

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

December 2023



Tis the season for family and friends to enjoy the holidays!

We will be celebrating with a



Hanukkah/Latke Party on Friday, December 8th at 1pm

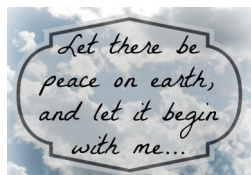


and our

Christmas/Holiday Party on Monday, December 18th at 1pm



More information will be posted in the bulletin board and you need to use the **Sign up sheets** in the lobby!



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 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.

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*****



*I want to wish all of you a very **Happy Holiday** season and thank you for your help and encouragement this year!*



Please be kind to each other and introduce yourself to new residents or make a new friend.



- ◆ 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, paper towels, Kleenex, toilet paper**, etc., so please call 321-4496 and let me know if you need anything. If you need one of the above items please see me during my office hours. All distributions are kept confidential.
- ◆ Please remember to see me if you get **any mail** you do not understand or need help with, especially from **AHCCCS, DES or Social Security** as there may be a deadline and I do not want anyone to lose their benefits. I can help set up on-line accounts which can make the process for recertification and printing new award letters or current benefit statements much easier.



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

Dispatch Health
Same-Day, In-Home
Urgent Medical
520-442-2269
DispatchHealth.com



Depending on your insurance, you may have a co-pay. Please check first.

Did you know you can get your **Prescriptions and Over the Counter items** **delivered for FREE** if you call this pharmacy?



Community a
Walgreens Pharmacy
 3627 N CAMPBELL AVE
 Tucson, AZ 85719
 Phone 520-232-2037





Manager's Memo—Reda Anna



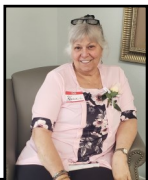
Happy Holidays to All!!

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 this month.
- ◆ Please remember that your **Emergency Contact** should be the same person in your file with the management office as well as with the Service Coordinator. **If your emergency contact changes at any time, it is IMPORTANT THAT YOU INFORM REDA or GULNAR & TERESA!** Thank you!
- ◆ Management would like to **THANK** the residents for all their cooperation during the painting of the lobby and especially during the paving of the parking lot. **A HUGE THANK YOU** for making it all go so smoothly.



It was a **HUGE HONOR** to host the **B'nai B'rith Conference on Senior Housing** in Tucson this year. Members of **CHAT** greeted the participants at the door and we held a reception with food and drinks, as well as tours of the building, apartments, and the **Wellness Center**. Thank you to the staff who worked tirelessly getting the building ready for the visit. Thank you **Marshall** for planning the reception and thanks to **Reda, Gulnar and Pattie** for their talents making the food presentation so beautiful!



CHAT CORNER

Mission statement: To form cohesive living. Managing the needs of all at B’nai B’rith Covenant House, a 62+ young-minded senior facility.

Please stop propping the exterior doors open as it creates a security hazard for all of us.

“To keep the heart un wrinkled - to be hopeful, kindly, cheerful, reverent - that is to triumph over old age.”—*Thomas Baily Aldrich*

“Wrinkles merely should indicate where smiles have been” —*Mark Twain*

CHAT Rummage Sale



Join us on **Saturday, December 2nd at 8am!**
Being held on sidewalk outside of main entrance. Great for Christmas shopping and is sure to be lots of fun. Please help CHAT continue to sponsor further events for Covenant House residents. Hope to see you there!!



ROCK & ROLL NEW YEARS EVE PARTY

Potluck in the multi-purpose room

Sunday, December 31st 4pm – 8pm

Bobbysoxers and Hippies unite! Put on your best leather jacket, poodle skirt, bell-bottoms and mini-skirts. Join us in ringing in the New Year by rocking around the clock. Be there or be square!

Sign-up in the lobby.



The FREE 2024 Calendars are available!!
Please call Teresa at 321-4496 to see them.



Teresa also has greeting cards for **Birthdays, Christmas, Get Well, blank note cards and note pads.** She will be putting Holiday cards in the lobby. Please call if you need other cards.





Holiday Craft Class

Please join us in the multipurpose room on **Tuesday, December 12th at 2pm!!**

We will be making wreaths and bell hangs!

