

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

November 2023



Veterans' Day (November 11th) honors all members of the Armed Forces who served this country valiantly, and in a very big way. They served and fought to protect us, to keep our country safe, and to preserve our way of life. Veterans gave their time and risked their lives for you and me. In some cases, they made the ultimate sacrifice. **We would like to THANK all our veterans here at Covenant House and all over the United States for having served to keep peace and preserve our independence and freedom.**



Thanksgiving Dinner will be held on Monday, November 20th Starting at 1pm!



Teresa will send out a flyer with more details.



Por favor, deje saber a Teresa si necesita este boletín 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.

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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 am so grateful to all my resident volunteers for your help and dedication. You make it so much easier to run these programs so a **HUGE THANK YOU** to: Jan, Trella, Karen, Maggie, Larysa, Arthur, Carol and **all the residents who offer help** and look out for each other as well. My sincerest thanks to all! - Teresa

Got Gratitude? It's Not Just for Thanksgiving!

We have all been through a lot this past year, but being positive and grateful can help you get through it. Having a yearly date set aside to be **thankful** is a reminder that being grateful everyday matters for both physical and mental health and well being.



Thanksgiving is one of those rare holidays that is generally pretty low key and a day to give thanks and be grateful. It is also an important reminder to be grateful every day for your family and friends.

Research has well demonstrated that those who have an ongoing tendency to be grateful experience better physical and psychological health and well being. They tend to be more optimistic, sociable, and engaged in life. They are less susceptible to depression, anxiety, anger, and others negative emotions that can lead to health damaging behaviors and functioning. Being grateful is good for your health.

So, as we approach Thanksgiving, what are you grateful for? Can you continue to focus on gratefulness even when the holiday is over? Can you make gratefulness a part of your daily experience? Doing the right thing for yourself and others means finding ways to be grateful for all that you have and hold.

- ◆ 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. I also provide such things as, **hearing aide batteries, dish soap, laundry soap, toothbrushes, 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 call 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 call me in my office as all distributions are kept confidential and discreet.



**The FREE 2024 Calendars are available!!
Please call me and I can tell you what I have.**





Manager's Memo—Reda Anna



ATTENTION ALL RESIDENTS:

- ◆ Please bring your **NEW Social Security award letters** to the office as soon as you get them, so we can make a copy. Everyone should be getting a **3.2%** cost of living (COLA) raise and we need this information as it is a change in your income. Social Security will be mailing the new award letters out in December.
- ◆ Please **DO NOT** move **ANY** of the indoor or outdoor furniture around.
- ◆ Please **DO NOT** take any furniture or items from the multi-purpose room unless it has a **FREE** sign on it. All other items belong to the building!

Cold, Flu and COVID-19

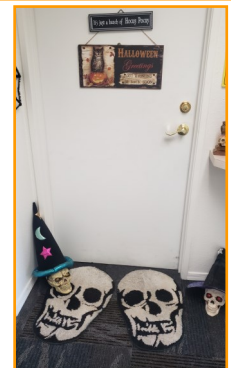
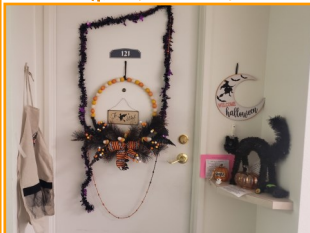
Cold and flu season is upon us and Covid-19 is still here. Please remember how important it is to practice all the CDC guidelines during this time. Please continue to:

- ◆ **Stay home when you are sick.**
- ◆ Wear a mask when feeling ill.
- ◆ Avoid close contact with others.
- ◆ Cover your mouth and nose if you need to sneeze or cough.
- ◆ Wash your hands for 20 seconds.
- ◆ 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.

Halloween Decorations





Carol will be teaching a Fall Craft Class Featuring Harvest Baskets

Tuesday, November 14th at 2pm
in the multi-purpose room
Please sign up at the desk in the lobby



CHAT is sponsoring a Baking Contest!!



Please bring your best homemade baked desserts to the multipurpose room on

Wednesday, November 15th at 1:30pm!

All entries will be judged and prizes will be awarded. Please come even if you are not entering so you can enjoy all the baked goods!!



