

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

May 2023

Older Americans Month 2023

The 2023 theme is **Aging Unbound**, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging –and how we all benefit when older adults remain engaged, independent, and included.



It's that time of year in the Old Pueblo when the temperatures start to soar! Please remember to use sun screen and a wide-brimmed hat when going outdoors. It is also important to drink plenty of fluids to stay hydrated. At least 6-8, 10 ounce glasses of water per day is recommended.

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

- Covenant House Staff**
- Reda Anna, 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



*I would like to wish everyone a
Happy Mother's Day!*

Happy
Mother's
Day!



- ♦ 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, 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.

**AmeriCorps Seniors
Foster Grandparent
Program**

May 16, 2023 at 1pm!

**In the Multipurpose
Room**

**Enjoy some Eegee's
and learn about a great
way to volunteer with
children.**

**AMERICORPS SENIORS
FOSTER GRANDPARENT PROGRAM**

Become a Foster Grandparent and make a difference in the community and your life. This program provides great benefits to a child and to YOU! Volunteer at local schools, head starts, libraries and community centers.

Eligibility

- 55 years of age or older
- Pass criminal background checks
- Meet income guidelines (for stipend eligibility)

Benefits

- Tax-free stipend *
- Limited accident/liability insurance while volunteering
- Transportation reimbursement
- Social connections and
- Civic engagement through service and more!

* This stipend does not count as income and will not affect most benefits

Call today to learn how to become a Foster Grandparent:

Marga Gamas
Program Coordinator
Marga.Gamas@nau.edu
520-305-2482
Center for Service and Volunteerism

NAU NORTHERN ARIZONA
UNIVERSITY
Center for Service and Volunteerism



**AmeriCorps
Seniors**



AmeriCorps



Craft Class

Please join us in
the MP room on

Monday, May 8th at 2pm

Jan will help you make some
Mother's Day crafts.

Please sign-up in the lobby.

**Of all the special
joys in life,
The big ones
and the small,
A mother's love
and tenderness
Is the greatest
of them all.**

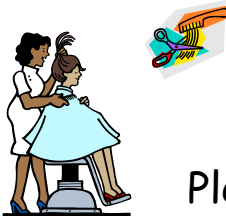


*****Manager's Memo—Reda Anna*****



Wishing all a very HAPPY MOTHER'S DAY!!

- ◆ Please make sure your pet does not play with the pull-cords or that you accidentally pull on it! If there are too many false alarms, the new company may start charging residents.
- ◆ **A/C units** - Please keep your **windows shut** when the A/C is running to avoid condensation and leaking. If you keep the A/C at a constant temperature (75°) it should stay nice and cool without the unit freezing up. If you're A/C goes out, we may not be able to get someone here to fix it right away, so please follow these tips to keep it working properly.
- ◆ Please **DO NOT** adjust the thermostats in the hallways yourself. During this hot weather, they can easily freeze up and stop working if set too low. Please let the staff take care of them.
- ◆ Please remember to always pick up after your dog, including any gravel they may throw on the sidewalk. If you walk someone else's dog, you are responsible for their behavior while in your care.



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.



Honoring Memorial Day!

To all our residents, family members and friends who have served in the military, we thank you for your dedication and service to our country!



Memorial Day is a good time to reflect on the sacrifices and services of the American soldiers and veterans and the U.S. military men and women. The American military is, has always been and will always recruit the best and finest of the crop of young men and women of the country and we will continue to shower them with appreciation, support and prayers, as we have always done. Memorial Day is an opportunity for us to express the special places they have in the hearts of American citizens and more by honoring the people who work in the various branches of the military.



Computer Workshops

When: **Fridays, 10-11am**

Where: **The Computer Room**



Jessica will be having various topics for her workshops every Friday in the Computer room. Please email her at

networkcentercoordinator@gmail.com

Please come to the Computer room to sign-up!

Jessica will be out of the office from May 24th-June 1st!



We will be providing a Memorial Day meal in May. Teresa will send out a flyer with all the details to sign-up.



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.

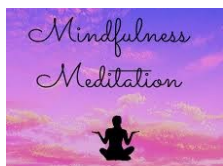


It is held 2 times a month on Wednesdays at 1pm!

