

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

November 2022



Veterans' Day (November 11th) honors all members of the Armed Forces who served this country valiantly, and in a very big way. They served and fought to protect us, to keep our country safe, and to preserve our way of life. Veterans gave their time and risked their lives for you and me. In some cases, they made the ultimate sacrifice. **We would like to THANK all our veterans here at Covenant House and all over the United States for having served to keep peace and preserve our independence and freedom.**



Thanksgiving Dinner will be held on Monday, November 21st



Starting at 12noon

We will offer dine-in, carry-out or delivery and Teresa will send out a flyer with more details.



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
- Andrea Nunez, 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, **520-389-0268**

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





*****Service Coordinator News --- Teresa Wachala*****



I am so grateful to all my resident volunteers for your help and dedication. You make it so much easier to run these programs so a **HUGE THANK YOU** to: Jan, Trella, Karen, Rosy, Larysa, Mike, Arthur and **all the residents who offer help** and look out for each other as well. My sincerest thanks to all! - Teresa

Got Gratitude? It's Not Just for Thanksgiving!

We have all been through a lot this past year, but being positive and grateful can help you get through it. Having a yearly date set aside to be **thankful** is a reminder that being grateful everyday matters for both physical and mental health and well being.



Thanksgiving is one of those rare holidays that is generally pretty low key and a day to give thanks and be grateful. It is also an important reminder to be grateful every day for your family and friends.

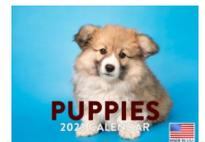
Research has well demonstrated that those who have an ongoing tendency to be grateful experience better physical and psychological health and well being. They tend to be more optimistic, sociable, and engaged in life. They are less susceptible to depression, anxiety, anger, and others negative emotions that can lead to health damaging behaviors and functioning. Being grateful is good for your health.

So, as we approach Thanksgiving, what are you grateful for? Can you continue to focus on gratefulness even when the holiday is over? Can you make gratefulness a part of your daily experience? Doing the right thing for yourself and others means finding ways to be grateful for all that you have and hold.

- ◆ 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. I also provide such things as, **hearing aide batteries, denture cleaner, dish soap, laundry soap, toothbrushes, 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 call 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 call me in my office as all distributions are kept confidential and discreet.



**The FREE 2023 Calendars are available!!
Please call me and I can tell you what I have.**





Manager's Memo—Reda Anna



ATTENTION ALL RESIDENTS:

- ◆ Please bring your **NEW Social Security award letters** to the office as soon as you get them, so we can make a copy. Everyone should be getting a **8.7%** cost of living (COLA) raise and we need this information as it is a change in your income. Social Security will be mailing the new award letters out in December.
- ◆ Please **DO NOT** put any large boxes down the garbage chutes as they can get stuck and clog it. **All trash should be tied up in appropriate trash bags**; loose garbage makes a mess in the chutes. **All glass should be double bagged and taken outside to one of the large bins.** Staff has been cut by broken glass that was not disposed of properly. Please call the office if you have any questions.



Debbie was needed at another property, so please welcome our new **assistant manager, Andrea Nunez**. She was born in Tucson and raised in Bisbee as the oldest of three siblings. She has been a certified caregiver and a medical technician. Her hobbies include running and playing basketball. Andrea speaks English and Spanish, enjoys helping people and looks forward to meeting everyone.

Cold, Flu and COVID-19

Cold and flu season is upon us and Covid-19 is still here. Please remember how important it is to practice all the CDC guidelines during this time. Please continue to:

- ◆ **Stay home when you are sick.**
- ◆ Wear a mask when feeling ill.
- ◆ Avoid close contact with others.
- ◆ Cover your mouth and nose if you need to sneeze or cough.
- ◆ Wash your hands for 20 seconds.
- ◆ 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.

Coffee is back on Saturday

Saturday mornings at 8:30am in the multipurpose room.

Please come down for coffee and meet some of your neighbors. Bring something to share if you wish.





