

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

February 2024

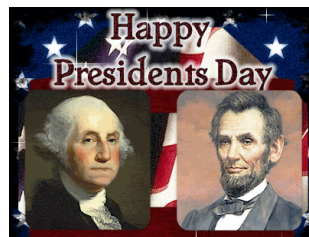
This year's theme for Black History month is:
"AFRICAN AMERICANS AND THE ARTS,"

This theme is infused with African, Caribbean, and Black American lived experiences. In the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression the African-American influence has been paramount. African-American artists have used art to preserve history and community memory as well as for empowerment. In 2024, we examine the varied history and life of African-American arts and artisans.



The celebration of Valentine's Day is not limited to lovers but includes any and everyone loved by us, be it our parents, siblings, children, friends, relatives or dear ones. In its true sense, Valentine's Day celebrates love.

Presidents' Day in the United States, is a federal holiday observed on the third Monday of February in honor of George Washington (born on February 22), the first President of the United States. The holiday is popularly recognized as also honoring Abraham Lincoln (born on February 12), and sometimes all the U.S. presidents.



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

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

Covenant House Staff

- Reda Anna, Manager
- Gulnar Akhmedova, Assistant Manager
- Teresa Wachala, Service Coordinator
- Troy Pearson, Wellness Center
- 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



HAPPY VALENTINE'S DAY!

During this month of love, let us all remember to accept each other for who we are and forge more friendships. Let us celebrate our diversity and learn from each other in the spirit of love, peace and understanding.

"Love is the strongest force the world possesses, and yet it is the humblest imaginable." - Mahatma Gandhi

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

- ♦ 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, 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.
- ♦ **ATTN DOG OWNERS**: I received a donation of dog waste bags. Please come see me if you need any.



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



I made copies of the tax credit form, along with some samples, and left them on the table in the lobby. Please call me to discuss whether you qualify to get a \$25 check from the state or to make sure it is filled out correctly. The address to send it, is located at the bottom of the form. **If you are a couple**, please see me for further instructions as you can get \$50. 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 me so I can help you call the state revenue office to inquire about it.

Need help with your **SNAP (food stamps)** or **AHCCCS** application or renewal? Please see me; I can help with on-line applications or refer you to the proper help.



Manager's Memo—Reda Anna



IMPORTANT REMINDERS!

- ♦ If you recently recertified all of your paperwork with the office, your rent has changed! **PLEASE CALL THE OFFICE BEFORE YOU MAKE OUT YOUR RENT CHECK SO IT HAS THE PROPER AMOUNT!**
- ♦ Please, **DO NOT** leave ANY food items on the tables in the hallways as it could attract pests. The **ONLY** place you should leave them is on the **back table in the multipurpose room**. **NEVER** leave food that is opened, frozen or anything that needs refrigeration on the tables. Please contact Teresa if you have any questions or cannot get downstairs to place these items on the table in the MPR.
- ♦ We know it may be difficult to find parking, but **PLEASE DO NOT PARK IN THE POSTED FIRE LANES**. You can be towed as the signs state.
- ♦ Please remember that it is **cold and flu season** and Covid-19 is still here. 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 order free tests or find somewhere to test. Please wear a mask in all common areas when feeling ill. This is for the safety of **ALL** in our community, so please help us keep everyone safe and well.

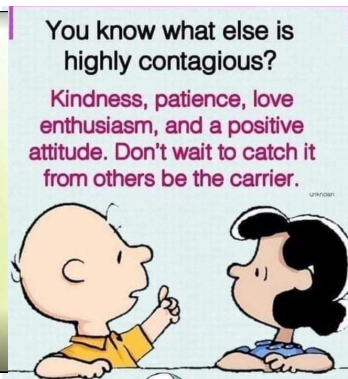
Stay home if you are feeling ill!



FILE OF LIFE

KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF	MO. YR.
Name:	Sex: M F
Address:	
Doctor:	Phone #:
Doctor:	Phone #:
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	
Name:	Phone #:
Address:	

It is very important to keep your **File of Life** on your refrigerator. The paramedics always look there when responding to an emergency. Please take a look at your **File of Life** to see if it needs to be up-dated (check it every six months), or if you don't have one, please see Teresa.



