

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.

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
- 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





*****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.

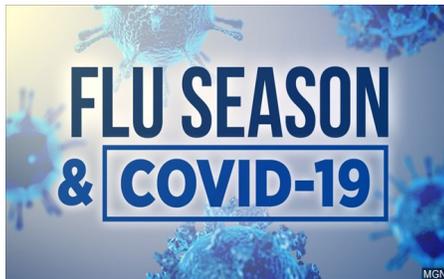
It is an honor to have the opportunity to be here at B'nai B'rith Covenant House and my hope is to meet each resident here.



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.
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 13th 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



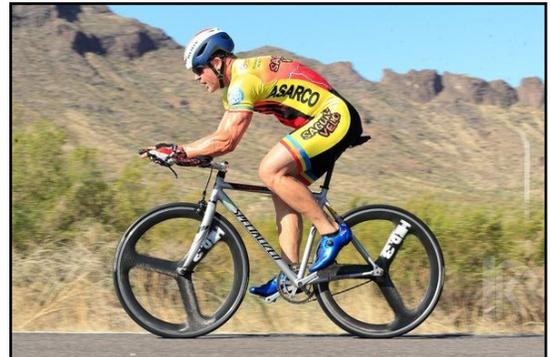
*****Wellness Center—Troy Pearson*****

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 		
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 	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 		28	29 PCOA Meals at 11:45am! 	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: 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.



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!

**September 14th
October 12th**