

# COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

September 2022



September 11, 2001 is a day that many will never forget. After the terrorist attacks on our World Trade Center and the Pentagon, many Americans' lives were changed forever. Let's remember that day, fill our hearts with strength and pay tribute to those who lost their lives on 9/11.

*"If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate."*

- Sandy Dahl, wife of pilot of Flight 93 Jason Dahl

*"September 11 is one of our worst days but it brought out the best in us. It unified us as a country and showed our charitable instincts and reminded us of what we stood for and stand for."* - Senator Lamar Alexander



**Rosh Hashanah and Yom Kippur** are the two "High Holy Days" in the Jewish religion. **Rosh Hashanah** commemorates the creation of the world and marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in the **Yom Kippur** holiday, also known as the Day of Atonement.

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
- Debbie Gonzalez, Assistant Manager
- Teresa Wachala, Service Coordinator
- Troy Pearson, Wellness Center
- Sam Rodriguez, Maintenance Tech
- Vijay Singh, Caretaker
- Lourdes Verduzco, Housekeeping
- Sunny Singh, Housekeeping

## Important Phone Numbers

- Office, 520-327-2200
- Service Coordinator, 520-321-4496
- Wellness Center, 520-327-0922
- Emergency, 911
- After Hours Maintenance Emergency, 520-358-3163

B'nai B'rith Covenant House is professionally managed by Biltmore Properties



### \*\*\*Service Coordinator News --- Teresa Wachala\*\*\*

## ♥ National Service Coordinator Day ♥ ♥ ♥



In 2014, Congress designated September 19<sup>th</sup> as **National Service Coordinator Day** to "Recognize the value of service coordinators in subsidized and other affordable housing communities for their work to promote and support economic self-sufficiency and independence for low-income families, older Americans, and persons with disabilities."

Older Americans who are assisted by service coordinators experience benefits in their health outcomes and have the ability to age in-place as they become more frail, thereby delaying or preventing the transfer to a more expensive nursing home setting.

Residents in subsidized and affordable housing communities having a service coordinator report higher satisfaction with their living environments and a heightened desire to be productive members of their communities.

The profession of service coordination is dedicated to empowering residents to maximize their independence and self-sufficiency, holds residents' rights to self-determination in the highest regard, and instills trust through maintaining high standards of confidentiality.

*I truly love my job and am so glad I can assist my residents with their needs. I am so grateful to all my resident volunteers without whom I could not do as much. Your constant words of gratitude are all I need to keep me going even on the busiest of days.*



### Happy Grandparents Day to All!!



In 1978, the first Sunday after Labor Day was proclaimed National Grandparents Day. It is a day to honor those who have helped shape the character of our Nation, and thank these role models for their immeasurable acts of love, care, and understanding.



- ♦ If anyone runs low on food or other items during the month, I have an **emergency food pantry**, so please call 321-4496 and let me know if you need anything. I have various items, such as **tuna, sardines, fruit, soups, milk, ground coffee as well as instant coffee, hearing aide batteries, dish soap, laundry soap, paper towels, Kleenex, toilet paper, etc.**, please see me during my office hours. All distributions are kept confidential.



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



**ATTENTION!!**

Please remember that your rent amount can change after your annual recertification! Please **make sure your rent check has the correct amount** on it before submitting. If in doubt, please call the office first.

It is also important to have your **apartment number on your check and to be sure the written amount is correct. Example:** \$245 should be written as “two hundred forty-five and 00/100”. Please come to the office to write your check if you are not sure how to write it.

Please **DO NOT FEED** the animals outside the building. We know you may be concerned about the feral cats in the neighborhood and someone has been leaving water and food in the back wash area which attracts coyotes, javelinas and other wild animals as well as bugs and can become a health hazard. **Please keep all outdoor areas clear of food and water.** Thank you!



Please welcome our **NEW Assistant Manager, Debbie Gonzalez.**

Hi, I am Debbie Gonzalez born and raised here in the Old Pueblo of Tucson, Arizona.

