

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

June 2024



Flag Day (June 14th), is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation.....one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon. As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride!



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

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

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 Father's Day!*

I will be out of the office from June 19-23rd!

Happy June! I just want to remind everyone to keep well hydrated and stay safe during our warmer weather. I hope to see more of you at educational presentations, craft classes, CHAT events, meals, etc. If you see someone new you don't know, please introduce yourself and make them feel welcome.

Please remember that I am available to help with getting and retaining benefits, change of address for Social Security, AHCCCS, etc. If you get any mail you need help with, please come to me or call for an appointment. I want to make sure everyone keeps their benefits and does not miss any deadlines. I can also refer you to different agencies and resources for help.

If you have any suggestions for educational speakers, please let me know so I can try to arrange it. I want to thank all the resident volunteers and am grateful to all of you for wanting to try new things to engage the residents.

Teresa Wachala
Service Coordinator



- *****
- ♦ 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, paper towels, Kleenex, toilet paper**, etc., Please call me at 321-4496 during my office hours. All distributions are kept confidential.

- ♦ I sell **stamps and quarters**, so call me if you need them or come down during my lobby hours (Tuesdays, 10-11am).



Fernando Diaz, Senior Med Solutions, is available on Fridays starting at 12noon 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 12-1pm or later if needed. Please call Teresa at 520-321-4496 to make an appointment.





Manager's Memo—Reda Anna

HAPPY
FATHER'S
Day!

Wishing all a very HAPPY FATHER'S DAY!!

- ◆ Please remember we have a **wooden box** next to the soda machine which is where any **FREE** items (except **FOOD**) should be placed. If you see a walker or any other items in the lobby, please **DO NOT** remove them or inquire at the management office.
- ◆ The **barbeque grill** outside of the multi-purpose room is **GAS ONLY!** Please **DO NOT** put charcoal briquettes in it! Ask us if you don't know how to use it.
- ◆ Please let the office know if **you are going on vacation** so staff knows you are gone. We also want to be sure it does not coincide with your annual recertification.
- ◆ Please let the office know if you **change your phone number or your emergency contact.**

Thank you! Sincerely, Management



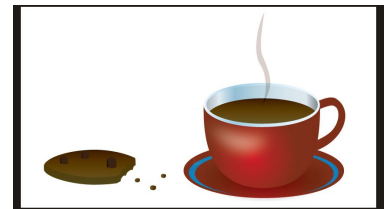
Dad



*He never looks
for praises
He's never one to boast
He just goes on quietly working
For those he loves the most
His dreams are seldom spoken
His wants are very few
And most of the time his worries
Will go unspoken too
He's there.... A firm foundation
Through all our storms of life
A sturdy hand to hold to
In times of stress and strife
A true friend we can turn to
When times are good or bad
One of our greatest blessings,
The man that we call Dad.*

Father's Day Celebration!

Please join us on
Thursday, June 13th at 10am
in the multipurpose room
for Bagels and coffee to
celebrate our dads



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CHAT CORNER

HAPPY FATHER'S DAY TO ALL OUR WONDERFUL FATHERS!

CHAT monthly meeting— Wednesday, June 5th at 6pm in the computer room.

Mt. Lemmon Picnic—Tuesday, June 11th at 9am. Bring your own picnic lunch!
Meet in the lobby.

Reid Park ZOO—Saturday, June 29th at 7:45am. Meet in the lobby.

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

CHAT Sweet Treats Bakery—Friday, June 14th at 10am in the Multipurpose Room

We'll have lots of delicious goodies, and a pot of coffee. Hope to see you there!

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

CHAT Potluck—Friday, June 28th at 12pm in the Multipurpose Room.

Please make your favorite dish, dessert, to share with others. Join us for community, conversation, and good food. ***Sign up in lobby!***

“Instead of the John, I call my bathroom Jim! That way it sounds better when I say I go to the Jim first thing every morning.” — *Unknown*

"Old age is like everything else. To make a success if it you have to start young."
—*Theodore Roosevelt*

“Don't think of them as "hot flashes". Think of them as your inner child playing with matches.” — *Unknown*

“Age isn't important unless your a wheel of cheese.” — *Unknown*

"Laughter is timeless. Imagination has no age. Dreams are forever!"
—*Walt Disney*

Craft Class

Please join Rose in the MP room on

Wednesday, June 5th at 10am!!

We'll be making beautiful
Fourth of July Wreaths.
Please join us for crafting.

Please sign-up in the lobby.





Find the hidden words associated with Old Glory.

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

ALLEGIANCE
 BETSYROSS
 FLAG
 FRANCIS
 SCOTT
 KEY
 FREEDOM
 INDEPENDENCE
 JUNE
 OLDGLORY
 PATRIOTIC
 PLEDGE
 RED
 WHITE
 BLUE
 STARS
 STRIPES
 STAR
 SPANGLED
 BANNER
 THIRTEEN
 UNION



Austin Garland

Computer Center Office Hours:

Mondays 9am –4pm

Wednesdays 9am –4pm

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

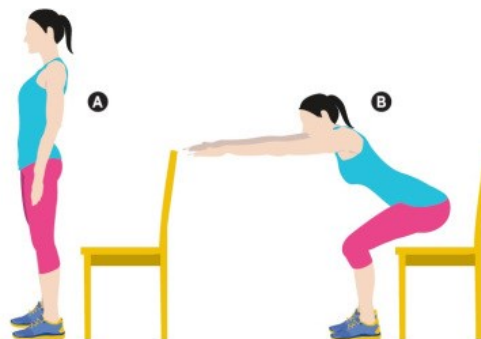
If you have any questions,
please email Austin at

networkcentercoordinator@gmail.com

or call Teresa at 520-321-4496

*****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**

The Chair Squat is a safe, simple and very functional exercise that most people can easily perform. Improving your leg strength with this exercise will improve many aspects of your overall mobility and life.

**HOW TO PERFORM A PROPER CHAIR SQUAT**

- If you do not feel stable, I encourage you to place the back of a kitchen chair in front of you — just to be on the safe side.
- Stand with your back to the arm of the chair and your feet, hip width apart.
- Stretch the space between your feet and knees.
- As you start to sit, think about getting your buttocks back first, before you start bending your knees.
- Keep your chest and gaze up as you lower your buttocks towards the arm of the chair.
- When you feel the arm of the chair beneath your buttocks, push the floor away from you to bring yourself up tall.

Covenant House Calendar June 2024						HAPPY FATHER'S DAY
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Mexican Train Dominoes at 2pm! 
2 Canasta 3pm! 	3 	4	5 Craft Class at 10AM!!  CHAT Monthly Meeting 6pm.	6 	7	8 Mexican Train Dominoes at 2pm! 
9 Canasta 3pm! 	10 CHAT All Residents meeting at 10am	11 Mt. Lemmon Picnic at 9am! 	12 Food Boxes at 8:15am! 	13 Father's Day Celebration at 10am 	14 Flag Day!  Sweet Treats Bakery at 10am in MPR 	15 Mexican Train Dominoes at 2pm! 
16 HAPPY FATHER'S DAY!  Canasta 3pm!	17 	18	19 Offices closed for the Juneteenth Holiday! 	20  Teresa (SC) OUT OF OFFICE	21 	22 Mexican Train Dominoes at 2pm! 
23 Canasta 3pm! 	24 	25 KINDNESS IS FREE  SPRINKLE THAT STUFF EVERYWHERE	26 	27	28 Potluck at 12noon! POT LUCK 	29 Mexican Train Dominoes at 2pm! Reid Park Zoo at 7:45am 
30 Canasta 3pm!						



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!

**June 12th
July 10th**