

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

October 2023



Medicare's Open Enrollment period is October 15th - December 7th

when **ALL** people with Medicare can change their Medicare health plan

and prescription drug coverage for 2024. *If you are enrolled in AHCCCS, you can change your Medicare Advantage plan once every quarter during the year.*

Information on 2024 plans will be available beginning in October. People with Medicare can call 1-800-633-4227 or visit www.medicare.gov for plan information. If a person is satisfied that their current plan will meet their needs for next year, they don't need to do anything. Please call Teresa at 321-4496 if you have any questions.

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

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 Терезы. 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

B'nai B'rith Covenant House is professionally managed by Biltmore Properties, Inc.





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



Wow! Hard to believe that Fall is already upon us. I love everything pumpkin this time of year and look forward to baking again!

As Flu season is also upon us, and Covid is still around, please do what you can to be safe and healthy. We are a vulnerable population, so please keep others safe as well. As always, if you are experiencing any sickness or flu-like symptoms, please stay home until you are feeling better.

We will continue to add more activities, educational programs and events for everyone to enjoy. Please take a look at our calendar for activities you may wish to attend and please call me to RSVP if the event requires it. We are planning to bring more special events/activities your way, but are also **open to your creative ideas**.

We continue to be blessed with new residents, and look forward to seeing new friendships blossom within our community.

It's so great to see more residents participating! It's hard to believe that the Holidays are almost upon us and I look forward to having more celebrations.

—Teresa Wachala-Service Coordinator

If anyone runs low on food or other items during the month, I have an **emergency food pantry** with various items, such as **tuna, sardines, soups, milk, ground coffee as well as instant coffee**, etc. I also provide such things as, **hearing aide batteries, denture cleaner, dish soap, clothes soap, paper towels, Kleenex, toilet paper**, etc., so please call 321-4496 and let me know if you need anything.

I have incontinent supplies—**pull-ups, Poise pads and bed pads**. If you need any of the above items please see me during my office hours. All distributions are kept confidential.

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



I have various **GREETING CARDS** and some **2024 Calendars**.

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*****



ATTENTION!

We realize that some of you are helping other residents by walking their dogs. Please be advised that **if you walk someone else's dog, you must clean up after them and you are responsible for the dog's behavior while they are in your care.** Please make sure you know how the dog reacts to other people and other dogs/animals before agreeing to help.



Labor Day Celebration

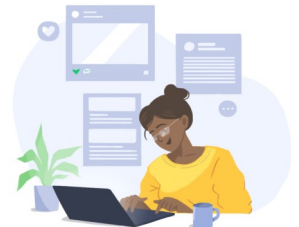


ATTENTION RESIDENTS:

LAPTOPS ARE NOW AVAILABLE TO BE BORROWED FOR 24 HOURS AT A TIME IN THE COMPUTER LAB!! Must sign a user agreement.

- Ask Jessica to lend one out to you during her hours

We now have a printer/copier in the computer room. We ask that all users only print a few copies. Please see Jessica for the details.



AmeriCorps Seniors Foster Grandparent Program

Monday, October 23rd at 10am!

In the Multipurpose Room



Enjoy some
coffee & donuts
and learn about a
great way to volunteer
with children.



VOLUNTEER & SERVICE WORK OPPORTUNITIES IN YOUR COMMUNITY!

Stipend available upon certain conditions

FGP

Foster Grandparent Program

The Foster Grandparent Program provides one-on-one support to children with special needs to improve their academic, social, or emotional development.



NORTHERN
ARIZONA
UNIVERSITY

Center for Service
and Volunteerism



AmeriCorps
Seniors

Have questions or want more information?

Contact Program Coordinator Marga Gamas

520-305-2482 | marga.gamas@nau.edu



Teresa has not been able to schedule a Vaccine clinic for Flu or Covid Booster shots. Please contact your doctor or local pharmacy to get these vaccinations.

