

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

March 2024

WOMEN'S HISTORY MONTH

The National Women's History Month's theme for 2024 celebrates **"Women Who Advocate for Equity, Diversity and Inclusion."**

The theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions. Women from every background have long realized that an uneven playing field will never bring equality or justice. Many feel the critical need to speak up and work harder for fairness in our institutions and social interactions.



St. Patrick's Day Brunch
Friday, March 15th at 11:30 am!
Bagels w/cream cheese, GREEN Salad
& GREEN Punch Sign up in lobby



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

Covenant House Staff

- Reda Anna, Manager
- Gulnar Akhmedova, Assistant Manager
- Teresa Wachala, Service Coordinator
- Troy Pearson, Wellness Center
- Austin Garland, Computer Coord.
- Vijay Singh, Maintenance
- 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

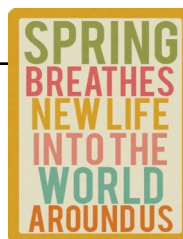
B'nai B'rith Covenant House is professionally managed by Biltmore Properties Inc.





Service Coordinator News --- Teresa Wachala

*I would like to wish everyone a
Happy St. Patrick's Day, Hello
Spring, and Happy Easter!*



*May the wings of the butterfly kiss the sun
and find your shoulder to light on,
To bring you luck, happiness and riches
Today, tomorrow and beyond. -An Irish Blessing*



- ♦ Please let me know if you would like a copy of the Resource Guide I have available. It contains local information about transportation, AHCCCS, Senior Centers, Local Pharmacies and even Pet Care. I will gladly print you a copy for your own information.
- ♦ 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, 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, clothes 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.
- ♦ I have **incontinent supplies (Depends pull-ups, Poise pads and bed pads)** if anyone needs them. Please see me in my office as all distributions are kept confidential and discreet.
- ♦ 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.
- ♦ If anyone makes their own **SHARPS containers** from household coffee cans or detergent bottles, etc., I have the **Biohazard stickers** to put on them before you put them in the trash. Please call me at 321-4496 if you need some.



Happy
SPRING



Manager's Memo—Reda Anna

Since Spring has sprung, please feel free to enjoy our outdoor sitting areas and take time to smell and see all the blooming plants. This would also be a good time to do a little spring cleaning in your apartments.



If you are expecting a package or get a notice in your mailbox, please call the office to pick-up. If you are expecting a package in the evening or weekend, you may need to come down to the lobby, as delivery drivers cannot access the building at those times.



WHEN YOU CAN'T CONTROL
WHAT IS HAPPENING
AROUND YOU, CHALLENGE
YOURSELF TO CONTROL
THE WAY
IN WHICH
YOU
RESPOND.



THAT IS WHERE
YOUR TRUE POWER LIES.

You know what else is
highly contagious?

Kindness, patience, love
enthusiasm, and a positive
attitude. Don't wait to catch it
from others be the carrier.



Computer Room Open House

Please join us in the Computer Room on
Wednesday, March 6th at 3pm

Come and meet our

Network Center Coordinator, Austin Garland

Office Hours: Mondays 9am - 4pm

Wednesdays 9am - 4pm



He will show you around the center and explain the classes he will be having and how he can help you with your technology. We have 6 desk top computers available, a printer and 2 laptops which can be checked out if you need to use one. You would need to sign our Laptop/Computer agreement form before you can check one out or use the computers.



Refreshments will be served!!

CHAT CORNER

Rummage Sale-Saturday, March 30th from 8am-1pm.

On the sidewalk in front of the building. Please shop with us!

Circle Hour Talk (Airplanes)—Wednesday, March 27th at 7pm
in the multipurpose room. Please join us!

Greif and Loss Group—Thursday, March 7th and 28th at 10am
in the computer room. Please join us for the conversation!

CHAT All Residents meeting—Monday, March 11th at 10am in the multipurpose room. We will be voting on all proposed CHAT events. Come cast your vote!

Sabino Canyon Walk—Tuesday, March 5th at 10am. Meet in the lobby.

Agua Caliente Park Walk—Wednesday, March 20th at 10am. Meet in the lobby.
Looking for volunteers to transport walkers. Please call Phool at 520-664-5947.

“There is always a light, if only we’re brave enough to see it. If only you’re brave enough to be it.”—*Amanda Gorman*

“St. Patrick’s Day is an enchanted time, a day to begin transforming winter dreams into summer magic. Happy St. Patrick’s Day!”—*unknown*

“These things I have learned from the Easter Bunny. Everyone is entitled to a bad hare day, and some body parts should be floppy. Happy Easter!”—*unknown*

Easter/Spring Craft Class



Please join us in the multipurpose room on

Tuesday, March 19th at 2pm!!

