

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

July 2023



HOME OF THE FREE BECAUSE OF THE BRAVE



A special thanks to all the troops who have served and are serving our country. We are a nation who will be forever grateful.



Fourth of July meal will be held on

Friday, July 7th starting at 1pm for meal!

Please come down & enjoy Troy's activities & fun at NOON!

Call Teresa & state whether you want delivery, to go or dine-in!



Monsoon season is here with lots of rain and wind, so please be careful when outdoors. It's that time of year in the Old Pueblo when the temperatures 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
- 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.



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



*I would like to wish everyone a
Happy Fourth of July!!*



I hope everyone has a wonderful Fourth of July holiday!
I am working on getting some educational speakers and entertainment into the building, so please come to these events. Please contact me if you have any suggestions for speakers, entertainment, etc.

- ◆ 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, laundry soap, 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 have **incontinent supplies (Depends pull-ups and Poise pads)** if anyone needs them. Please see me in my office as all distributions are kept confidential and discreet.
- ◆ I sell **stamps and quarters**, so call me if you need them.



Social Security Workshop
Please join us on
Monday, July 17th at 11am
in the multi-purpose room



News and updates:

- The latest news from Social Security, including the future of the benefit programs
- The newest services on www.ssa.gov
- Life changes that can affect benefit eligibility
- Questions answered by Jack Burns, Public Affairs Specialist, SSA

COVENANT HOUSE WEBSITE!!

Please go to www.covenanthouseoftucson.org to view our website. It is in English with a Spanish interpretation and contains pictures of the building and our newsletter. It also has a direct link to our [Facebook page](#). Please let your friends and family know about it. Enjoy!!



Manager's Memo—Reda Anna



Happy July 4th!!

ATTENTION!

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 that the gray/black key fobs to get into the building **should NOT be given to anyone else to use**. It is each residents responsibility to keep these keys and it is a violation of our policies to give them to others. If you lose your key fob, please see the management office immediately so we can void the key and keep unauthorized users from getting into the building.

Please remember to look out for your safety and the safety of others. This may be a locked building, but everyone should be aware that strangers can and do get in, so we must all be careful. Please **DO NOT let anyone you do not know** into the building to help ensure the safety of all. Please report any suspicious activity to the management office.



FUN FACTS ABOUT OUR NATION!



- * Benjamin Franklin wanted the turkey to be the national bird, but was outvoted by John Adams & Thomas Jefferson choosing the bald eagle.
- * Over an estimated 150 million hot dogs will be consumed on July 4th. That's roughly one dog for every two people in the U.S.
- * Over \$211 million has been spent on the importation of fireworks from China.
- * The first 4th of July party held at the White House was in 1801.
- * The 4th of July was not declared a national holiday until 1941.
- * More than 70 million Americans will BBQ on the 4th.
- * The stars on the original American flag were arranged in a circle to ensure the colonies were equal.
- * Presidents John Adams, Thomas Jefferson & James Monroe all died on July 4th.





OPEN TO ALL RESIDENTS!

Potluck Brunch

Sunday, July 23rd at 11am!



We are going to be celebrating birthdays during our potlucks! All July birthdays, please come!! 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.

Karen would like to thank all the residents who assisted her with the Potluck in May! Thanks to everyone for contributing, participating and helping with clean-up!



Computer Network Center Coordinator:



Jessica Quintanar

Office Hours:
Mondays 1pm -5pm
Wednesdays 1pm-5pm
Fridays 9am-5pm
Sign-up for available time slots in the computer room!

Jessica will have workshops on various topics on Fridays from 10-11am!

If you have any questions, please email Jessica at networkcentercoordinator@gmail.com or call Teresa at 520-321-4496

YOU KNOW YOU'RE SUMMERING IN ARIZONA WHEN....

The birds have to use potholders to pull worms out of the ground.

The best parking place is determined by shade instead of distance.



You discover that in July it only takes 2 fingers to steer your car.

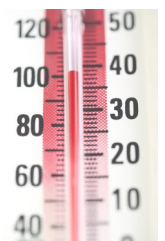
Hot water now comes out of both taps.



You can make sun tea instantly!

You learn that a seat belt buckle makes a pretty good branding iron!

You actually burn your hand opening the car door.

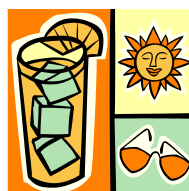


You break into a sweat the instant you step outside at 7:30 am!

You realize that asphalt has a liquid state.



You see two cacti fighting over a dog.



The cows are giving evaporated milk!



Ah, what a place to call home!

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

BENEFITS OF SENIORS OWNING PETS

Pet ownership is one of the most common ways older adults interact with animals; over half of adults over 50 have at least one pet. Research has shown that pet ownership can provide important forms of social and emotional support for older adults that can reduce distress, loneliness and improve overall quality of life.

Studies have shown that the bond between people and their pets is linked to several health benefits, including:

- Decreased blood pressure, cholesterol levels, triglyceride levels, feelings of loneliness, anxiety and symptoms of PTSD.
- Increased opportunities for exercise and outdoor activities; better cognitive function in older adults; and more opportunities to socialize.
- Studies show older pet-owning citizens have lower blood pressure and cholesterol levels than non-owners, which help reduce their risk for heart disease and decrease their number of visits to the doctor.

If you are mostly immobile, a cat may be the best option because you don't have to walk them. A small dog that uses pee pads or a caged animal may also be a good option. Senior dogs and cats are better for the elderly because they are more calm, quiet and less maintenance.

Covenant House Calendar
July 2023






Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1</p> 
2	<p>3</p> 	<p>4</p> <p>Offices will be closed for the Fourth of July Holiday!</p> 	<p>5</p> <p>Bingo at 1pm!</p> 	6	<p>7</p> <p>Fourth of July Fun Activities at NOON! Meal at 1pm!</p> 	<p>8</p> 
<p>9</p> 	<p>10</p> 	<p>11</p>	<p>12</p> <p>Food Boxes at 8:15am!</p> 	<p>13</p>	<p>14</p> <p>happy birthday, AMERICA!</p> 	<p>15</p> 
<p>16</p> 	<p>17</p> <p>Social Security presentation at 11am!</p> 	<p>18</p>	<p>19</p> <p>Bingo at 1pm!</p> 	<p>20</p>	<p>21</p> 	<p>22</p>
<p>23</p> <p>Resident Brunch at 11am!</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>Staff will be at the AHMA Conference.</p>	<p>27</p> <p>Resident Activities Meeting at 10:30am in MPR!</p>	<p>28</p> 	<p>29</p>
<p>30</p>	<p>31</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:
\$1580/mo (ind)
\$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!

**July 12th
August 9th**