

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

December 2022



Peace

*Peace will come when people live
In friendship, side by side,
And cherish understanding
More than hatred, greed and pride.*

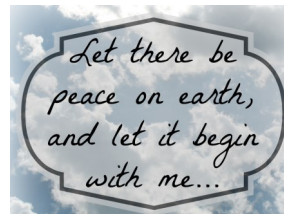
*Peace will come when people see
All people as the same,
And no one has to live in fear,
In ignorance, or shame.*

*Peace will come when people
Who are needy can reach out
For shelter, food, or love,
And no one has to do without.*

*Peace will come when people
Learn to listen and to care
About the rights and dignity
Of people everywhere.*

*Peace will come when love and trust
And kindness know rebirth,
And on that day all people
Will rejoice in peace on earth.*

-Amanda Bradley-



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

Por favor, deje saber a Teresa si necesita este boletín 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

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





Service Coordinator News --- Teresa Wachala



*I want to wish all of you a very **Happy Holiday** season and thank you for your help and encouragement this year!*



Please be kind to each other and introduce yourself to new residents or make a new friend.



- ♦ 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, 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 one of the above items please see me during my office hours. All distributions are kept confidential.
- ♦ **Lobby Hours:** I will be resuming lobby hours in January. I will be in the lobby on Tuesday mornings from 10-11 and Thursday from 2-3 selling quarters and stamps, giving out pantry items and answering questions. If you cannot see me during those times, just call me at 520-321-4496 and come to my office.
- ♦ Please remember to see me if you get **any mail** you do not understand or need help with, especially from **AHCCCS, DES or Social Security** as there may be a deadline and I do not want anyone to lose their benefits. I can help set up on-line accounts which can make the process for recertification and printing new award letters or current benefit statements much easier.



Please join us in the multipurpose room on
Thursday, December 15th at 2pm!!
for a **Holiday Craft Class**.

Jan has been working on some fun, new crafts for this year! Come explore your creative side!!



Be happy with what you have and you will have plenty to be happy about.

—Irish Proverb

ALSO HIGHLY CONTAGIOUS IS -
Kindness, Patience, Love, Enthusiasm,
and a Positive Attitude

Don't wait to catch it from others
Be the Carrier



May Peace be your gift at
Christmas and your blessing
all year through!



Manager's Memo—Reda Anna



Happy Holidays to All!!

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 this month.
- ◆ Please remember that your **Emergency Contact** should be the same person in your file with the management office as well as with the Service Coordinator. **If your emergency contact changes at any time, it is IMPORTANT THAT YOU INFORM REDA or ANDREA & TERESA!** Thank you!



*We will be having a
Passover/Christmas/Holiday Dinner
for all interested residents and will send out
a flyer with all the details at a later date.*

Joyful Holiday

*At this sparkling, joyful time of year,
We think of people who are special & dear;
We're sending this poem in hopes it conveys
Our best wishes for your Happy Holidays!*



Some Holiday Humor





**The FREE 2023 Calendars are available!!
Please call Teresa at 321-4496 to see them.**



Teresa also has greeting cards for **Birthdays, Christmas, Get Well, blank note cards and note pads.** She will be putting Holiday cards in the lobby. Please call if you need other cards.



NEW YEARS EVE PAJAMA PARTY



Saturday, December 31st 10:00 pm - 12:05 a.m.

Calling all entertainers - poets, storytellers, singers, musicians, Magicians, etc. and partiers - no talent needed! Open to all!

Let's entertain each other as we wait for the New Year to enter our lives.

Arrive with Finger food to share and a noise maker.

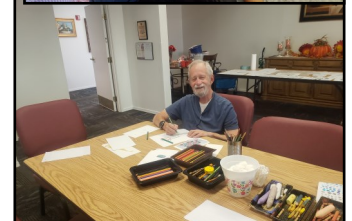
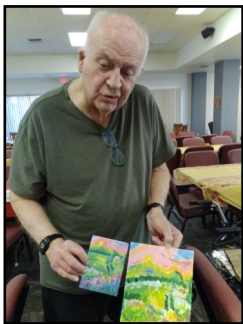
Meet in the Multi-Purpose Room at 10 pm.

Please wear appropriate pajamas or casual clothing.



Explore Color

Everyone had a great time at the Explore Color Class. It was so popular, Carol and Jan will teach another class around the first of the year. It is so wonderful to see everyone being so engaged and creative!



Let it snow!

BLIZZARD
 COAT
 COLD
 DECEMBER
 EARMUFFS
 FEBRUARY
 FIREPLACE
 FLURRIES
 FROZEN
 GLOVES
 HOT CHOCOLATE
 ICE
 ICE SKATES
 ICICLE
 JANUARY
 MITTENS
 SCARF
 SHOVEL
 SLED
 SLUSH
 SNOWBALL
 SNOWFLAKE
 SNOWMAN
 SWEATER
 WINTER



*****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****FOUR HEALTHY HOLIDAY TIPS**

Dr. Albert Fuchs – Health News Blog – Article Holiday Medical Myths, Albertfuchs.com/blog

1. Stay hydrated

Drinking water is one way you can stay healthy during the holidays. “Senior citizens, especially, need to drink plenty of fluids, as not drinking enough water could cause hospitalization,” Fuchs says. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.

2. Follow dietary restrictions

Some seniors must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren’t any healthy options available. “When people get stressed, they tend to overeat and don’t stick to their diets,” Golden says. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

3. Drink in moderation

“Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects,” Golden says. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.

4. Keep exercising

The holidays are synonymous with cold weather and snow. To stick to an exercise schedule, bundle up for a walk around the block. If it’s too cold outside, drive to an indoor shopping mall and walk a few laps while window-shopping.

**Happy
Holidays!**

<div>   <div>Covenant House Calendar December 2022</div>   </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 	3 Coffee at 8:30am! 
4 	5 	6	7 Bingo at 1pm 	8 	9 	10 Coffee at 8:30am! 
11 	12	13 Joyful Movement Class at 2pm! 	14 Food Boxes at 9am! 	15 Holiday Craft Class at 2pm! 	16 	17 Coffee at 8:30am! 
18 	19  Hanukkah/ Latke Meal	20 	21 Bingo at 1pm 	22 	23 	24 Coffee at 8:30am! 
25  Feliz Navidad	26 Offices will be closed for the Christmas Holiday! 	27	28 	29	30	31 Coffee at 8:30am! New Year's Eve Pajama Party 10pm-12:05am! 



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!

**December 14th
January 11th**