

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

August 2023



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*****

- ◆ 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, dish soap, laundry soap, paper towels, Kleenex, toilet paper, etc.**, so please call 321-4496 and let me know if you have an **EMERGENCY** and need anything. All distributions are kept confidential.
- ◆ I have **incontinent supplies (Depends pull-ups, Poise pads & bed 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. **Stamps have now gone up to 66 cents.**



International Left-Handers Day



Throughout the year, lefties are dealt a rough hand. We're forced to put up with items such as doors, scissors and computer keyboards — to name a few — that are crafted for right-handers. But today we unite!

Left-Handers Day was first celebrated in 1992 as an opportunity for left-handers everywhere to celebrate their uniqueness in "Lefty Zones" and increase public awareness of the "struggles left-handers are forced to deal with on a day-to-day basis." Right-handers are encouraged to do everything left-handed for the day.

Only about 10% of the world's population is left-handed. There are some everyday advantages to being a lefty. Left-handers are more likely to pass their driver's test on the first try, a study shows. They are also more apt to deliver a better left hook and be a part of Mensa, the world's largest and oldest high IQ society.

While many people are left handed, very few are 100% left handed. For example, many Left handers golf and bat right handed. On the other hand, there is a high percentage of righties who are 100% right-handed. Take the Left-Handedness test on-line at http://www.anythingleft-handed.co.uk/lh_tests.html.

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

*****Manager's Memo—Reda Anna*****

Please **DO NOT** put large items such as furniture or mattresses by the outside garbage bins. Waste Management will not take these items. Call the office if you have any questions.

Privacy Issues



Please realize that when a resident is having a problem or issue (ie: Hospital stay, needing services, etc.), it is their personal business and a private matter.



When you ask staff where another resident is, or if staff is helping them with a personal issue, please be aware that we cannot discuss these matters with other residents unless given express permission. When we say we cannot discuss another resident's information with you (including illness, hospitalization, rehab, absence from unit, lease concerns, etc), we are protecting their right to privacy just as we would protect yours. That information is confidential and not to be shared. You can, as a neighbor and friend, ask that person yourself, but they have the right to divulge only the information they wish to tell you. Please, let us all respect each other's privacy.

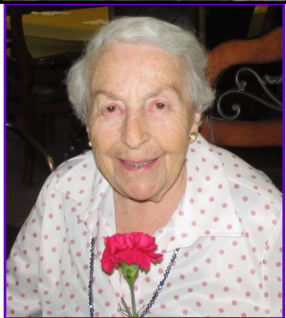


**Please join us in celebrating
Tsilya Lipkina's 100th Birthday!!**

Friday, August 18th at 2pm!

In the Multipurpose room

**Alex, Tsilya's son, will be serving food and cake and
would like residents to join in the celebration**



Tsilya Lipkina was born on August 18, 1923 in the City of Gomel of the Soviet Union (currently Republic of Belarus). In June 1941, she graduated from high school and a few days later Germany invaded the country. The Great Patriotic War had begun (June 1941-May 1945). The first few weeks, Tsilya helped wounded soldiers in the hospital and then evacuated with the family to the east. She took Red Cross courses to become a nurse and wanted to go to the front. Every month she donated blood.

In the summer of 1944, Tsilya returned to Belarus and began study in Minsk Medical school. After graduation, she worked as a doctor in rural areas for over the 10 years. Then she moved back to Gomel and started working in the regional hospital as a head of the pulmonary department. She was very dedicated to her job and treated thousands of people, especially those with tuberculosis, over her 40 years of employment.

In 1994 Tsilya's family immigrated to the US, Arizona. Tsilya was one of the first residents in B'nai B'rith Covenant House since May 1995. Living here she had a happy and nice relationship with many of the residents. Sadly, most of her friends have left this world.

FRIENDSHIP DAY

Friendship Day celebrations take place on the first Sunday of August every year. The tradition of dedicating a day in honor of friends began in the US in 1935. On this day people spend time with their friends and express love for them.



True friendship is about putting your feet up and knowing that someone is there to bail you out when the world might walk out on you. Besides, as a support system in today's hectic world, friends are the most reliable sources for social, intellectual and creative stimulations. There are times when we find it tough to discuss matters with our family members or even with our spouse. It is on occasions such as these that friends come to our support. They guide us and become our pillar of strength when we need them most. And the best part is we don't really need to put things in words when communicating issues to our best friends. Most often friends understand us, just by looking at us or hearing our voice. This heart-to-heart bonding is what makes friendship so exclusive, setting it apart from all other relationships.