Local Pharmacies:

CVS at Speedway & Alvernon...520-323-3923

Walgreens at Grant & Swan.....520-326-4341

Walmart at Grant & Alvernon.....520-327-0085

Fry's Pharmacy at Grant & Swan...520-327-7016

IMPORTANT!!

Please be aware that during the pandemic, recertification for some programs was put on hold. Now programs such as, AHCCCS Medical and Food Stamps (SNAP benefits), the Affordable Connectivity Program (ACP—get \$30 off a phone or internet), the Lifeline discount (free phones from the government) and other programs may be sending you texts, emails or letters. Since there are a lot of scams going around, please see Teresa if you are unsure of some of these communications. **AHCCCS should only contact you by mail**, but you may have given them permission to use texts or emails. Please come and see Teresa if you get any of these communications as they will have deadlines and Teresa does not want you to lose any of your benefits or discounts!



Covenant House resident

Sylvia L McConico

Invites residents and adult guests only to a concert featuring

Grand Mistress Storyteller

Friday, October 20, 2023 at 4 p.m. sharp

The Multi-Purpose Room doors will close at 4:05 pm.

Complimentary Soul Food Dinner **ONLY** if you attend.

RSVP required by Oct 16th – 520-303-3948 (no texts).

ATTENTION ALL RESIDENTS!



Potluck Luncheon

Saturday, October 21st at noon!



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



**Carol will be teaching a
Halloween Craft Class
Featuring masks and cats
Tuesday, October 24th at 2pm**



**in the multi-purpose room
Please sign up at the desk in the lobby**

**Covenant House Association of Tenants
CHAT**

- October 16th** — CHAT will send out ballots to all residents. Please vote and put ballot in the box provided in the lobby.
- October 19th** — CHAT will conduct the election of officers.
- October 30th** — CHAT will have a meet and greet of the newly elected officers in the multipurpose room at 10 am! Donuts will be provided!

Please see Barbara in Apartment 143 if you have any questions.

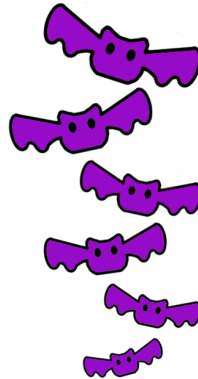
Wellness Center—Troy Pearson

OFFICE HOURS:

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



TROY J PEARSON—WELLNESS DIRECTOR

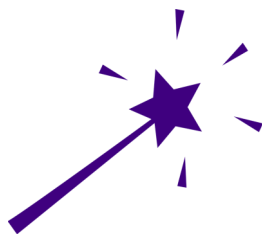


MONSTER MASH

WHAT? MONSTER MASH!!! EARN YOUR HALLOWEEN BEADS
BY PLAYING FUN GAMES, COSTUME CONTEST WITH
TROPHIES, MAGIC SHOW, SNACKS, FUN!!!

WHEN? FRIDAY, OCTOBER 27TH AT 1:30PM

WHERE? MULTI-PURPOSE ROOM






Covenant House Calendar

October 2023




Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3 SC Lobby Hours 10-11!	4 BINGO at 1pm! 	5	6 SC out of office	7
8 	9 Offices will be closed for Indigenous People's Day! 	10 SC Lobby Hours 10-11!	11 Food Boxes at 8:15am! 	12	13 	14
15 	16 CHAT ballots sent out	17 SC Lobby Hours 10-11!	18 BINGO at 1pm! 	19 CHAT Election	20 Master Storyteller at 4pm! 	21 Resident Potluck at noon! 
22	23 Foster Grandparent Program at 10am! 	24 SC Lobby Hours 10-11!  Halloween Craft Class at 2pm! 	25 	26	27 Halloween fun and games Party at 1:30pm! 	28 
29	30 CHAT officers meet and greet at 10am!	31 SC Lobby Hours 10-11! 	 October is National Depression Education & Awareness Month		 BREAST CANCER AWARENESS Month OCTOBER	



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!

**October 11th
November 8th**