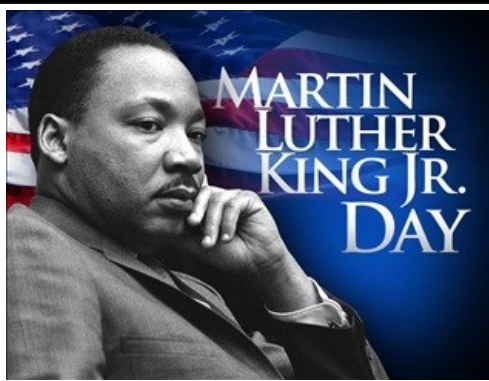


COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

January 2023



Happy New Year

If it didn't bring you joy,
just leave it behind.
Let's ring in the new year
with good things in mind.

Let go every bad memory
that brought heartache and pain,
and let's turn a new leaf
with the smell of new rain.

Let's forget past mistakes
making amends for this year.
Sending you these greetings
to bring you hope and cheer.

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 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

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

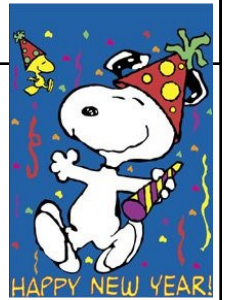




Service Coordinator News --- Teresa Wachala

Happy New Year to all! Wishing you and your family the most abundant blessings and happiness in 2023! I hope that you have found ways to stay positive and continue to be there for each other. I would like to thank everyone once again for your support and patience this year as we try to have more events and activities. It has been really nice to see more residents enjoying themselves. I would like to thank all the residents who helped, volunteered, or assisted this past year especially with the Food Bank, Meals programs, Library and Birthday Cards. I thank you all for making the new residents feel so welcome and learn their way around. Many of you have taken the meaning of neighbor to heart. Let's keep our Buddy system going. I am grateful for all the support and words of appreciation from the residents, Covenant House & Biltmore staff and our Board members. It really makes me enjoy my job more!

Please stay well and be safe. Be kind to each other and know I am only a phone call away even if you just need to chat. ---Teresa



140ET forms for a \$25 tax credit are coming!!

Teresa will make copies of the tax credit form, along with some samples, and leave them on the table in the lobby. Please call her to discuss whether you qualify to get a \$25 check from the state. The quickest way to get it back is to have it directly deposited into your checking or savings account. ***If you do not get your refund back within six weeks of sending it in, please call Teresa so she can help you call the state revenue office to inquire about it.***



- ♦ 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. Since many items are not covered by food stamps, I also provide such things as, **hearing aide batteries, AA & AAA 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 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.



"Individually, we are one drop. Together, we are an Ocean."

~ Ryunosuke Satoro ~





Manager's Memo—Reda Anna



Wishing everyone a very Happy New Year!!

Let's make this year even better by respecting each other (including each other's privacy) and helping each other by forming your Buddy Systems.



Please welcome new residents and help them to feel at home here at Covenant House. Let's take pride in our community, working together to make it a truly nice place to live and enjoy!!



- ♦ Please remember that is **cold and flu season and Covid-19** is still on the rise. No matter what you may have, it is **IMPORTANT to STAY HOME IF YOU FEEL SICK** and **avoid all contact with others**. If you think it might be Covid and want to get tested, order free home tests or call Teresa for some sites that can do it for free or call a local pharmacy. This is for the safety of **ALL** in our community, so please help us keep everyone safe.

The Program is back!!

Place Your Order for more **Free At-Home COVID-19 Tests**

Residential households in the U.S. can order **one set of 4 free at-home tests** from USPS.com. Here's what you need to know about your order:

One order includes 4 individual rapid antigen COVID-19 tests

Website: <https://www.covid.gov/tests>

Please call Teresa at 321-4496 if you need help ordering.
She can go on-line and order for you.



Today will never come again,
Be a blessing, be a friend.

♥♥ Encourage someone,
take time to care.

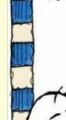
♥♥ Let your words heal,
and not wound.



Always believe that
something wonderful
is going to happen.
Even with all the ups
and downs, never take
a day for granted.
Smile, cherish the little
things and remember
to hug the ones you
really love.



What the world
needs right now is a
little bit
more
Kindness
and a lot more
Love!



HAPPY NEW YEAR!



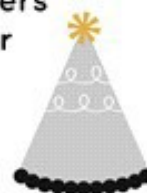
Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers





EXPLORE COLOR CLASS #2

Please join us in the multi-purpose room on
Thursday, January 19th at 2pm.

We will be working in Acrylics, Watercolor, Oil &
Chalk Pastels, Magic Markers & Colored Pencils.

