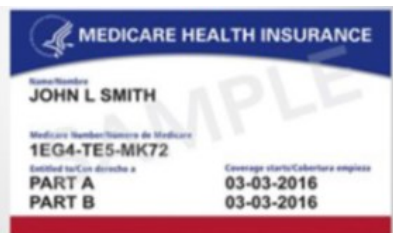


COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

October 2022



Medicare's Open Enrollment period is October 15th - December 7th

when **ALL** people with Medicare can change their Medicare health plan and prescription drug coverage for 2023. *If you are enrolled in AHCCCS, you can change your Medicare Advantage plan once every quarter during the year.* Information on 2023 plans will be available beginning in October. People with Medicare can call 1-800-633-4227 or visit www.medicare.gov for plan information. If a person is satisfied that their current plan will meet their needs for next year, they don't need to do anything. Please call Teresa at 321-4496 if you have any questions.



Pasta Dinner
Friday, October 14th in
the multipurpose room
at 12noon!



Dine in, carry out or delivery

Teresa will send out a flyer with more information

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 Терезы. 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, 520-389-0268

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





Service Coordinator News --- Teresa Wachala



Although we have removed our indoor masking requirement restrictions, we are an older adult community and the population we serve is considered the most vulnerable, so please be mindful of others. 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. Masks will still be available at the front entrance for anyone wanting one while in the building.

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.

We will continue to add more activities, programs and events for everyone to enjoy. Please take a look at our calendar for activities you may wish to attend and please call me to RSVP if the event requires it. 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.

It's so great to see everyone's smiling faces again! It's hard to believe that the Holidays are almost upon us and I look forward to having more in-person events.

—Teresa Wachala—Service Coordinator

If anyone runs low on food or other items during the month, I have an **emergency food pantry** with various items, such as **tuna, sardines, soups, milk, ground coffee as well as instant coffee**, etc. I also provide such things as, **hearing aide 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 need anything.

I have incontinent supplies—**pull-ups, Poise pads and bed pads**. If you need any of the above items please see me during my office hours. All distributions are kept confidential.

I sell **stamps and quarters**, so call me if you need them.



I still have various **GREETING CARDS** and some **2023 Calendars**.



Jan will be teaching a
Fall Craft Class
 on **Tuesday, October 18th** at **2pm**
 in the multi-purpose room
 Please sign up at the desk in the lobby



Manager's Memo—Reda Anna

ATTENTION!

We realize that some of you are helping other residents by walking their dogs. Please be advised that **if you walk someone else's dog, you must clean up after them and you are responsible for the dog's behavior while they are in your care.** Please make sure you know how the dog reacts to other people and other dogs/animals before agreeing to help.



Gulnar Akhmedova was our Assistant Manager for over 12 years. She spoke three languages and was a great help translating for our Russian speaking residents. Gulnar left her position at Covenant House and went back to school to pursue a new career. We will miss her and wish her well in all her new adventures!



JOYFUL MOVEMENT CLASS

Please join us in the **multi-purpose room** on:

Tuesday, October 11th & 25th 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 space 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.

Our first class was so much fun, so please join us for more!!!



Grand Mistress Storyteller

will regale you with folk tales and contemporary stories on

Thursday, October 20, 2022

Join her in the Multipurpose Room **promptly at 3 pm.**

Celebrate with Eegee's Flavor of the Month at approximately 3:45 pm.

She respectfully asks that everyone in attendance wear a mask and will provide them at the door.

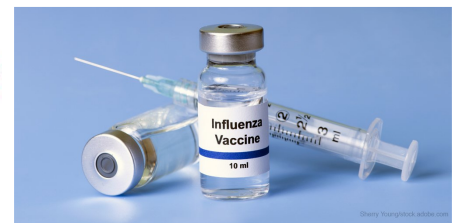
RSVP required by Oct 15th – 520-332-1472.

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.

FLU & COVID-19 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 and COVID-19. Also, wearing a mask to prevent spreading your germs or getting others' germs is recommended especially if you have a compromised immune system. There also are **flu antiviral drugs** by prescription that can be used to treat and prevent the flu.

- ♦ **Avoid close contact. Stay 6 feet apart.**
- ♦ **Stay home when you are sick.**
- ♦ **Cover your mouth and nose.**
- ♦ **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.



WALGREENS VACCINE CLINIC!!

Wednesday, October 19th from 9am-12 in the MP Room!

These are the vaccines they will be providing:

Flu * Pneumonia * Shingles * and the Covid-19 Booster

Open to all residents, caregivers and family

If you have any questions regarding any of the vaccines, please consult your physician.

Teresa will send out a flyer with more details to sign up, ask questions and get your paperwork.

Fall Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



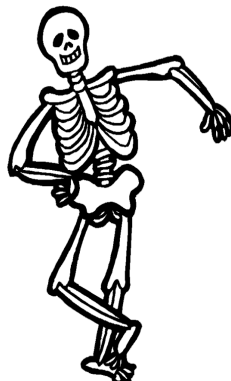
*****Wellness Center—Troy Pearson*****

OFFICE HOURS:

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



TROY J PEARSON—WELLNESS DIRECTOR

Move Your Bones



2022

Senior Olympics



WHAT? 2022 MOVE YOUR BONES SENIOR OLYMPICS



SPONSORED BY:



FUN GAMES WITH MEDALS AWARDED!!!

• COSTUME CONTEST WITH TROPHIES AWARDED!!!

• Raffle prizes, FREE T-SHIRTS, FOOD AND FUN!!!

WHERE? MULTI-PURPOSE ROOM

WHEN? FRIDAY, OCTOBER 28TH AT 1:00PM

**Happy
Halloween**



Covenant House Calendar

October 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3 PCOA Meals at 11:45am! 	4	5 BINGO at 1pm! 	6 PCOA Meals at 11:45am! 	7 	8
9	10 Offices will be closed for Columbus Day/ Indigenous People's Day! 	11 PCOA Meals at 11:45am! Joyful Movement Class at 2pm! 	12 Food Boxes at 9am! 	13 PCOA Meals at 11:45am! 	14 Pasta Lunch-eon starting at 12:00! 	15
16	17	18 Fall Craft Class at 2pm! 	19 Vaccine Clinic from 9am-12! BINGO at 1pm! 	20 Storyteller at 3pm! 	21	22
23 30	24 United Nations Day 31 	25 Joyful Movement Class at 2pm! 	26 	27	28 Move Your Bones Senior Olympics/ Halloween Party at 1pm! HAPPY HALLOWEEN	29



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

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!

**October 12th
November 9th**