

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

May 2024



Older Americans Month 2024

The theme for 2024 is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.






- Covenant House Staff**
- Reda Anna, Manager
 - Gulnar Akhmedova, Assistant Manager
 - Teresa Wachala, Service Coordinator
 - Troy Pearson, Wellness Center
 - Austin Garland, Computer Coord.
 - Josh George, Maintenance
 - Vijay Singh, Maintenance
 - Sonny Singh, Housekeeping



It's that time of year in the Old Pueblo when the temperatures start to soar! Please remember to use sun screen and a wide-brimmed hat when going outdoors. It is also important to drink plenty of fluids to stay hydrated. At least 6-8, 10 ounce glasses of water per day is recommended.

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



I would like to wish everyone a Happy Mother's Day!

Happy Mother's Day!



- ♦ 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, clothes soap, toothbrushes, 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.

Holocaust Remembrance Day is on May 6th!



It is never too late, and we should always remember those who lost their lives during the Holocaust and make sure it never happens again.



Yom Ha Shoah (Holocaust Remembrance Day) is observed as Israel's day of commemoration for the approximately six million Jews and five million others who perished in the Holocaust as a result of the actions carried out by Nazi Germany and its accessories, and for the Jewish resistance in that period.

Holocaust survivor, **Gerd Strauss** founded B'nai B'rith Covenant House I and II and the Gerd & Inge Strauss Manor on Pantano. He was an active member of the Holocaust Survivors group in Tucson where he taught thousands of students about the Holocaust.



Fernando Diaz, Senior Med Solutions, is available two Fridays a month (please see calendar) to help you with any questions you may have about your Medicare, Social Security and DES/AHCCCS. He will be in the computer room from 12-2pm. Please call Teresa if you have any questions.





*****Manager's Memo—Reda Anna*****



Wishing all a very HAPPY MOTHER'S DAY!!!

- ◆ Please make sure your pet does not play with the pull-cords or that you accidentally pull on it! If there are too many false alarms, the new company may start charging residents.
- ◆ **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.
- ◆ If you move any of the outdoor or indoor furniture around, please be sure to put it back as it was before. Thank you.
- ◆ Please remember to **always pick up after your dog**, including any gravel they may throw on the sidewalk. See Teresa if you need bags for clean-up. If you walk someone else's dog, you are responsible for their behavior while in your care.



Welcome

Please welcome our newest staff member, Josh George, Maintenance Technician. Josh has lived in Tucson most of his life and has over 30 years of experience in maintenance. He has been a great help already and enjoys his work.



Honoring Memorial Day!

To all our residents, family members and friends who have served in the military, we thank you for your dedication and service to our country!



Memorial Day is a good time to reflect on the sacrifices and services of the American soldiers and veterans and the U.S. military men and women. The American military is, has always been and will always recruit the best and finest of the crop of young men and women of the country and we will continue to shower them with appreciation, support and prayers, as we have always done. Memorial Day is an opportunity for us to express the special places they have in the hearts of American citizens and more by honoring the people who work in the various branches of the military.

CHAT CORNER

HAPPY MOTHER'S DAY TO ALL OUR WONDERFUL MOTHERS!



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

Sabino Canyon Walk—Tuesday, May 7th at 8am. Meet in the lobby.

Reid Park Walk—Wednesday, May 22nd at 7am. Meet in the lobby.

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

CHAT Sweet Treats Bakery—Friday, May 17th at 10am in the Lobby.

We will be serving up cheesecake, brownies, cookies and more.

Please join us to satisfy your sweet tooth.

CHAT All Residents meeting—Monday, May 6th at 10am in the multipurpose room. Please join us!

Circle Hour Talk (Trains)—Wednesday, May 29th at 7pm. Please join us for a conversation about trains in the multipurpose room.

CHAT Memorial Day Pizza Party —Friday, May 31st at NOON in the MPR. Please join us for pizza, punch and more. Sign up sheet in lobby May 3rd - May 19th. Please ***sign up*** so we know how many pizzas to order. Hope to see you there.

“It isn't about waiting for the storm to pass. It's about learning to dance in the rain.”
—*Vivian Greene*

“Getting old is a little like climbing a mountain: you get a little out of breath, but the view is much better.”—*Ingrid Bergman*

“Don't get all weird about getting older! Our age is merely the number of years the world has been enjoying us!”—*Unknown*

Please remember the Residents of Covenant House are made up of a wonderful diversity of people. This is our home, we are a community, we are a family. Please treat everyone with respect. Be kind, keep an eye out for each other.



Mother's Day Craft Class

Please join us in the MP room on

Tuesday, May 7th at 2pm

We'll be making nosegays for
Mother's Day.

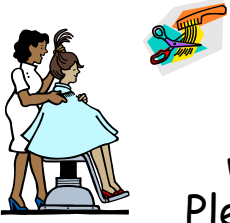
Please sign-up in the lobby.