EXPLORE COLOR CLASS

Please join us in the multi-purpose room on **Thursday, November 10th at 2pm.**

We will be working in Acrylics, Watercolor, Oil & Chalk Pastels, Magic Markers & Colored Pencils. Raffle for Colorful Cotton Shoulder Scarf for those attending. Please sign-up in the lobby!



We are trying to provide more events and activities in which we would like to see more residents participating. Here are some of the fun events you may have missed:



GRAND MISTRESS
STORYTELLER



Meals
AND
Memories
ARE MADE HERE



Joyful Movement



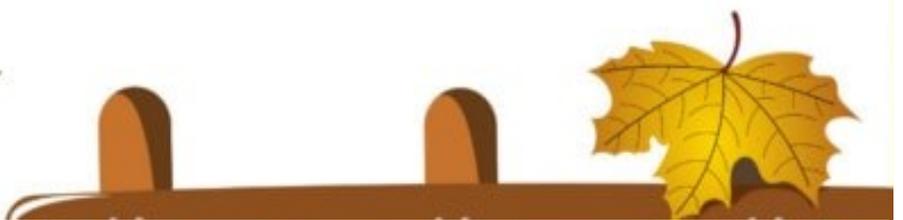
BINGO

Thanksgiving

WORD SEARCH

- cranberries
- potatoes
- stuffing
- pilgrims
- family
- dinner
- rolls
- gravy
- thankful
- November
- friends
- turkey
- autumn
- dessert
- corn
- pie

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



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

HEALTHY HOLIDAY EATING TIPS

Here a few visuals to help you eyeball a proper serving so that you don't overdo it this holiday. If you can stick to these portions, you don't need to worry about calories. You will not be overdoing it.

- A deck of cards' worth of turkey is around 3 ounces.
 - A golf ball size of gravy is about 1/4 cup.
 - A golf ball size of cranberry sauce is about 1/4 cup.
 - A 1/2 baseball worth of stuffing is around 1/2 cup.
 - A 1/2 baseball worth of sweet potato is around 1/2 cup.
 - A shot glass worth of salad dressing is around 2 tablespoons.
 - It's okay to enjoy an unlimited portion of non-starchy vegetables.
 - Drink lots of water, too!
1. Eat before you eat. Enjoy a healthy snack -- yogurt, fruit, veggie soup, salad.
 2. Be mindful and make only one trip to the buffet table. Look at all your options before making your final food choices; make sure all the calories you consume are worth it. Choose only the foods you really want and keep your portions moderate.
 3. Eat slowly and chew your food well.

HAPPY Thanksgiving

Covenant House Calendar November 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>"No act of kindness, however small, is ever wasted."</i> -Aesop <i>Happy World Kindness Day</i>	1 	2 Bingo at 1pm 	3	4 ... ALWAYS GIVE THANKS IN EVERYTHING HAPPY THANKSGIVING	5 Coffee at 8:30am!
6 Be Thankful 	7	8 Joyful Movement Class at 2pm! 	9 Food Boxes at 9:15am! 	10 Explore Color Class at 2pm! 	11 Offices will be closed for Veterans Day! 	12 Coffee at 8:30am!
13 World Kindness Day	14	15 	16 Bingo at 1pm 	17 Blessings Pumpkin & Crows Patch AUTUMN Fall is the best time to give. HAYRICKS CORN FALLING LEAVES not chocolate MARZE Chilly colors	18 <i>grateful thankful blessed</i> 	19 Coffee at 8:30am!
20 	21 Thanksgiving Dinner starting at 12noon! 	22 	23	24 Offices will be closed for Thanksgiving Day! 	25 Offices will be closed for Thanksgiving Holiday! 	26 Coffee at 8:30am!
27 <i>Eat, drink & Be grateful</i> 	28	29 Joyful Movement Class at 2pm! 	30 November is Alzheimer's Disease Awareness Month With Awareness, There is Hope	 November is COPD Awareness Month With Awareness, There is Hope. Spread the Word.	 NOVEMBER IS National DIABETES Awareness Month FINDING THE CURE STARTS WITH AWARENESS	



B'nai B'rith Covenant House

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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!

**November 9th
December 14th**