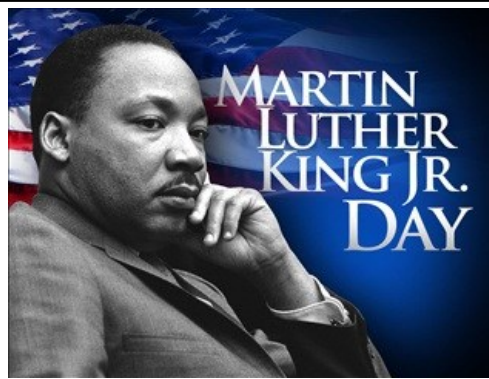


COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

January 2024



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



Happy New Year

If it didn't bring you joy,
just leave it behind.
Let's ring in the new year
with good things in mind.



Let go every bad memory
that brought heartache and pain,
and let's turn a new leaf
with the smell of new rain.

Let's forget past mistakes
making amends for this year.
Sending you these greetings
to bring you hope and cheer.



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

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



Happy New Year to all! Wishing you and your family the most abundant blessings and happiness in 2024! I hope that you have found ways to stay positive and continue to be there for each other. I would like all of you to practice kindness and patience this year. It has been really nice to see more residents enjoying themselves. I would like to thank all the residents who helped, volunteered, or assisted this past year, especially with the Food Bank, Parties, Library and Birthday Cards. I thank you all for making the new residents feel so welcome and learn their way around. Many of you have taken the meaning of neighbor to heart. Let's keep our Buddy system going. I am grateful for all the support and words of appreciation from the residents, Covenant House & Biltmore staff and our Board members. It really makes me enjoy my job more! Please stay well and be safe. Be kind to each other and know I am only a phone call away even if you just need to chat. ---Teresa

Today will never come again,
Be a blessing, be a friend.
♥ Encourage someone, take time to care.
Let your words heal, and not wound.

Always believe that something wonderful is going to happen. Even with all the ups and downs, never take a day for granted. Smile, cherish the little things and remember to hug the ones you really love.

What the world needs right now is a little bit more Kindness and a lot more Love!

- ♦ 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. Since many items are not covered by food stamps, I also provide such things as, **hearing aide batteries, AA & AAA 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 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 or catch me during my lobby hours.



"Individually, we are one drop. Together, we are an Ocean."
~ Ryunosuke Satoro ~



*****Manager's Memo—Reda Anna*****



Wishing all a very Happy New Year!!

- ◆ Please **DO NOT** let your pets sit on any of the indoor or outdoor furniture! It is there to be enjoyed by all residents and should be free of pet hair and dirty paw prints. Thanks.
- ◆ Please remember that it is **cold and flu season and Covid-19** is still with us. No matter what you may have, it is **IMPORTANT TO STAY HOME IF YOU FEEL SICK** and **avoid direct contact with others**. If you think it might be Covid and want to get tested, call Teresa to see if she has any test kits. She can also order free home tests for you on-line or you can call a local pharmacy to make an appointment. This is for the safety of **ALL** in our community, so please help us keep everyone safe.



KN95 Masks are available!

Since this is cold and flu season and Covid is still an issue, you may want to wear a mask at busy stores or taking public transportation, to protect yourself.

Please see Teresa if you would like some masks.



140ET forms for a \$25 tax credit are coming!!



Teresa will make copies of the tax credit form, along with some samples, and leave them on the table in the lobby. Please call her to discuss whether you qualify to get a \$25 check from the state. The quickest way to get it back is to have it directly deposited into your checking or savings account. *If you do not get your refund back within six weeks of sending it in, please call Teresa so she can help you call the state revenue office to inquire about it.*



National Hug Day or National Hugging Day

occurs on January 21st

The purpose of the day is to help everyone show more emotion in public. Whether you hug a family member or a stranger, the mental and physical health benefits are the same. From the day we are born, hugs or touch improve our sleep. Hugging, like cuddling, releases oxytocin. On its own, this hormone provides tremendous health benefits. Not only does it gives us feel-good hormones, but it reduces pain. Receiving a hug helps reduce stress, lowers blood pressure, and lowers the risk of heart disease. It also eases anxiety. Hug someone every day!

CHAT CORNER

CHAT’s Rummage sale was an enormous success. Thanks to the residents for their generous donations, to Vijay and Sonny, Mike and Steve, and all the CHAT board members for all their hard work that made it all possible.

First Potluck of 2024 on Friday, January 26th at 5pm in the multipurpose room. Please bring your favorite potluck dish. Join us for a wonderful beginning to 2024. Hope to see you there!