"Friends are the most important ingredient in this recipe of life." *Unknown*

"A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words." *Unknown*

"It takes a long time to grow an old friend." *John Leonard*



ICE CREAM SOCIAL



Ice Cream Social

Please join us in the multi-purpose room on **Wednesday, August 2nd at 1pm** for Ice Cream and *entertainment!*

Sponsored by **ArchWell** HEALTH



POT LUCK



ATTENTION ALL RESIDENTS!

Potluck Luncheon

Saturday, August 26th at noon!

POT LUCK



We are going to be celebrating birthdays during our potlucks! All August 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.

SUMMER WORD SEARCH

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



Barbecue
Baseball
Beach
Camping
Fishing



Flip Flops
Ice Cream
Lemonade
Ocean
Park



Pool
Popsicle
Road Trip
Sandcastle
Sprinklers



Summer
Swimming
Swimsuit
Vacation
Watermelon

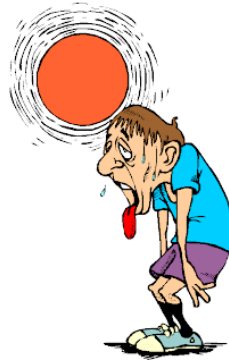
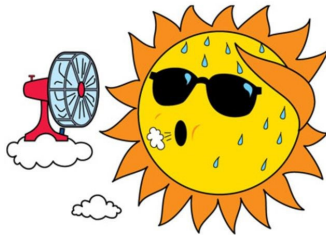
*****Wellness Center—Troy Pearson*****

OFFICE HOURS:

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



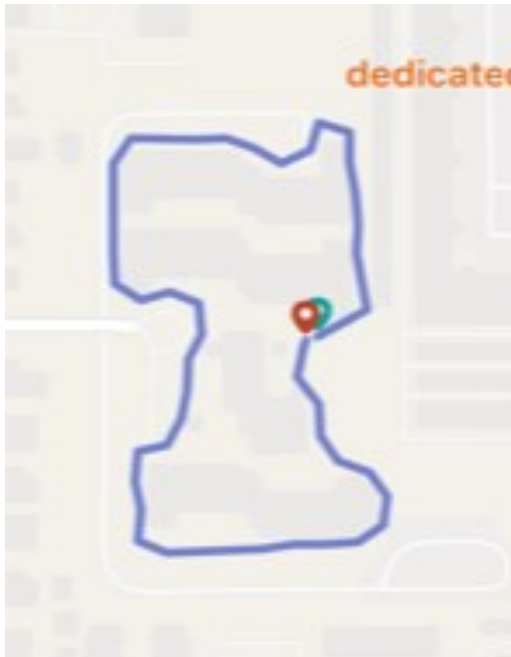
TROY J PEARSON—WELLNESS DIRECTOR

WALKING IS GREAT EXERCISE!!!

MANY RESIDENTS ENJOY WALKING AROUND OUR BEAUTIFUL PROPERTY AND MANY HAVE ASKED ME HOW MANY TIMES DO YOU HAVE TO WALK AROUND THE PROPERTY TO EQUAL 1 MILE. I USED AN APP ON MY PHONE TO GET AN ACCURATE DISTANCE SO YOU CAN DETERMINE YOUR WALKING DISTANCE.

- ONE LAP EQUALS .31 MILES**
- TWO LAPS EQUALS .62 MILES**
- THREE LAPS EQUALS .93 MILES**

- IF YOU ARE GOING TO WALK OUTSIDE, BE SURE TO WALK EARLY IN THE MORNING WITH THE EXCESSIVE SUMMER HEAT.**
- BE SURE TO HYDRATE BEFORE, DURING AND AFTER WALKING OUTSIDE.**
- WALK AT PACE THAT IS COMFORTABLE FOR YOU.**



Covenant House Calendar
August 2023

INTERNATIONAL LEFTHANDERS DAY
 August 13th
 Have a Happy Left-handers Day --
 It's the left thing to do!

HAPPY FRIENDSHIP DAY

	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

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!

**August 9th
September 13th**