

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

September 2023



September 11, 2001 is a day that many will never forget. After the terrorist attacks on our World Trade Center and the Pentagon, many Americans' lives were changed forever. Let's remember that day, fill our hearts with strength and pay tribute to those who lost their lives on 9/11.



*Please join us on
Friday, Sept 1st at 1pm
for our Labor Day Meal!!
Teresa sent a flyer with all the details!*

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.



JEWISH NEW YEAR
Rosh HaShanah



Rosh Hashanah and Yom Kippur are the two "High Holy Days" in the Jewish religion. **Rosh Hashanah** commemorates the creation of the world and marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in the **Yom Kippur** holiday, also known as the Day of Atonement.

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

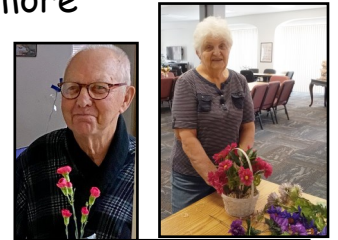
♥ National Service Coordinator Day ♥ ♥ ♥



In 2014, Congress designated September 19th as **National Service Coordinator Day** to "Recognize the value of service coordinators in subsidized and other affordable housing communities for their work to promote and support economic self-sufficiency and independence for low-income families, older Americans, and persons with disabilities."

Older Americans who are assisted by service coordinators experience benefits in their health outcomes and have the ability to age in-place as they become more frail, thereby delaying or preventing the transfer to a more expensive nursing home setting.

Residents in subsidized and affordable housing communities having a service coordinator report higher satisfaction with their living environments and a heightened desire to be productive members of their communities.



The profession of service coordination is dedicated to empowering residents to maximize their independence and self-sufficiency, holds residents' rights to self-determination in the highest regard, and instills trust through maintaining high standards of confidentiality.



I truly love my job and am so glad I can assist my residents with their needs. I am so grateful to all my resident volunteers without whom I could not do as much. Your constant words of gratitude are all I need to keep me going even on the busiest of days.



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 me if you are unsure of some of these communications. ***AHCCCS should only contact you by mail***, but other programs may use texts or emails. Please come and see me if you get any of these communications as they will have deadlines and I do not want you to lose any of your benefits or discounts!



Manager's Memo—Reda Anna



ATTENTION!!

Please remember, **rent is due on the first of the month** and your check will be deposited on that day!

Please remember that your rent amount can change after your annual recertification! Please **make sure your rent check has the correct amount** on it before submitting. If in doubt, please call the office first.

It is also important to have your **apartment number on your check and to be sure the written amount is correct. Example:** \$245 should be written as “two hundred forty-five and 00/100”. Please come to the office to write your check if you are not sure how to write it.

Please **DO NOT FEED** the animals outside the building. We know you may be concerned about the feral cats in the neighborhood and someone has been leaving water and food in the back wash area which attracts coyotes, javelinas and other wild animals as well as bugs and can become a health hazard. **Please keep all outdoor areas clear of food and water.** Thank you!

Happy Grandparents Day to All!!



In 1978, the first Sunday after Labor Day was proclaimed National Grandparents Day. It is a day to honor those who have helped shape the character of our Nation, and thank these role models for their immeasurable acts of love, care, and understanding.



World Alzheimer's Month

Alzheimer's disease is the most common form of dementia. Dementia is a brain condition that affects parts of the brain that control thought, memory, and language.

When is memory loss more than forgetfulness?

Although everyone's brain changes as they age, it's important to understand that Alzheimer's disease is not a normal part of aging. Memory loss is typically one of the first warning signs of Alzheimer's disease, but occasionally forgetting words or names does not mean a person has Alzheimer's. There are other signs that someone in the early stages of Alzheimer's disease may experience in addition to memory problems. In the early stages of the disease, these can include:


- Getting lost in familiar places.
- Having trouble handling money and paying bills.
- Repeating questions.
- Taking longer to complete normal daily tasks.
- Displaying poor judgment.
- Losing things or misplacing them in odd places.
- Displaying mood and personality changes.



SEPTEMBER IS
WORLD ALZHEIMER'S
MONTH



ICE CREAM SOCIAL

Please join us in the multi-purpose room on
Wednesday, September 6th at 1pm
 for Ice Cream and *entertainment!*
 Sponsored by 



ATTENTION ALL RESIDENTS!

Potluck Luncheon

Saturday, September 23rd at noon!



