

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

June 2023



Flag Day (June 14th), is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation.....one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon. As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride!



Covenant House Staff

- Reda Anna, Manager
- Gulnar Akhmedova, 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.**



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

*****Service Coordinator News --- Teresa Wachala*****



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

I will be out of the office from June 21- 25th!

Happy June! I just want to remind everyone to keep well hydrated and stay safe during our warmer weather. I hope to see more of you at classes, Bingo, events, meals, etc. You will be seeing a lot of new faces and I am sure they could use some friends in the building to show them around and make them feel welcome. If you see someone you don't know, please introduce yourself.

Please remember that I am available to help with getting and retaining benefits, change of address for Social Security, AHCCCS, etc. If you get any mail you need help with, please come to me or call for an appointment. I want to make sure everyone keeps their benefits and does not miss any deadlines. I can also refer you to different agencies and resources for help.

If you have any suggestions for educational speakers, please let me know so I can try to arrange it. I want to thank all the resident volunteers and am grateful to all of you for wanting to try new things to engage the residents.

Teresa Wachala
Service Coordinator



- ♦ 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., Please call me at 321-4496 during my office hours. All distributions are kept confidential.

- ♦ I sell **stamps and quarters**, so call me if you need them.



FRAUD & SCAMS



Please join us in the multipurpose room on
Tuesday, June 6th at 11am!



Bill Brunell, retired TPD Sergeant, will discuss the recent scams and fraud and ways to avoid them.




*****Manager's Memo—Reda Anna*****




Wishing all a very HAPPY FATHER'S DAY!!

- ◆ Please remember we have a **wooden box** next to the soda machine which is where any **FREE** items (except **FOOD**) should be placed. If you see a walker or any other items in the lobby, please **DO NOT remove** them or inquire at the management office.
- ◆ The **barbeque grill** outside of the multi-purpose room is **GAS ONLY!** Please **DO NOT** put charcoal briquettes in it! Ask us if you don't know how to use it.
- ◆ Please let the office know if **you are going on vacation** so staff knows you are gone. We also want to be sure it does not coincide with your annual recertification.
- ◆ Please let the office know if you **change your phone number or your emergency contact.**



Thank you! Sincerely, Management



Dad



*He never looks
for praises
He's never one to boast
He just goes on quietly working
For those he loves the most
His dreams are seldom spoken
His wants are very few
And most of the time his worries
Will go unspoken too
He's there.... A firm foundation
Through all our storms of life
A sturdy hand to hold to
In times of stress and strife
A true friend we can turn to
When times are good or bad
One of our greatest blessings,
The man that we call Dad.*


The Value of a Smile


A smile creates happiness in the home, fosters good will in business, and is the countersign to friends. It is rest to the weary, daylight to the discouraged, sunshine to the sad, and nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed or stolen; for it is something that is no earthly good to anyone until it can be given away.

And if someone is too tired to give a smile, just give them one of yours; for nobody needs a smile as much as those who have none left to give.



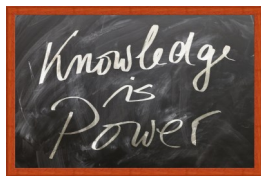
Resident Activities Planning Meeting

OPEN TO ALL RESIDENTS!!



Do you have ideas for fun, educational, and civic-minded activities at Covenant House?
Would you like to hear about some great action plans already in the planning stages that your community members are already moving on?

All are welcome to be involved!!



Please come to our
RESIDENT ACTIVITIES MEETING

Thursday, June 8th

at 10:30am in the multipurpose room!



RECIPE: Ravioli Casserole



Ingredients:

- 1 package (20 ounces) refrigerated cheese ravioli
- 3½ cups pasta sauce
- 2 cups small-curd cottage cheese
- 4 cups shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- Minced fresh parsley, optional



Directions:

- ♦ Preheat the oven to 350°. Prepare ravioli according to package directions; drain. Spread 1 cup spaghetti sauce in an ungreased 13x9in. baking dish. Layer with half of the ravioli, 1¼ cups sauce, 1 cup cottage cheese and 2 cups mozzarella cheese. Repeat layers. Sprinkle with Parmesan cheese.

Bake, uncovered, until bubbly, 30-40 minutes. Let stand 5-10 minutes before serving. If desired, sprinkle with parsley.



Find the hidden words associated with Old Glory.

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

ALLEGIANCE
 BETSYROSS
 FLAG
 FRANCIS
 SCOTT
 KEY
 FREEDOM
 INDEPENDENCE
 JUNE
 OLDGLORY
 PATRIOTIC
 PLEDGE
 RED
 WHITE
 BLUE
 STARS
 STRIPES
 STAR
 SPANGLED
 BANNER
 THIRTEEN
 UNION



IN A WORLD
 WHERE YOU CAN BE
 ANYTHING
 BE KIND

WHAT IF
 TODAY
 WE WERE
 JUST
 GRATEFUL
 FOR
 EVERYTHING



We don't always
 have to agree with
 one another but it's
 important that we
**LEARN TO
 RESPECT**
 each other.

- Rubyanne

When you can't
 control what's
 happening, challenge
 yourself to control the
 way you respond.
 That's where your
 power is.

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

5 TIPS FOR EXERCISING IN THE HEAT!!!

When the temperature goes up in the summer months, exercising outside can become challenging. Even heat-loving, sun-seeking exercisers can become overheated when the sun is beaming down in the heat of the day.

1. **Timing is key:** Try to avoid exercising outside in the early afternoon. It's usually hottest between noon and 3 p.m.
2. **Hydrate:** Drink water before, during and after physical activity, even if you don't feel thirsty. Bring a bottle of water with you, or plan water stops along your route.
3. **Dress for success:** Wear lightweight, light-colored, loose-fitting clothes. Moisture-wicking fabric can also be a big help. Protect yourself from the sun with sunglasses, a hat or visor and plenty of sweat-resistant sunscreen.
4. **Listen to your body:** Take frequent breaks in the shade, and drink water before you're thirsty. Allow yourself time to adapt to the heat -- some experts say that this can take about 4-14 days. You may not be able to work out as long or as hard as usual when it's very hot.
5. **Doctor's orders:** Check with your healthcare professional before starting an exercise routine or moving your workout outdoors if you have cardiovascular disease, diabetes, other chronic disease or any medical concerns. Certain medications like beta blockers, ace receptor blockers, ace inhibitors, calcium channel blockers and diuretics can exaggerate the body's response to heat.

Buddy up: If you can, work out with a partner for safety ... and fun!

Covenant House Calendar
June 2023






| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |





































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 (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!

**June 14th
July 12th**