Small Easter Baskets & Think Spring Painting -Acrylics
Come explore your creative side!!

There will be a sign-up sheet in the lobby.



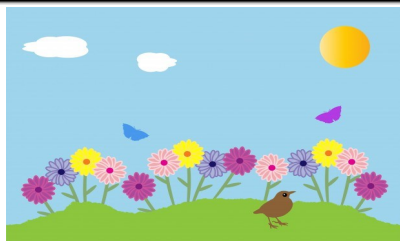
ATTENTION!!

If you signed up for the **Affordable Connectivity Program**, where you got a \$30 discount on your phone or internet service, the FCC is eliminating this program at the end of April. Your provider should be contacting you by email, text or mail. If you want to continue to get service, you will have to let them know. Please see Teresa if you have any questions. She may be able to find other programs to help with your bill. Please call her at 520-321-4496 to make an appointment.

Website info at

<https://www.fcc.gov/acp>

FC Affordable Connectivity Program
ACP Wind-Down



Spring



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



BIRDS
 BLOSSOM
 BUGS
 BUNNY
 BUTTERFLY

CALF
 CATERPILLAR
 CHICKS
 FLOWERS
 FROG

GARDEN
 GRASS
 HATCH
 INSECTS
 LADYBUG

LAMB
 NATURE
 NEST
 RABBIT
 ROBIN

SNAIL
 SPRING
 SPROUT
 TULIP
 WORM

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 do proteins do for the body?

Our bodies are made up of thousands of different proteins, each with a specific function. They make up the structural components of our cells and tissues as well as many enzymes, hormones and the active proteins secreted from immune cells.

These body proteins are continually being repaired and replaced throughout our lives. This process (known as 'protein synthesis') requires a continuous supply of amino acids. Although some amino acids can be recycled from the breakdown of old body proteins, this process is imperfect. This means we must eat dietary protein to keep up with our body's amino acid demand.

LEAN PROTEIN

macros per 4oz



BEEF (CAL: 200)
p: 30g f: 8g c: 0g



BISON (CAL: 170)
p: 23g f: 8g c: 0g



SEITAN (CAL: 120)
p: 24g f: 1g c: 4g



PORK (CAL: 126)
p: 23g f: 4g c: 0g



LAMB (CAL: 170)
p: 23g f: 7g c: 0g



EDAMAME (CAL: 160)
p: 14g f: 7g c: 12g



GREEK
YOGURT (CAL: 70)
p: 11g f: 0g c: 5g



CHICKEN
THIGH (CAL: 150)
p: 20g f: 8g c: 0g



COTTAGE
CHEESE (CAL: 90)
p: 14g f: 2g c: 5g



TOFU (CAL: 86)
p: 9g f: 5g c: 2g



TURKEY (CAL: 190)
p: 33g f: 7g c: 0g



LOW FAT
CHEESE (CAL: 200)
p: 28g f: 8g c: 4g

@trifecta

Please refer to the chart to add quality protein sources to your regular diet. Protein comes in both plant and animal sources so choose sources that work for your own needs. Protein is an essential macro-nutrient that is responsible for building and repairing muscle tissue.





Covenant House March 2024



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------|---------------|--|--|--|---|---|
| | | | | | 1 | 2 Mexican Train Dominoes at 2pm! |
| 3 | 4 | 5 SC Lobby Hours 10-11am Sabino Canyon Walk at 10am | 6 Open House for Computer Center at 3pm! | 7 Greif & Loss Support Group at 10am in Computer room | 8 | 9 Mexican Train Dominoes at 2pm! |
| 10 | 11 | 12 SC Lobby Hours 10-11am | 13 Food Boxes at <u>8:15am!</u> | 14 | 15 St. Patrick's Day Brunch at 11:30am! | 16 Mexican Train Dominoes at 2pm! |
| 17 | 18 | 19 SC Lobby Hours 10-11am Easter/Spring Craft Class at 2pm! | 20 Agua Caliente Park Walk at 10am | 21 | 22 | 23 Mexican Train Dominoes at 2pm! |
| 24 | 25 | 26 SC Lobby Hours 10-11am | 27 Circle Hour Talk — Airplanes at 7pm | 28 Greif & Loss Support Group at 10am in Computer room | 29 | 30 CHAT Rummage Sale at 8am-1pm! |
| 31 | | | | | | Mexican Train Dominoes at 2pm! |



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:

NEW \$1632/mo (ind)

NEW \$2215/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!

**March 13th
April 10th**