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

MEDITATION GROUP

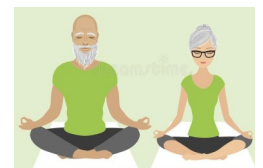
We are starting a new group for meditators and want-to-be meditators. We will experience different types of meditation – breathing, walking, and other ancient methods. In addition we will play with guided imagery where the leader facilitates participants moving into a meditative state, then guides them 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

Wellness Center on Mondays at 11am!

Group Facilitator is resident, Diane Ealy



The **Brain Bus** is a travelling **Neuroscience Education Vehicle**. Join us to learn about your amazing brain. Participate in activities that demonstrate neuroplasticity. Test your olfactory, visual, and, receptor systems, and learn a few tips to help you remember.



Please join us
Tuesday, May 2nd from 9:00 am – 10:30 am

at the Brain Bus parked outside of
Phase II on the North side of the building

Everyone will be sent home with a Memory Tip Sheet.

Saturday Morning Coffee

The Friends Of Covenant House would like to invite all residents to



COFFEE ONLY!



On Saturday Mornings from 8:30-10:30am

in the Computer Room

Please come have some coffee and spend time with fellow residents!



OPEN TO ALL RESIDENTS!



Potluck Luncheon

Saturday, May 21st at noon!

The Friends Of Covenant House would ask that you please sign-up in the lobby. We are asking everyone who attends to contribute something, even if it is cups, napkins or a drink.

As you know, we have experienced a lot of turnover recently. If you see new faces in the building, please **welcome these 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! Since not everyone in our apartment community has outside support, it is important to know who your neighbors are and have a **buddy system** where you can look out for each other. Many of you are already doing this and we always appreciate concerns if you have not seen or heard from your neighbor or friends in the building. Please do not hesitate to tell staff if you are concerned and cannot contact someone. We will gladly check on them.



*****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



WHAT? CINCO DE MAYO CELEBRATION!!!
EARN YOUR BEADS WITH A TACO TOSS!!!
MEXICAN LUNCH (TAMALE PIE, RICE & BEANS)
FREE SOMBREROS, MARACAS AND FESTIVE GLASSES!!!
PINATA BREAKING!!!

WHEN? FRIDAY, MAY 5TH AT NOON

WHERE? MULTI-PUPOSE ROOM





Covenant House Calendar May 2023



AGING UNBOUND: MAY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>May is Mental Health Awareness Month</p>	<p>1 Meditation group in Wellness Center at 11am!</p>	<p>2 Brain Bus and activities at 9am!</p>	<p>3 Bingo at 1pm</p>	<p>4 Needles Group from 2-4pm!</p>	<p>5 Cinco de Mayo Party at 12noon!</p>	<p>6 Coffee in the Computer Room at 8:30am!</p>
7	<p>8 Meditation group in Wellness Center at 11am!</p> <p>Mother's Day Craft Class at 2pm!</p>	9	<p>10 Food Boxes at 8:15 am!</p>	<p>11 Needles Group from 2-4pm!</p>	12	<p>13 Coffee in the Computer Room at 8:30am!</p>
<p>14 Happy Mother's Day</p>	<p>15 Meditation group in Wellness Center at 11am!</p>	<p>16 Foster Grandparent Program at 1pm!</p>	<p>17 Bingo at 1pm</p>	<p>18 Needles Group from 2-4pm!</p>	<p>19 LAND OF THE FREE BECAUSE OF THE BRAVE</p>	<p>20 Coffee in the Computer Room at 8:30am!</p> <p>Resident Potluck at noon!</p>
21	<p>22 Meditation group in Wellness Center at 11am!</p>	<p>23</p>	24	<p>25 Needles Group from 2-4pm!</p>	26	<p>27 Coffee in the Computer Room at 8:30am!</p>
28	<p>29 Offices will be closed for Memorial Day</p>	30	<p>31 Memorial Day Meal-details later.</p>	<p>May is national barbecue month!</p>		<p>May is SKIN CANCER AWARENESS MONTH</p>



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: 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 (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 8:15!

**May 10th
June 14th**