I have had the honor of being married for 22 years to my quick witted husband and have been blessed with two beautiful adult children. And then there is my little chi-poo “COCO” who is spoiled as she can be because she is treated as my grandbaby since I do not have any.

Prior to Property Management I worked in the government sector for 14 years.

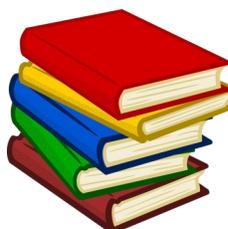
To unwind, although it is not one of my prominent qualities, is to be creative putting videos together with a music theme and working with jewelry.

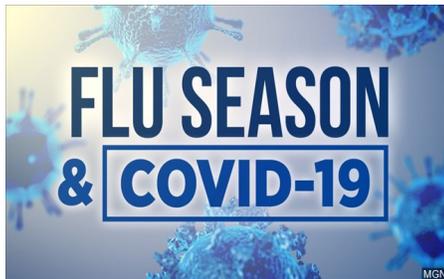
It is an honor to have the opportunity to be here at B'nai B'rith Covenant House and my hope is to meet each resident here.



**Did you know we have a branch of Pima County Library near here? It is just two blocks north on Catalina Ave.**

**Martha Cooper Library**  
**1377 N. Catalina Ave.**  
**Tucson AZ 85712**  
**(520) 594-5315**  
**Open Tuesday-Saturday at 10am**





It's **Flu Season** and many of the same **CDC Guidelines** should be followed for flu and cold prevention and transmission as those we are currently following for the COVID-19 pandemic. *Teresa is working on getting a vaccine clinic to our building as soon as possible.*

## FLU PREVENTION

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** by prescription that can be used to treat and prevent the flu.

- ◆ **Avoid close contact.**
- ◆ **Stay home when you are sick.**
- ◆ **Cover your mouth and nose.**
- ◆ **Clean your hands.**
- ◆ **Avoid touching your eyes, nose or mouth.**
- ◆ **Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.**



Please remember that many of our residents are more at-risk for flu, COVID-19, pneumonia and other respiratory illnesses. **If you are feeling ill, please try to stay home so you aren't putting others at risk, stay away from the common areas and wear a mask to cover your face.** Everyone should practice regular hand washing and carry antibacterial hand wipes or gel.

## Amazon Prime Discount for Seniors

Amazon Prime is a membership service offered by Amazon that provides online shoppers with free 2-day shipping. To be eligible for a discount on Prime membership, please verify your eligibility by providing one of the following:

- **SSI:** Image of complete eligibility letter for Supplemental Security Income
- **SNAP (Food Stamps):** Enter your EBT number and upload an image of the EBT card.
- **Medicaid (AHCCCS):** Upload image of your Medicaid eligibility letter.
- **DE:** Image of Direct Express Debit Card.

1. Go to [amazon.com/qualify](https://amazon.com/qualify).
2. Select **Get Started**.
3. Follow the on-screen instructions to verify your EBT card or other qualifying document.





Please join us in the **multi-purpose room** on:  
**Tuesday, September 13<sup>th</sup> at 2pm**



Joyful Movement classes are designed to (1) get people moving and (2) get people moving together in community. Classes are organized to allow for a balanced combination of structure and creative explorations; providing a safe container for participants to increase movement vocabulary, and by extension to improve physical strength and flexibility. It is also a creative space to explore all the different ways we can move, and more importantly, all the ways we can move together. Participants discover fun ways to engage with each other through movement expressions that feel natural and organic. There is no “right” or “wrong” way to move and previous dance experience is never needed.

**SEPTEMBER  
 IS  
 SELF-CARE  
 AWARENESS  
 MONTH**

**Self-care** refers to activities and practices that can help you to reduce your stress and enhance your overall well-being: essentially, proactively taking care of yourself. There are many reasons that self-care is important. Research shows that self-care helps to keep you healthy, helps you recharge and helps to improve your overall well-being. Self-care is more than an occasional treat, but a way of living each day that incorporates practices and behaviors that help you feel refreshed, re-energized, and rested.