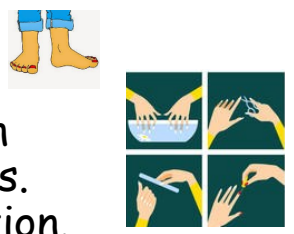


My Mother,
 my friend so dear,
 Throughout my life
 you're always near,
 A tender smile
 to guide my way,
 You're the sunshine
 to light my day.
 Happy Mom's Day!
 I Love You!

Of all the special
 joys in life,
 The big ones
 and the small,
 A mother's love
 and tenderness
 Is the greatest
 of them all.



Haircuts and Nails



Coni is a licensed Hairdresser and Nail Tech who comes to the building to provide services. Please call her at 333-0900 for more information.

OPEN TO ALL RESIDENTS!!

CHAT Memorial Day Pizza Party

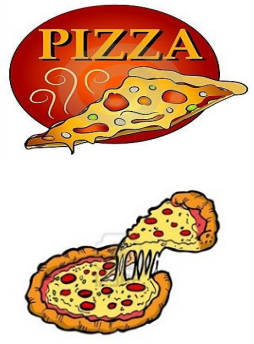
Friday, May 31st at NOON in the MPR

Please join us for pizza, punch and more.

Sign up sheet in lobby May 3rd - May 19th.

Please sign up so we know how many pizzas to order.

Hope to see you there.



As you know, we have experienced a lot of turnover recently. If you see new faces in the building, please **welcome these new residents** and help them to feel at home here at Covenant House. Let's take pride in our community, working together to make it a truly nice place to live and enjoy! Since not everyone in our apartment community has outside support, it is important to know who your neighbors are and have a **buddy system** where you can look out for each other. Many of you are already doing this and we always appreciate concerns if you have not seen or heard from your neighbor or friends in the building. Please do not hesitate to tell staff if you are concerned and cannot contact someone. We will gladly check on them.



*****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

Dehydration Prevention Tips

- Drink fluids regularly, especially water, fruit juices, sports drinks, milk, and broth. Avoid high-protein drinks and alcoholic beverages.
- Eat a balanced diet that includes fruits and vegetables, which contain water, salt, and vitamins.
- Drink more fluids before, during, and after physical exertion, especially in hot and humid weather.
- Monitor the color of your urine, which should be pale yellow or clear. Dark or cloudy urine may indicate dehydration.
- Pay attention to the symptoms of dehydration, such as dry mouth, thirst, headache, fatigue, dizziness, and confusion.



Know your risk for dehydration, which may be higher if you have certain medical conditions, take certain medications, or are elderly.



Covenant House Calendar May 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
<p>May is Mental Health Awareness Month</p>	<p>May is SKIN CANCER AWARENESS MONTH</p>		<p>MAY IS ARTHRITIS AWARENESS MONTH</p> <p>What You Need To Know About The Most Prevalent Health Condition</p>			<p>Mexican Train Dominoes at 2pm!</p>
5	6	7	8	9	10	11
<p>Canasta 3pm!</p> <p>QUINCO de Mayo</p>	<p>CHAT All Residents meeting at 10am</p> <p>Yom HaShoah HOLOCAUST REMEMBRANCE DAY</p>	<p>SC Lobby Hours 10-11am</p> <p>Sabino Canyon Walk at 8am</p>	<p>Food Boxes at 8:15 am!</p>	<p>LAND OF THE FREE</p> <p>BECAUSE OF THE BRAVE</p>	<p>12-2pm Medicare, DES/AHCCCS Information W/Fernando Diaz in Computer room</p>	<p>Mexican Train Dominoes at 2pm!</p>
12	13	14	15	16	17	18
<p>Happy Mother's Day!</p> <p>Canasta 3pm!</p>	<p>May is national barbecue month!</p>				<p>Sweet Treats Bakery at 10am in the lobby!</p> <p>Bake Sale</p>	<p>Mexican Train Dominoes at 2pm!</p>
<p>Service Coordinator OUT OF OFFICE</p>						
19	20	21	22	23	24	25
<p>Canasta 3pm!</p>		<p>SC Lobby Hours 10-11am</p>	<p>Reid Park Walk at 7am</p>		<p>12-2pm Medicare, DES/AHCCCS Information W/Fernando Diaz in Computer room</p>	<p>Mexican Train Dominoes at 2pm!</p>
26	27	28	29	30	31	
<p>Canasta 3pm!</p>	<p>Offices will be closed for Memorial Day</p> <p>MEMORIAL DAY REMEMBER AND HONOR</p>	<p>SC Lobby Hours 10-11am</p>	<p>Circle Hour Talk about Trains at 7pm!</p>		<p>CHAT Memorial Day Pizza Party at 12noon!</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!

**May 8th
June 12th**