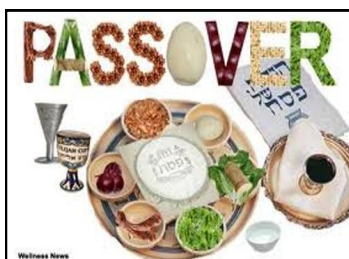


COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

April 2024



PASSOVER (April 22-April 30)

One of the Jewish religion's most sacred and widely observed holidays, Passover (Hebrew: Pesach) commemorates the story of the Israelites' departure from ancient



Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers and Deuteronomy, among other texts. Jews observe the weeklong festival with a number of important rituals, including traditional Passover meals known as Seders, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale.





Computer Network Center Coordinator:



Austin Garland

Office Hours:

Mondays 9am –4pm

Wednesdays 9am –4pm

Sign-up for available time slots in the computer room!

If you have any questions, please email Austin at

networkcentercoordinator@gmail.com

or call Teresa at 520-321-4496

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

Wishing everyone a Happy Passover! I so appreciate all the kind words of love and support from residents, staff, board members and Biltmore. They touch me deeply and keep me going.

A special THANK YOU to all my current and future resident volunteers, especially during this month of Volunteer appreciation! You are the only way I can keep having the ongoing programs like the Food Bank boxes, Birthday cards, Crafts, and other activities.

I am so grateful for my volunteers and am happy to see residents helping each other. Please don't hesitate to call me if you need anything, even just to talk,

With a grateful heart, Teresa ❤️



CHAT CORNER

CHAT monthly meeting— Wednesday, April 10th at 6pm in the computer room.

Greif and Loss Group—Thursday, April 11th and 25th at 10am in the computer room.
If grief has touched your life, please join us to share your feelings.

Sabino Canyon Walk—Tuesday, April 2nd at 9am. Meet in the lobby.

Agua Caliente Park Walk—Tuesday, April 16th at 9am. Meet in the lobby.

Looking for volunteers to transport walkers. Please call Phool at 520-664-5947.

CHAT Sweet Treats Bakery—Friday, April 12th at 10am in the Lobby.

We will have bakery goodies for sale in the lobby for all residents, at very reasonable prices. Please come indulge your sweet tooth.

CHAT All Residents meeting—Monday, April 15th at 10am in the multipurpose room.
We will be voting on all proposed CHAT events. Come cast your vote!

Circle Hour Talk (Boats)—Wednesday, April 24th at 7pm. Please join us for conversation about boats and boating in the multipurpose room.

CHAT Potluck—Friday, April 26th at 12pm in the Multi-Purpose Room.

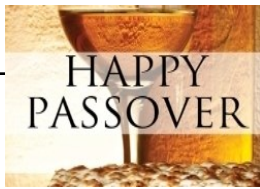
Please join us for community and good food. **Sign up in lobby!**

Please remember--**no guests at events!** Only exception is Thanksgiving and Christmas.

“Now that I have become a senior, everything's starting to click for me. My knees, my back and my neck.” —*Unknown*

“With old age comes wisdom...and discounts.” —*Unknown*

“You know you're getting older when the candles cost more than the cake.”—*Bob Hope*



Manager's Memo—Reda Anna



Happy Passover to all!!

Due to the various inspections we have throughout the year, it is *always* a good idea to keep your apartments in good condition. The following tips should help:



Things that you should look for in your apartments....

- ♦ **Emergency Items**- Blocked or inoperable smoke alarms. Nothing should be blocking your access to the emergency pull cords. The cord must be fully extended.
- ♦ **Tripping Hazards** - You should never have any cords running across the room or taped to the floor, including TV cable wiring.
- ♦ **Electrical Panels** - Nothing may be covering your electrical panel. It must be easy to see and easily accessible.
- ♦ **Missing or broken outlet/switch covers** - Please report any broken outlet or switch covers, so they can be replaced.
- ♦ **Stovetops and ovens** - Please remember they are used for cooking and baking, not for storage.
- ♦ **Faucets** - Please remember to shut your faucets tight when you turn them off. This saves water and stops the damage to the sink.
- ♦ **Window screens** - If your window screens need replacing, please come to the office and let us know.
- ♦ **In front of your door** - You may keep things on the shelf outside your door, but the hallway and floor outside of your door should be free of clutter.
- ♦ **A/C units** - Please keep your windows shut when the A/C is running to avoid condensation and leaking. If you keep the A/C at a constant temperature (75°) it should stay nice and cool without the unit freezing up. If your A/C goes out, we may not be able to get someone here to fix it right away, so please follow these tips to keep it working properly.

Please call the management office at 520-327-2200 if you have any questions.

Craft Class



Please join us in the multipurpose room on
Tuesday, April 16th at 2pm!!
 Making **PAPER FLOWERS** (Peonies, etc.)
 Come explore your creative side!!
There will be a sign-up sheet in the lobby.





