

# COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

February 2023

This year's theme for Black History month is: **"Black Resistance,"** and explores how African Americans have resisted historic and ongoing oppression, in all forms, since our arrival upon these shores. These efforts have been to advocate for a dignified self-determined life in a just democratic society in the United States. Black people have sought ways to nurture and protect Black lives, and for autonomy of their physical and intellectual bodies through armed resistance, voluntary emigration, nonviolence, education, literature, sports, media, and legislation/politics. Black led institutions and affiliations have lobbied, litigated, legislated, protested, and achieved success.



The celebration of Valentine's Day is not limited to lovers but includes any and everyone loved by us, be it our parents, siblings, children, friends, relatives or dear ones. In its true sense, Valentine's Day celebrates love.

**Presidents' Day** in the United States, is a federal holiday observed on the third Monday of February in honor of George Washington (born on February 22), the first President of the United States. The holiday is popularly recognized as also honoring Abraham Lincoln (born on February 12), and sometimes all the U.S. presidents.



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

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
- Vijay Singh, Caretaker
- Lourdes Verduzco, Housekeeping
- Sonny 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, 520-808-3677

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





## \*\*\*Service Coordinator News --- Teresa Wachala\*\*\*



### HAPPY VALENTINE'S DAY!

During this month of love, let us all remember to accept each other for who we are and forge more friendships. Let us celebrate our diversity and learn from each other in the spirit of love, peace and understanding.

***"Love is the strongest force the world possesses, and yet it is the humblest imaginable." - Mahatma Gandhi***

***"Not everyone can do great things. But we can all do small things with great love!" — Mother Teresa***

- ♦ 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, 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. 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.
- ♦ **ATTN DOG OWNERS:** I received a donation of dog waste bags. Please come see me if you need any.



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



I made copies of the tax credit form, along with some samples, and left them on the table in the lobby. Please call me to discuss whether you qualify to get a \$25 check from the state or to make sure it is filled out correctly. The address to send it, is located at the bottom of the form. If you are a couple, please see me for further instructions as you can get \$50. 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 me so I can help you call the state revenue office to inquire about it.***

***"May no gift be too small to give, nor too simple to receive, which is wrapped in thoughtfulness and tied with love." - L.O. Baird***





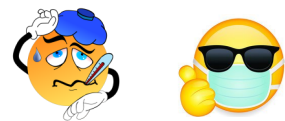
## \*\*\*Manager's Memo—Reda Anna\*\*\*



### IMPORTANT REMINDERS!

- ◆ If you recently recertified all of your paperwork with the office, your rent has changed! **PLEASE CALL THE OFFICE BEFORE YOU MAKE OUT YOUR RENT CHECK SO IT HAS THE PROPER AMOUNT!**
- ◆ We know it may be difficult to find parking, but **PLEASE DO NOT PARK IN THE POSTED FIRE LANES!!** You can be towed as the signs state!
- ◆ Please remember that it is **cold and flu season** and **Covid-19** is still here. 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, call Teresa to order free tests or find somewhere to test. Please wear a mask in all common areas when feeling ill. This is for the safety of **ALL** in our community, so please help us keep everyone safe and well.

**Stay home if you are feeling ill!**

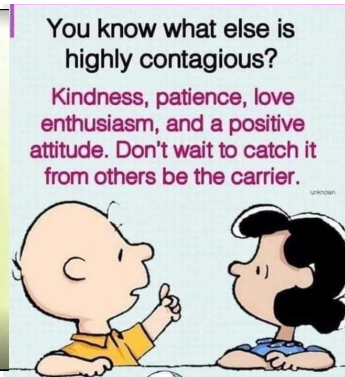
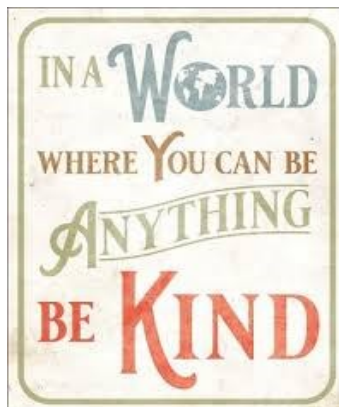


### FILE OF LIFE

KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF	MO. YR.
Name:	Sex: M F
Address:	
Doctor:	Phone #:
Doctor:	Phone #:
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	
Name:	Phone #:
Address:	

It is very important to keep your **File of Life** on your refrigerator. The paramedics always look there when responding to an emergency. Please take a look at your **File of Life** to see if it needs to be up-dated (check it every six months), or if you don't have one, please see Teresa.

Need help with your **SNAP (food stamps)** or **AHCCCS** application or renewal? Please see Teresa as she can help with on-line applications or refer you to the proper help.