Come explore your creative side!!


Please sign up at the desk in the lobby!



Mexican Train Dominoes every Saturday at 3:30pm!

Canasta every Sunday at 3pm!

in the multipurpose room!



PCOA
End of Life Care Planning

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 part 2, in which you can complete the documents.

Part 2: Meet and Complete
Tuesday, December 5th at 2 PM

Peace


*Peace will come when people live
In friendship, side by side,
And cherish understanding
More than hatred, greed and pride.*

*Peace will come when people see
All people as the same,
And no one has to live in fear,
In ignorance, or shame.*

*Peace will come when people
Who are needy can reach out
For shelter, food, or love,
And no one has to do without.*

*Peace will come when people
Learn to listen and to care
About the rights and dignity
Of people everywhere.*

*Peace will come when love and trust
And kindness know rebirth,
And on that day all people
Will rejoice in peace on earth.*
-Amanda Bradley-



December is Universal Human Rights Month

HUMAN RIGHTS 75
FREEDOM, EQUALITY AND JUSTICE FOR ALL

This year marks the 75th Anniversary of the United Nations Declaration of Human Rights. The UDHR has since served as the foundation for an expanding system of human rights protection that today focuses also on vulnerable groups such as persons with disabilities, indigenous peoples and migrants.

The theme for 2023 is “Dignity, Freedom, and Justice for All”.

*****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**

Exercises to Help Senior Citizens

The National Institutes of Health (NIH) recommends that senior citizens do exercises that address four important areas and The Wellness Center offers classes that address all of these areas.

- **Balance:** Falls are the leading cause of injury and death among people aged 65 and over. Incorporating activities like tai chi and yoga can help maintain your balance.
- **Endurance:** This includes aerobic activities that increase your heart and breathing rates. You should aim to do these exercises for 150 minutes a week.
- **Flexibility:** Simple activities like stretching once a day can dramatically improve your flexibility.
- **Strength:** This includes activities like weightlifting and using resistance bands. You should aim to do strength-building activities two to three times a week.

The exercises and activities below include some or all of the identified core target areas outlined above. They are great for senior citizens who want to maintain an active lifestyle while ensuring they stay safe and healthy.



MERRY CHRISTMAS




Covenant House Calendar

December 2023




Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p>1</p> 	<p>2</p>  <p>CHAT Rummage Sale at 8am!</p> <p>Mexican Train Dominoes at 3:30pm!</p>
<p>3</p>  <p>Canasta at 3pm!</p>	<p>4</p> 	<p>5</p> <p>PCOA DMPOA Meet and Complete at 2pm!</p> 	<p>6</p> 	<p>7</p> 	<p>8</p> <p>Hanukkah/ Latke Party at 1pm.</p> 	<p>9</p>  <p>Mexican Train Dominoes at 3:30pm!</p>
<p>10</p>  <p>Canasta at 3pm!</p>	<p>11</p>	<p>12</p> <p>Holiday Craft Class at 2pm!</p> 	<p>13</p> <p>Food Boxes at 8:15am!</p> 	<p>14</p>	<p>15</p> <p>Offices will be closed for our Staff Holiday Party in Phoenix!</p>	<p>16</p>  <p>Mexican Train Dominoes at 3:30pm!</p>
<p>17</p>  <p>Canasta at 3pm!</p>	<p>18</p> <p>Christmas/ Holiday Party at 1pm!</p> 	<p>19</p> 	<p>20</p>	<p>21</p>  <p>WINTER SOLSTICE</p>	<p>22</p> 	<p>23</p>  <p>Mexican Train Dominoes at 3:30pm!</p>
<p>24</p> 	<p>25</p> <p>Offices will be closed for the Christmas Holiday!</p> 	<p>26</p> <p>Feliz Navidad</p> 	<p>27</p> 	<p>28</p>	<p>29</p> 	<p>30</p>  <p>Mexican Train Dominoes at 3:30pm!</p>
<p>31</p>  <p>Rock & Roll New Year's Eve Party 4-8pm!</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

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!

**December 13th
January 10th**