

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

April 2023



PASSOVER (April 5-April 13)

One of the Jewish religion's most sacred and widely observed holidays, Passover (Hebrew: Pesach) commemorates the story of the Israelites' departure from ancient



Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers and Deuteronomy, among other texts. Jews observe the weeklong festival with a number of important rituals, including traditional Passover meals known as Seders, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale.





EASTER

Easter is a Christian holiday that celebrates the belief in the resurrection of Jesus Christ from the dead. The holiday concludes the "Passion of Christ," a series of events and holidays that begins with Lent—a 40-day period of fasting, prayer and sacrifice—and ends with Holy Week, which includes Holy Thursday, Good Friday, and Easter Sunday. From the very early times, the egg has been considered the most important symbol of rebirth.



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.

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Covenant House Staff

- Reda Anna, Manager
- Andrea Nunez, Assistant Manager
- Teresa Wachala, Service Coordinator
- Troy Pearson, Wellness Center
- Jessica Quintanar, Computer Coord.
- Vijay Singh, Maintenance
- 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 Inc.



Service Coordinator News --- Teresa Wachala

Wishing everyone a Happy Passover and Easter! I so appreciate all the kind words of love and support from residents, staff, board members and Biltmore. They touch me deeply and keep me going.

A special THANK YOU to all my current and future resident volunteers, especially during this month of Volunteer appreciation!

You are the only way I can keep having the ongoing programs like the Food Bank boxes, Crafts, Bingo and other activities.

I am so grateful for my volunteers and am happy to see residents helping each other. Please don't hesitate to call me if you need anything, even just to talk.

♥ With a grateful heart, Teresa



MEDITATION GROUP

We are starting a new group for meditators and want-to-be meditators. We will experience different types of meditation – breathing, walking, and other ancient methods. In addition we will play with guided imagery where the leader facilitates participants moving into a meditative state, then guides them on a story that evolves within, much like a daydream. Research over the last 50 years into the effects of regular meditation reveals that it can increase feelings of inner peace and calm, lower blood pressure, facilitate our control over stress, and enhance brain functioning.



Join us for an initial gathering in the

Wellness Center on Monday, April 10th at 11am!

where we will agree on the groundwork for this important group.



Computer Room Open House

Please join us in the Computer Room on

Friday, April 14th at 2pm

Come and meet our

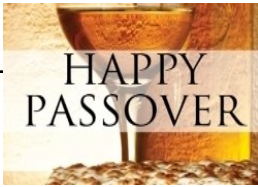
Network Center Coordinator, Jessica Quintanar

She will show you around the center and explain the classes she will be having and how she can help you with your technology. We have 6 desk top computers available, a printer and 2 laptops which can be checked out if you need to use one. You would need to sign our Laptop/Computer agreement form before you can check one out or use the computers.



Refreshments will be served!!





*****Manager's Memo—Reda Anna*****



Happy Passover and Easter to all!!

Please remember that your rent is based on **ALL INCOME** you receive, including Social Security, SSI, VA benefits, pensions and family support.



If you are paying for any VA or Home Care services, they may not be allowable medical expenses. When in doubt, please ask the office for clarification.



Feel free to come to the office and speak with us about what is considered income and what are allowable medical expenses and how it will affect your rent.

GOSSIP CAN BE HARMFUL

Try not to talk about people behind their back. Remember what goes around comes around. Unless it is necessary, don't say something about someone else that you wouldn't say to his/her face.

Try to think of the implications it might have if you were to spread gossip. Ask yourself these simple questions mentally about what you're about to say before speaking aloud:

- ◆ How would you like it if someone said this about you?
- ◆ Is it true? Maybe it is, but is repeating it necessary?
- ◆ Is it kind? It may be true, about yourself or someone else, but if it will harm another, you have no right to repeat it.
- ◆ Is it just? Is it honest, compassionate, with the person's best interest at heart?
- ◆ Is it necessary? Will it do any good *and* satisfy all the other conditions? Not only is it necessary, but is it necessary for the other person to hear? Remember, "Need To Know."

BINGO IS BACK!!



Bingo is played for prizes provided by a sponsor and there is no charge to attend. We play until the prizes are gone! Come and have fun!



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

There will be a sign-up sheet in the lobby for each week so our sponsor will know how many prizes to bring.



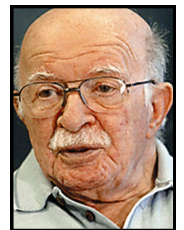
Holocaust Remembrance Day is on April 18th!

It is never too late, and we should always remember those who lost their lives during the Holocaust and make sure it never happens again.

Yom Ha Shoah (Holocaust Remembrance Day) is observed as Israel's day of commemoration for the approximately six million Jews and five million others who perished in the Holocaust as a result of the actions

carried out by Nazi Germany and its accessories, and for the Jewish resistance in that period.