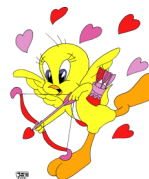


# Valentine's Day

February 14th



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



ADORE  
AFFECTION  
ARROW  
BE MINE  
BELOVED  
BOYFRIEND  
CANDY  
CHAMPAGNE  
CHERUB  
CHOCOLATE

CUPID  
DARLING  
DEAREST  
FLOWERS  
GIFTS  
GIRLFRIEND  
HEARTS  
HUG  
I LOVE YOU  
KISS

LOVE  
PINK  
POEM  
RED  
ROMANCE  
ROSES  
SWEETHEART  
VALENTINE





Please join us in the multipurpose room on  
**Tuesday, February 7<sup>th</sup> at 2pm!!**

for a **Valentine Craft Class.**

Come explore your creative side!!

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



### Activities Planning Meeting!

**Thursday, February 9<sup>th</sup> at 10:30am!**

Would you like to see more activities in the building?

Want to start a game night or regular card game?

Want to have a knitting and crochet group?

Do you have a DVD movie you would like to share for movie night?

Come meet with our Board of Directors' Liaisons to discuss ideas.

Please bring your ideas and willingness to volunteer.

Snacks will be provided!



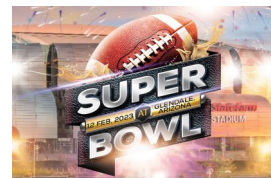
Please join us for a **Superbowl Party** on

**Sunday, February 12<sup>th</sup> at 4pm**

in the multipurpose room.

We will have some food and snacks

and enjoy the game together.



### Love Story and a Movie

Please join us in the multipurpose room on

**Tuesday, February 14<sup>th</sup> at 3:30**

for a Love Story and Romantic Movie for  
Valentine's Day!

Snacks will be provided!



### EXPLORE COLOR CLASS #2

Please join us in the multi-purpose room on

**Thursday, February 16<sup>th</sup> 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!



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

**OFFICE HOURS:**

**TUESDAY: 6:00AM—11:00AM**

**THURSDAY: 6:00AM—11:00AM**

**FRIDAY: 6:00AM— 4:00PM**



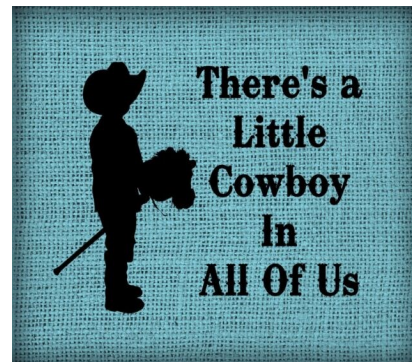
TROY J PEARSON—WELLNESS DIRECTOR

**1<sup>ST</sup> ANNUAL COVENANT HOUSE  
LA FIESTA DE LOS VAQUEROS**  
**WHAT? COWBOY LUNCH AND EARN BADGES  
BY PARTICIPATING IN FUN RODEO GAMES!!!**  
**(all level of abilities are welcome to participate)**

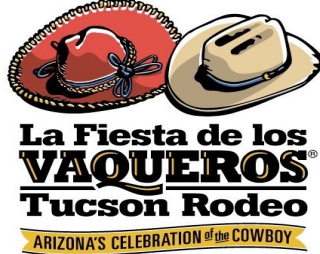
food



**WHEN? FRIDAY, FEBRUARY 24<sup>TH</sup>**  
**LUNCH AT NOON (Please sign up in the lobby)**  
**RODEO FROM 1:00PM TO 2:30PM**  
**WHERE? MULTI-PURPOSE ROOM**





Covenant House Calendar February 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 	3	4 Coffee at 8:30am! 
FEBRUARY  CANCER AWARENESS National Cancer Prevention Month			8 Food Boxes at 8:30am!!! 	9 Activities Planning Meeting 10:30am!	10 	11 Coffee at 8:30am! 
5	6 SC out of office	7 Valentine Craft Class at 2pm! 	15	16 Explore Color Class at 2pm! 	17 	18 Coffee at 8:30am! 
12 Superbowl Party at 4pm! 	13	14 SC Lobby Hours 10-11am  Valentine Movie at 3:30pm!	22 	23	24 Rodeo Games at 12pm! 	25 Coffee at 8:30am! 
19	20 Offices will be closed for Presidents Day! 	21 SC Lobby Hours 10-11am				
26	27	28 SC Lobby Hours 10-11am	February is National Dental Health Month 		<b>FEBRUARY</b> Age-Related Macular Degeneration & Low Vision Awareness Month	



## *B'nai B'rith Covenant House*

4414 E. 2nd Street

Tucson, AZ 85711

Website: [www.covenanthouseoftucson.org](http://www.covenanthouseoftucson.org)

Facebook: [www.facebook.com/covenanthousetucson](https://www.facebook.com/covenanthousetucson)

Phone: 520-327-2200 Fax: 520-327-0080

E-mail: [bnaibrithcovenant@qwestoffice.net](mailto: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 (2<sup>nd</sup> Weds. of mo.)**

**Pick-up time is NEW 8:30am!**

**February 8<sup>th</sup>  
March 8<sup>th</sup>**