 1pm</b> 	<b>18</b> <b>PCOA Meals at 11:45am!</b> 	<b>19</b>	<b>20</b> <b>NATIONAL HONEY BEE day</b> 
<b>21</b> 	<b>22</b> <b>PCOA Meals at 11:45am!</b> 	<b>23</b>	<b>24</b>	<b>25</b> <b>PCOA Meals at 11:45am!</b> 	<b>26</b>  <b>National Dog Day</b>	<b>27</b> <b>It's COOL To BE Kind</b> 
<b>28</b> 	<b>29</b> <b>PCOA Meals at 11:45am!</b> 	<b>30</b> 	<b>31</b> 		 I TOLD you to wear sunscreen.	



## *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: [bnaibrithcovenan@qwestoffice.net](mailto:bnaibrithcovenan@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.



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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!



### 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 (2<sup>nd</sup> Weds. of mo.)**

**Pick-up time is 9am!**

**August 10<sup>th</sup>  
September 14<sup>th</sup>**