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

FLU PREVENTION

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** by prescription that can be used to treat and prevent the flu.

- ◆ **Avoid close contact.**
- ◆ **Stay home when you are sick.**
- ◆ **Cover your mouth and nose.**
- ◆ **Clean your hands.**
- ◆ **Avoid touching your eyes, nose or mouth.**
- ◆ **Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.**



Please remember that many of our residents are more at-risk for flu, COVID-19, pneumonia and other respiratory illnesses. **If you are feeling ill, please try to stay home so you aren't putting others at risk, stay away from the common areas and wear a mask to cover your face.** Everyone should practice regular hand washing and carry antibacterial hand wipes or gel.

Please note that we will NOT be having any clinics at the building this year!

Tsilya's 100th Birthday Celebration!!



**SEPTEMBER
IS
SELF-CARE
AWARENESS
MONTH**

Self-care refers to activities and practices that can help you to reduce your stress and enhance your overall well-being: essentially, proactively taking care of yourself. There are many reasons that self-care is important. Research shows that self-care helps to keep you healthy, helps you recharge and helps to improve your overall well-being. Self-care is more than an occasional treat, but a way of living each day that incorporates practices and behaviors that help you feel refreshed, re-energized, and rested.

Self-care is important and there are many ways to begin **reducing your stress**; some of them only take a few moments. Watching a sunrise/sunset, listening to a cat purring, playing with a dog, listening to music and going for a walk are some things you can do every day to help relieve stress.

Take five minutes to practice deep breathing. In just those few minutes you can lower your blood pressure and heart rate, thus lowering the physical affects of stress.



Another technique that some people employ to deal with their stress is to try to understand and address the factors that contribute to it. Practicing "Stress Journaling" can be useful in this regard. Journaling can have a lot of benefits. Writing can help you process your feelings, ignite creativity centers in the brain, and help you be in the present moment. Take a few minutes each day to journal.



"Not everyone can do great things. But we can all do small things with great love!" — Mother Teresa



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

Resistance Training for Healthier Aging

Health professionals strongly encourage those over the age of 65 to participate in resistance training programs. Working out just once or twice a week can dramatically improve your health. Blood pressure, cholesterol levels, and blood glucose levels, all of which are common problem areas in older adults, can begin to improve.

In addition to this, resistance training helps to reduce inflammation, which can increase your risk of heart disease, diabetes, and some forms of cancer.

Given that the immune system begins to slow as the body ages, anything you can do to reduce inflammation will help protect you from these all too common conditions. Dietary changes will only do so much, but regular exercise can make a big difference.



Resistance training also helps to improve your quality of life. As a result of fine-tuning the muscles with these workouts, you are better able to perform everyday activities and chores without pain. Lifting shopping bags, walking up and down stairs, and gardening are all less strenuous when your muscles are in good health and strength. Resistance training exercises are specifically designed for muscle health, making them the best option.



LABOR DAY		Happy Grandparents Day		Covenant House Calendar September 2023			Rosh Hashana	9/11 WE WILL NEVER FORGET NATIONAL DAY OF REMEMBRANCE PATRIOT DAY
Sun	Mon	Tue	Wed	Thu	Fri			
September is National Honey Month! 	September is LIBRARY CARD SIGN-UP MONTH! <i>A library card brings stories to life!</i>			SEPTEMBER IS SELF-CARE AWARENESS MONTH	1 Labor Day Meal at 1pm! 	2 Happy September! 		
3	4 Offices will be closed for Labor Day! 	5 SC Lobby Hours 10-11!	6 ArchWell HEALTH Ice Cream Social at 1pm! 	7	8 Always practice reckless optimism and kindness	9 TAKE CARE OF YOURSELF 		
10 Happy Grandparents Day 	11 9.11.01 REMEMBER ARLINGTON, VA 	12 SC Lobby Hours 10-11!	13 Food Boxes at 8:15am! 	14 	15	16 Rosh Hashanah 		
17 	18	19 SC Lobby Hours 10-11! National Service Coordinator Day! 	20 BINGO at 1pm! 	21	22 Autumn Equinox 	23 Resident Potluck at noon! POT LUCK 		
24	25 YOM KIPUR 	26 SC Lobby Hours 10-11!	27 world alzheimer's month alzheimer's association® 	28	29 SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH 	30		



B'nai B'rith Covenant House

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Tucson, AZ 85711

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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!

**September 13th
October 11th**