“For the unlearned, old age is winter; for the learned, it is the season of the harvest.”
—*Hasidic quote*

“Laughter is timeless. Imagination has no age. And dreams are forever.”—*Walt Disney*



Carol will be teaching a
Craft Class
Featuring **Crystal Snowflakes**
Tuesday, January 16th at 2pm
in the multi-purpose room



Please sign up at the desk in the lobby



ATTENTION ALL RESIDENTS!

Potluck Dinner
Friday, January 26th at 5pm!



We will be celebrating January Birthdays, so please come!!
CHAT is asking everyone who attends to contribute something, even if it is cups, napkins or a drink. Please sign-up in the lobby!



Mexican Train Dominoes
every Saturday at 3:30pm!

in the multipurpose room!



Canasta
every Sunday at 3pm!

in the multipurpose room!



“New year— a new chapter, new verse, or same old story?
Ultimately we write it. The Choice is ours — *Alex Morritt*”

New Year's Word Search



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



BABY
 BALL
 CALENDAR
 CELEBRATION
 CLOCK
 CONFETTI
 COUNTDOWN
 EVE

FAMILY
 FRIENDS
 HAPPY
 JANUARY
 MIDNIGHT
 NEW YEAR
 NOISEMAKER
 PARTY

RESOLUTION
 TOAST



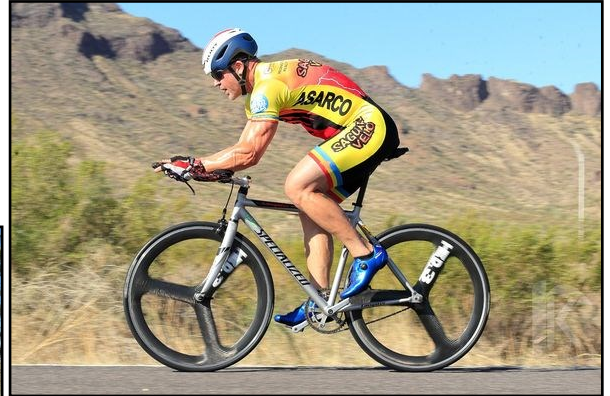
*****Wellness Center—Troy Pearson*****

OFFICE HOURS:

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



TROY J PEARSON—WELLNESS DIRECTOR



MAKE 2024 YOUR HEALTHIEST YEAR EVER!!!

Everyone can exercise regardless of age, pre-existing conditions, limitations or current level of fitness. Exercise is different for each person and intensity and modifications can be made to suit each individual so they can reap the many benefits of exercise safely and effectively.

BENEFITS OF EXERCISE

- BOOSTS YOUR IMMUNE SYSTEM
- IMPROVES JOINT FUNCTION
- IMPROVES SLEEPING PATTERNS
 - IMPROVES STRENGTH
 - INCREASES ENERGY LEVELS
 - STRENGTHENS YOUR BONES
 - IMPROVES BALANCE
 - IMPROVES SELF-ESTEEM
- HELPS MAINTAIN YOUR INDEPENDENCE
- IMPROVES OVERALL QUALITY OF LIFE





Covenant House Calendar January 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
							
	<p>1 Offices will be closed for New Year's Holiday!</p> 	<p>2 Lobby Hours 10-11am</p>	<p>3</p>	<p>4</p> 	<p>5</p>	<p>6 Mexican Train Dominoes at 3:30pm!</p> 	
<p>7 Canasta at 3pm!</p> 	<p>8</p> 	<p>9 Lobby Hours 10-11am</p>	<p>10 Food Boxes at 9am!</p> 	<p>11</p>	<p>12</p> 	<p>13 Mexican Train Dominoes at 3:30pm!</p> 	
<p>14 Canasta at 3pm!</p> 	<p>15 Offices will be closed for Martin Luther King, Jr. Day!</p> 	<p>16 Lobby Hours 10-11am</p> <p>Craft Class at 2pm!</p> 				<p>19</p>	<p>20 Mexican Train Dominoes at 3:30pm!</p> 
<p>21</p> 	<p>22</p>	<p>23 Lobby Hours 10-11am</p>	<p>24</p>	<p>25</p> 	<p>26 Resident Potluck at 5pm!</p> 	<p>27 Mexican Train Dominoes at 3:30pm!</p> 	
<p>28 Canasta at 3pm!</p>	<p>29</p>	<p>30 Lobby Hours 10-11am</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

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!

**January 10th
February 14th**