Self-care is even more important during this pandemic. There are many ways to begin **reducing your stress** and some of them only take a few moments. Watching a sunrise/sunset, listening to a cat purring, playing with a dog, listening to music and going for a walk are some things you can do every day to help relieve stress.

Take five minutes to practice deep breathing. In just those few minutes you can lower your blood pressure and heart rate, thus lowering the physical affects of stress.



Another technique that some people employ to deal with their stress is to try to understand and address the factors that contribute to it. Practicing “Stress Journaling” can be useful in this regard. Journaling can have a lot of benefits. Writing can help you process your feelings, ignite creativity centers in the brain, and help you be in the present moment. Take a few minutes each day to journal.



**“Not everyone can do great things. But we can all do small things with great love!” – Mother Teresa**



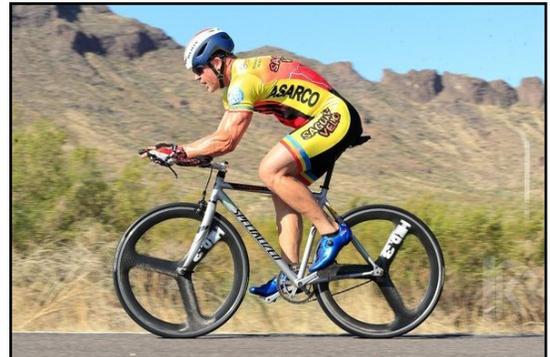
**\*\*\*Wellness Center—Troy Pearson\*\*\***

**OFFICE HOURS:**

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



TROY J PEARSON—WELLNESS DIRECTOR

Almost anyone, at any age, can do some type of physical activity. You can still exercise even if you have a health condition like heart disease, arthritis, chronic pain, high blood pressure, or diabetes. In fact, physical activity may help. For most older adults, physical activities like brisk walking, riding a bike, swimming, weightlifting, and gardening are safe, especially if you build up slowly. You may want to talk with your doctor about how your health condition might affect your ability to be active.

***HELPFUL TIPS!***

- Be realistic about how much activity can be done at one time. Several short “mini-workouts” may be best.



- Make sure to wear comfortable clothes and shoes that fit well and are made for exercise.



- Make sure to drink water or juice after exercise.

- Do simple tasks around the home, such as sweeping and dusting.



- Use a stationary bike.



- Use soft rubber exercise balls or balloons for stretching or throwing back and forth.



- Use stretching bands.



- Lift weights or household items such as soup cans.



LABOR DAY		Happy Grandparents Day		Covenant House Calendar September 2022			Rosh Hashanah	9/11 WE WILL NEVER FORGET NATIONAL DAY OF REMEMBRANCE PATRIOT DAY
Sun	Mon	Tue	Wed	Thu	Fri			
September is National Honey Month! 			SEPTEMBER IS SELF-CARE AWARENESS MONTH	1 PCOA Meals at 11:45am! 	2 TAKE CARE OF YOURSELF 	3 Happy September! 		
4	5 Offices will be closed for Labor Day! 	6 PCOA Meals at 11:45am! 	7 BINGO at 1pm! 	8 PCOA Meals at 11:45am! 	9	10		
11  Happy Grandparents Day 	12 PCOA Meals at 11:45am! 	13 Dance sequences Joyful Movement Class at 2pm! 	14 Food Boxes at 9:00am! 	15 PCOA Meals at 11:45am! 	16 Always practice reckless optimism and kindness	17		
18 National Service Coordinator Day! 	19  PCOA Meals at 11:45am! 	20 	21 BINGO at 1pm! 	22 PCOA Meals at 11:45am! 	23 Fall Equinox 	24 		
25 Rosh Hashanah begins  Rosh Hashana	26 PCOA Meals at 11:45am! 	27 world alzheimer's month alzheimer's association®		28	29 PCOA Meals at 11:45am! 	30 SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH		



## *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](http://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!**

**September 14<sup>th</sup>  
October 12<sup>th</sup>**