Everything you need is provided.

Please sign-up in the lobby!



Haircuts and Nails



Coni is a licensed Hairdresser and Nail Tech
who comes to the building to provide services.
Please call her at 333-0900 for more information.



BINGO!!



Please join us for a different kind of Bingo. Play is
continuous on one card until all the prizes are gone.
There is no charge to attend.



It is held 2 times a month on Wednesdays at 1pm!

There will be a sign-up sheet in the lobby for each week.

The BEST Crockpot Pot Roast

2 cans cream of mushroom soup (98% fat free, low sodium, fat
free..any kind)

1 package Lipton onion soup mix (or your brand of choice)

1 chuck roast (4-5 pounds or whatever fits in your crockpot!)

Baby potatoes and baby carrots and, if you like them, onions (as
much as you like)



Combine the canned soup with the dry mix in a small bowl. Mix well. It will be kind of
thick.

Put a small amount of the soup mix in the bottom of the crockpot. Add the roast and
pour the remaining soup mixture over the top of the roast.

Add the veggies, put on the lid, turn to low and WALK AWAY! You're done until it's time
to eat this fabulous dish! Cook on low for about 8 hours.

Wellness Center—Troy Pearson

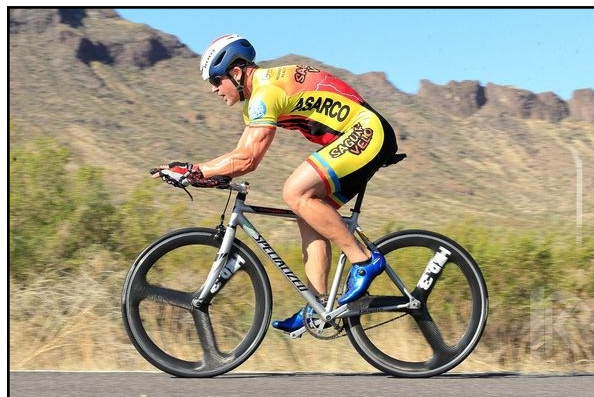
OFFICE HOURS:

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM

**Happy
New Year!**



TROY J PEARSON—WELLNESS DIRECTOR

In 2023, set a goal that focuses on bettering your overall health, both physically and mentally. It's easy to let a resolution get brushed under the rug, but it'll be a priority if it's something you're truly passionate about changing. Here are a few New Year's resolutions I suggest considering:

1. EXERCISE AT LEAST 30 MINUTES PER DAY

Staying physically active is key to healthy aging. That doesn't mean you have to spend all of your free time exercising, but you should certainly dedicate a portion of your day to fitness. If you're just getting started, I recommend committing 30 minutes of your day to exercise, with a gradual increase as it becomes a habit. Eventually, you should be able to dedicate the recommended amount of 150 minutes of aerobic activity per week.

2. MAKE HEALTHIER DESSERT DECISIONS

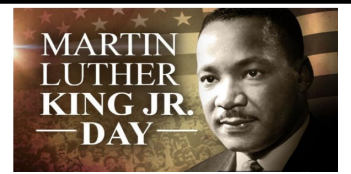
It's easy to reach for that sugary treat after dinner. But consuming those not-so-healthy choices every night may eventually lead to weight gain, high blood pressure and other chronic issues. Make 2023 your year to fall off the path that leads to unhealthy desserts and jump on one that drives you to make smarter choices. Fruits and dark chocolate make excellent natural alternatives if you need to satisfy a sweet craving.

3. BE CONSCIOUS OF YOUR OVERALL HEALTH

Your body is always changing, so make it a priority to keep up with your health. Visit the doctor annually, if not more, to be proactive about your overall well-being. And take the advice and guidance he or she gives during your visit. Those tips will help you have a happy and healthy year.



Covenant House Calendar January 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Offices will be closed for New Year's Holiday! 	3 Lobby Hours 10-11am	4 Bingo at 1pm 	5 Lobby Hours 2-3pm	6 	7 Coffee at 8:30am!
8 	9	10 Lobby Hours 10-11am	11 Food Boxes at <u>9am</u> ! 	12 Lobby Hours 2-3pm	13	14 Coffee at 8:30am!
15	16 Offices will be closed for Martin Luther King, Jr. Day! 	17 Lobby Hours 10-11am	18 Bingo at 1pm 	19 Lobby Hours 2-3pm Explore Color Class at 2pm! 	20	21 Coffee at 8:30am!
22 29	23 30	24 Lobby Hours 10-11am	25 	26 Lobby Hours 2-3pm	27	28 Coffee at 8:30am!



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!

**January 11th
February 8th**