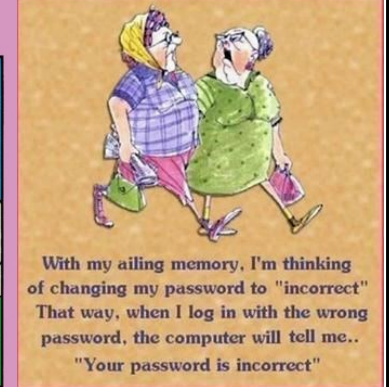
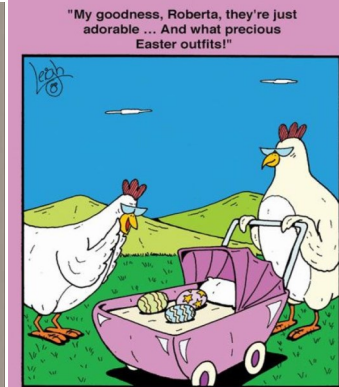
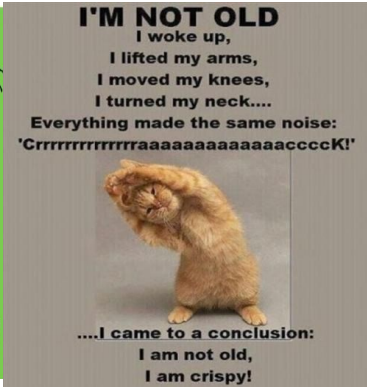
Holocaust survivor, **Gerd Strauss** founded B'nai B'rith Covenant House I and II and the Gerd & Inge Strauss Manor on Pantano. He was an active member of the Holocaust Survivors group in Tucson where he taught thousands of students about the Holocaust.



The Earth Day 2023 Theme Is Invest in Our Planet. This is the moment to change it all — the business climate, the political climate, and how we take action on climate. Now is the time for the unstoppable courage to preserve and protect our health, our families, and our livelihoods.

For Earth Day 2023, What Will You Do? Together, We Must Invest in Our Planet, Because a Green Future Is a Prosperous Future. Go Green Today!

Arbor Day, April 22, 2023's theme is all about ensuring our earth and the trees upon it are all happy, healthy, and growing to be as strong as they possibly can be! Planting trees is an act of kindness and optimism; a gift for our friends and neighbors, and for future generations. The trees we plant clean the air, beautify our neighborhoods, provide homes for wildlife, conserve energy and topsoil, and help keep the atmosphere in balance. Trees not only bring an aesthetic beauty to our world but are important to our very survival. They not only provide shelter for many species of birds, animals and insects but they are also the lungs of our planet.



Dispatch Health
 Same-Day, In-Home
 Urgent Medical
 520-442-2269
 DispatchHealth.com
 Depending on your insurance, you
 may have a co-pay. Please check first.



Canasta
 every Wednesday at 3pm!



Mexican Train Dominoes
 every Sunday at 2pm!
 in the multipurpose room!



Earth Day Word Search



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



- Air
- Clean
- Climate
- Compost
- Conservation
- Energy
- Forest
- Global
- Land

- Litter
- Ocean
- Ozone
- Recycle
- Reduce
- Reuse
- Trees
- Waste



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

PUT SOME SPRING INTO YOUR STEP!!!

What does walking do for your body and mind?

- Strengthens muscles
- Promotes a healthy weight
- Helps reduce blood pressure
- Strengthen bones and helps prevent osteoporosis
- Promotes joint health
- Improves sleep
- Lowers the risk for heart disease, stroke, colon cancer, and diabetes
- Improves balance and coordination—important for preventing falls
- Strengthens the immune system
- Raises your energy levels
- Reduces anxiety and depression
- Makes you feel good about yourself



These benefits enable you to live independently and safely in your home. Studies have shown that it may also slow cognitive decline and dementia.

Another bonus to walking is the people you meet while out on your walk, as you talk to friends and neighbors. And social interaction is another key to good health for older adults. According to Harvard Health Publishing: “A strong social life has been linked with many health benefits, like less risk of depression and longer lifespan.”





Covenant House Calendar April 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>We ♥ our volunteers VOLUNTEER APPRECIATION MONTH</p>		<p>April is National Humor Month Prepare to Wiggle your Giggles!</p>		<p>APRIL IS NATIONAL STRESS AWARENESS MONTH</p>		<p>1 Coffee at 8:30am!</p>
<p>2 Mexican Train Dominoes at 2pm!</p>	<p>3 April showers bring May flowers</p>	<p>4</p>	<p>5 Bingo at 1pm Canasta 3pm! Passover Begins</p>	<p>6</p>	<p>7 GOOD FRIDAY</p>	<p>8 Coffee at 8:30am!</p>
<p>9 Easter Sunday</p>	<p>10 Meditation Class in Wellness Center at 11am!</p>	<p>11</p>	<p>12 Food Boxes at 8:15am! Canasta 3pm!</p>	<p>13</p>	<p>14 Computer Room Open House at 2pm!</p>	<p>15 Coffee at 8:30am!</p>
<p>16 Mexican Train Dominoes at 2pm!</p>	<p>17</p>	<p>18 HOLOCAUST REMEMBRANCE DAY</p>	<p>19 Bingo at 1pm Canasta 3pm!</p>	<p>20 Resident Activities Meeting at 10:30am in MPR!</p>	<p>21</p>	<p>22 Coffee at 8:30am!</p>
<p>23 Mexican Train Dominoes at 2pm!</p> <p>30 Mexican Train Dominoes at 2pm!</p>	<p>24</p>	<p>25</p>	<p>26 Canasta 3pm!</p>	<p>27 National DONATE LIFE Month</p>	<p>28 Arbor Day</p>	<p>29 Coffee at 8:30am!</p>



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:
NEW \$1580/mo (ind)
NEW \$2137/mo (cpl)

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 8:15!
April 12th
May 10th