Name: Date:

RODEO WORD SEARCH



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



BRIDLE
 AUCTION
 BRONCOS
 FUNNEL CAKE
 SADDLE
 COWBOY

CONCERTS
 ROPING
 LIVESTOCK
 GAMES
 CLOWN
 SPURS

FAIR
 BARREL RACING
 BULL
 POPCORN
 CORRAL
 ROPE

PRIZES
 HEARDING
 COWBOY HAT
 CORNDOGS
 BLANKET
 HORSE



CHAT CORNER

CHAT will be co-sponsoring the **Valentine/Rodeo event and Potluck** with Troy on **Friday, February 23rd at 11:30**. More details on Troy's page.

Sabino Canyon Walk: first Tuesday of each month at 1pm. Paved road to upper Sabino Canyon. **River Walk:** the third Wednesday of each month at 9am for shorter distance walkers. Sign up sheet in the lobby, 4 days in advance. Meet in the lobby as stated; transportation provided. First come, first served until available vehicles are full. Contact Phool at 520-664-5947 for more information.

CHAT Grief and Loss Support group on Thursday, February 8th & 22nd at 10am in the computer room. Please join us for sharing, understanding, and listening. "Love never dies."

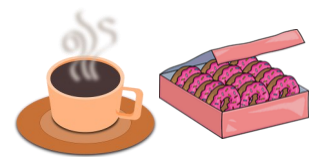
"God grant me the senility to forget the people that I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference."—*anonymous*

Please join us in the multipurpose room on
Tuesday, February 13th at 2pm!!
for a **Valentine Craft Class**.
Come explore your creative side!!
There will be a sign-up sheet in the lobby.



Village Medical

Village Medical
Thursday, February 15th at 11am
in the multipurpose room!
Coffee and Donuts will be served!



- Village Medical is a full-service **PRIMARY CARE PHYSICIANS OFFICE**, and we are currently located inside (8) Walgreens stores in the Tucson area.
- Patients receive a TEAM of CARE - We improve the quality of life for our patients by spending more time with everyone and coordinating care for all needs. Our providers will only see at most three patients per hour!
- We believe in quality over quantity and genuinely believe a **preventive and educational** approach works best to help reduce emergency room and urgent care visits.
- Open 5 days a week and some locations open on the weekends and offers virtual visits as well!
- Offers pharmacy integration and coordination with Walgreens and provides Village patients priority on prescriptions by filling within 15 minutes of their visit! In addition, we can help to streamline medication, so patients pick all prescriptions up once a month-saving valuable time and reducing stress. And so much more!

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

**WHAT? 2024 VALENTINE'S/RODEO and
 CHAT sponsored Potluck!!!**
(Sign-up Sheet in the Lobby)

WHERE? Multi-Purpose Room

WHEN? Friday, February 23rd at 11:30am

**Covenant House
 2024**



- **BRING YOUR FAVORITE DISH!!!**
- **EARN YOUR BADGE BY PLAYING FUN RODEO GAMES!!!**
- **FREE HATS AND T-SHIRTS!!!**



<div>  Covenant House Calendar February 2024  </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
FEBRUARY  CANCER AWARENESS National Cancer Prevention Month	FEBRUARY IS National HEART DISEASE Awareness Month  HOLD ON TO HOPE		February is National Dental Health Month 	1  GROUNDHOG DAY	2 	3 Mexican Train Dominoes at 2pm!
4	5	6 SC Lobby Hours 10-11am	7	8 Grief and Loss Support Group at 10am! 	9 	10 Mexican Train Dominoes at 2pm! 
11	12	13 SC Lobby Hours 10-11am Valentine Craft Class at 2pm! 	14 Food Boxes at 8:15am!!! 	15 Village Medical at 11am! 	16	17 Mexican Train Dominoes at 2pm! Random Acts of KINDNESS day 
18	19 Offices will be closed for Presidents Day! 	20 SC Lobby Hours 10-11am	21 	22 Grief and Loss Support Group at 10am! 	23 Valentine's/ Rodeo & Potluck at 11:30am! 	24 Mexican Train Dominoes at 2pm! 
25	26	27 SC Lobby Hours 10-11am	28	29	FEBRUARY Age-Related Macular Degeneration & Low Vision Awareness Month	



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: bnaibrithcovenant@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!

**February 14th
March 13th**