Join us to complete your advance directives so that you can make your wishes known. "Let's Talk about Living and Dying—Meet and Complete" is a hands on workshop that will help you to:

- Select and complete the advanced directives that meet your needs.
- Answer your questions about healthcare decisions.
- Have your signature witnessed so that your advance directives are honored.

This is a 2 part presentation- the first provides education and the second is to complete the documents.

Part 1: Let's Talk About Living... and Dying

Wednesday, November 29th at 2 PM

Part 2: Meet and Complete

Tuesday, December 5th at 2 PM

Do you like games and puzzles?

We have a large selection of both located in the computer room in the shelves under the sink!

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!

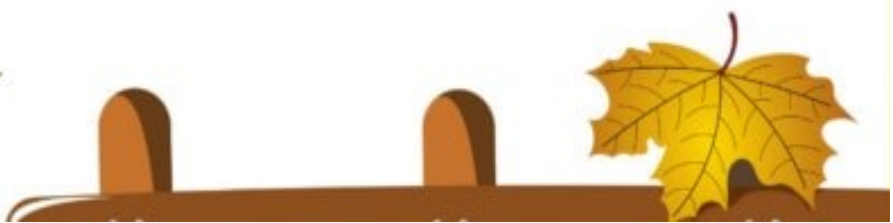
If you have any questions, please email Jessica at networkcentercoordinator@gmail.com or call Teresa at 520-321-4496

Thanksgiving

WORD SEARCH

- cranberries
- stuffing
- family
- rolls
- thankful
- friends
- autumn
- corn
- potatoes
- pilgrims
- dinner
- gravy
- November
- turkey
- dessert
- pie

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



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

TIPS FOR A HEALTHY THANKSGIVING

Don't skip breakfast! Skipping breakfast to save room for Thanksgiving dinner leads to eating more later. Eat a nutrient-rich breakfast to start your day off right!

Stay hydrated. Drink plenty of water throughout the day. Staying hydrated can help suppress your appetite and jump start your metabolism. Don't drink your calories!

Practice portion control. Use a smaller plate and choose smaller portions of the healthier foods on the menu.

Choose veggies, fruits and protein first! Before filling your plate with less healthier foods, start with the healthy choices that will help you stay on track.

Practice mindful eating. Eat slowly and savor every bite. It takes our bodies about 20 minutes after we start eating to feel like we are full. Eating at a slow pace will often keep us from going back for seconds.

Avoid snacking temptations. While waiting for the main courses, it is so easy to fill up on snacks or to eat a little here and there while you cook. Try to avoid snacking and filling up on the wrong foods before you get to savor some of your favorites.

Go for a walk. Gather your family and friends and walk some of those calories away with your loved ones!





Covenant House Calendar November 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>"No act of kindness, however small, is ever wasted."</i> -Aesop <i>Happy World Kindness Day</i>		1 Bingo at 1pm 	2	3 ... ALWAYS GIVE THANKS IN EVERYTHING HAPPY THANKSGIVING	4 November is Alzheimer's Disease Awareness Month With Awareness, There is Hope <small>©2013 Alzheimer's Association</small>
5 <i>Be Thankful!</i> 	6	7 	8 Food Boxes at 8:15am! 	9	10 Offices will be closed for Veterans Day! THANK YOU!	11 11 NOVEMBER VETERANS DAY WITH HONOR AND RESPECT IN MEMORY AND OUR HEROES
12 World Kindness Day	13 	14 Fall Craft Class at 2pm! 	15 Baking Contest at 1:30pm! 	16 Blessings Pumpkin & SCARECROW Patch AUTUMN LESS IS MORE FALL IS THE BEST TIME TO GIVE HAYRICKS CORN FALLING LEAVES MARZE Chilly colors	17 <i>grateful thankful blessed</i> 	18
19 	20 Thanksgiving Dinner starting at 1pm! THANKSGIVING DINNER	21 	22	23 Offices will be closed for Thanksgiving Day! 	24 Offices will be closed for Thanksgiving Holiday! 	25
26 <i>Eat, drink & Be grateful</i> HAPPY THANKSGIVING	27	28	29 PCOA-End of Life Care Planning at 2pm! "Let's Talk About Living... and Dying"	30 November is COPD Awareness Month With Awareness, There is Hope. Spread the Word. <small>©2013 American Lung Association</small>	 NOVEMBER IS National DIABETES Awareness Month FINDING THE CURE STARTS WITH AWARENESS	



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!

**November 8th
December 13th**