Please join us in the multipurpose room for
OneSource Senior Healthcare:
Mobile Optometry, Podiatry, and Audiology
Thursday, April 4th at 1:30

We are a **mobile healthcare** practice servicing assisted and independent living communities. We provide residents with personalized, supportive and compassionate care. We offer full comprehensive exams, and appropriate referrals for all residents living within the community.



Please join us in the multipurpose room for:
TFD's Safety, Fire & Fall Prevention Talk
Thursday, April 11th from 1-2pm

Come and listen to Tucson Fire Department's presentation and have your questions ready.



The Earth Day 2024 Theme Is Planet vs. Plastics, It calls to advocate for widespread awareness on the health risk of plastics, rapidly phase out all single use plastics, urgently push for a strong UN Treaty on Plastic Pollution, and demand an end to fast fashion. Join us as we build a plastic-free planet for generations to come! **EARTHDAY.ORG** is unwavering in our commitment to end plastics for the sake of human and planetary health, demanding a 60% reduction in the production of ALL plastics by 2040.

Arbor Day, April 26, 2024 is all about ensuring our earth and the trees upon it are all happy, healthy, and growing to be as strong as they possibly can be! Planting trees is an act of kindness and optimism; a gift for our friends and neighbors, and for future generations. The trees we plant clean the air, beautify our neighborhoods, provide homes for wildlife, conserve energy and topsoil, and help keep the atmosphere in balance. Trees not only bring an aesthetic beauty to our world but are important to our very survival. They not only provide shelter for many species of birds animals and insects but they are also the lungs of our planet.



We all get heavier as we get older because there's a lot more information in our heads. So I'm not fat, I'm just really intelligent and my head couldn't hold any more so it started filling up the rest of me. That's my story and I'm sticking to it.

I see people my age mountain climbing and zip lining and here I am feeling good about myself because I got my leg through my underwear without losing my balance.



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.



Canasta
every Sunday at 3pm!



Mexican Train Dominoes
every Saturday at 2pm!
in the multipurpose room!



Earth Day Word Search



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



Air
Clean
Climate
Compost
Conservation
Energy
Forest
Global
Land

Litter
Ocean
Ozone
Recycle
Reduce
Reuse
Trees
Waste



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

Veggies Highest in Protein

+ amounts per 1 cup



Brussels Sprouts
5.6 grams



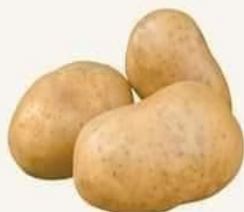
Artichokes
4.8 grams



Green Peas
8.6 grams



Kale
3.5 grams



Potatoes
4.6 grams



Asparagus
4.4 grams



Broccoli
37 mg












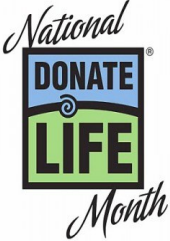
Mushrooms
4 grams



Spinach
6 grams

Protein is essential for building and repairing muscle tissue. Protein is easily consumed in meat and animals products, but there are many plant-based proteins to add to your diet if you prefer to restrict meat products from your diet. The chart to the left highlights many plant-based proteins that can be creatively added to your meals to increase the intake of this important nutrient. You should strive to consume 20-30 grams of protein at each meal for optimum benefits.



<div>   <h2>Covenant House Calendar April 2024</h2>  <div>  <p>Volunteer Appreciation Month</p> </div> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 SC Lobby Hours 10-11am Sabino Canyon Walk at 9am 	3	4 OneSource Mobile Optometry, Podiatry, and Audiology at 1:30 pm!	5	6 Mexican Train Dominoes at 2pm! 
7 Canasta 3pm! 	8 	9 SC Lobby Hours 10-11am	10 Food Boxes at 8:15am! 	11 Greif & Loss Support Group at 10am in Computer room Fire Dept. Safety Talk at 1pm! 	12 Sweet Treats Bakery at 10am in the lobby! 	13 Mexican Train Dominoes at 2pm! 
14 Canasta 3pm! 	15 CHAT All Residents meeting at 10am	16 SC Lobby Hours 10-11am Agua Caliente Walk at 9am  Craft Class at 2pm! 	17 	18	19 	20 Mexican Train Dominoes at 2pm! 
21 Canasta 3pm! 	22  	23 SC Lobby Hours 10-11am	24 Circle Hour Talk about Boats at 7pm 	25 Greif & Loss Support Group at 10am in Computer room 	26 Potluck at 12noon!  	27 Mexican Train Dominoes at 2pm! 
28 Canasta 3pm! 	29	30 SC Lobby Hours 10-11am				
						



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 \$1580/mo (ind)

NEW \$2137/mo (cpl)

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!

**April 12th
May 10th**