

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

August 2024





Monsoon season is here with lots of rain and wind, so please be careful when outdoors. It's that time of year in the Old Pueblo when the temperatures 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 Tech
- 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*****

- ◆ 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, dish soap, laundry soap, paper towels, Kleenex, toilet paper, etc., so please call 321-4496 and let me know if you have an **EMERGENCY** and need anything. All distributions are kept confidential.
- ◆ I have **incontinent supplies (Depends pull-ups, Poise pads & bed pads)** if anyone needs them. Please see me in my office as all distributions are kept confidential and discreet.
- ◆ I sell **stamps and quarters**, so call me if you need them. **Stamps have now gone up to 73 cents.**



International Left-Handers Day



Throughout the year, lefties are dealt a rough hand. We're forced to put up with items such as doors, scissors and computer keyboards — to name a few — that are crafted for right-handers. But today we unite!

Left-Handers Day was first celebrated in 1992 as an opportunity for left-handers everywhere to celebrate their uniqueness in "Lefty Zones" and increase public awareness of the "struggles left-handers are forced to deal with on a day-to-day basis." Right-handers are encouraged to do everything left-handed for the day.

Only about 10% of the world's population is left-handed. There are some everyday advantages to being a lefty. Left-handers are more likely to pass their driver's test on the first try, a study shows. They are also more apt to deliver a better left hook and be a part of Mensa, the world's largest and oldest high IQ society.

While many people are left handed, very few are 100% left handed. For example, many Left handers golf and bat right handed. On the other hand, there is a high percentage of righties who are 100% right-handed. Take the Left-Handedness test on-line at <https://www.lefthandersday.com/tour/how-left-are-you>

Craft Class

Please join Rose in the MP room on **Wednesday, August 7th at 10am!!**



We'll be making beautiful Acrylic Painted Coasters using a bubble wrap pouring technique.

Please sign-up in the lobby.

Manager's Memo—Reda Anna

Privacy Issues



Please realize that when a resident is having a problem or issue (ie: Hospital stay, needing services, etc.), it is their personal business and a private matter.



When you ask staff where another resident is, or if staff is helping them with a personal issue, please be aware that we cannot discuss these matters with other residents unless given express permission. When we say we cannot discuss another resident's information with you (including illness, hospitalization, rehab, absence from unit, lease concerns, etc), we are protecting their right to privacy just as we would protect yours. That information is confidential and not to be shared. You can, as a neighbor and friend, ask that person yourself, but they have the right to divulge only the information they wish to tell you. Please, let us all respect each other's privacy.

CHAT CORNER

CHAT Sweet Treats Bakery—Friday, August 2nd at 10am in the Lobby!

Come see us, and get some goodies. Hope to see you there!

CHAT monthly meeting— Wednesday, August 7th at 6pm in the computer room.

CHAT All Residents meeting—Monday, August 12th at 10am
in the multipurpose room. Please join us!

CHAT sponsored Donuts, Bagels, and Coffee all residents event-Saturday, August 17th at 10am in the Multi-Purpose Room. Hope to see everyone there.

Sign-up sheet in Lobby August 1st -11th. Please make sure to Sign-up.

Please remember, if you have a pet, cleaning up their waste is your responsibility.

Please make sure to place it in the garbage, and not leave it in the hallways or garbage room for others to clean up.

“By the time you're 80 years old, you've learned everything.

You only have to remember it.” —*George Burns*

Getting older has some benefits. Call it a "Senior Moment" and you can get away with just about anything.

At my age the only pole dancing I do is to hold on to the safety bar in the bathtub.

Please, remember we're a community, a family of sorts. Be kind and respectful to one another. We need to make the most of each day, and help others where and when we can.

FRIENDSHIP DAY

National Friendship Day is on August 4, 2024, and its theme is "**Friends: Our Chosen Family**". The day is a time to appreciate and celebrate the friends who support us through good and bad times. It can also be a reminder that we are stronger together and that healthy friendships can endure disagreements and become stronger through challenges.



True friendship is about putting your feet up and knowing that someone is there to bail you out when the world might walk out on you. Besides, as a support system in today's hectic world, friends are the most reliable sources for social, intellectual and creative stimulations.

Most often friends understand us, just by looking at us or hearing our voice. This heart-to-heart bonding is what makes friendship so exclusive, setting it apart from all other relationships.

"Friends are the most important ingredient in this recipe of life." *Unknown*

"A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words." *Unknown*



"It takes a long time to grow an old friend." *John Leonard*

Cheesy Chicken Sloppy Joes

- | | |
|---------------------------------|-----------------------------|
| 1 Tbsp. extra-virgin olive oil | 2 Tbsp. yellow mustard |
| 1 large onion, diced | 1 Tbsp. chili powder |
| 2 lb. cloves garlic, minced | 2 tsp. Worcestershire sauce |
| 1 1/2 lb. ground chicken | salt |
| 1 c. ketchup | ground black pepper |
| 1/3 c. brown sugar | 2 c. shredded mozzarella |



In a large skillet over medium heat, heat oil. Add onion and cook until tender, 6 minutes, then add garlic and cook 1 minute. Add ground chicken and cook until no longer pink, about 6 minutes more. Stir in ketchup, brown sugar, mustard, chili powder, and Worcestershire and season with salt and pepper. Simmer until thick and saucy, 5 minutes. Top with mozzarella and cover with lid to melt, 2 minutes. Serve on buns.



Austin Garland

Computer Network Center Coordinator:

**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.

Ball Sports

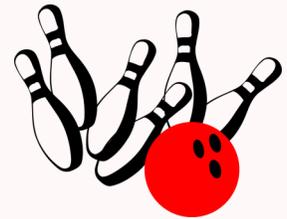
All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

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

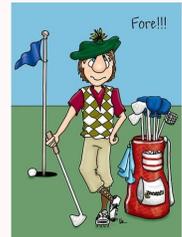
ATHLETES
 BASEBALL
 BASKETBALL

BILLIARDS
 BOUNCE
 BOWLING

COMPETITION
 CRICKET
 CROQUET



- DODGE BALL
- DRIBBLE
- FOOTBALL
- GOAL
- GOLF
- HANDBALL
- HOCKEY
- HURLING
- LACROSSE
- MATCH
- PETANQUE
- PITCH
- PLAY
- POOL
- RUGBY
- SCORE
- SKITTLES
- SNOOKER
- SOCCER
- SOFTBALL
- SQUASH
- TENNIS
- THROW
- WATER POLO



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



SLEEP TIPS FOR OLDER ADULTS

Research has shown that older people can take steps to improve their sleep. These steps often involve focusing on improving sleep hygiene and developing habits that encourage quality sleep.

Exercise: Older people who exercise regularly fall asleep faster, sleep longer, and report better quality of sleep. Exercise is one of the best things older people can do for their health.

Reduce bedroom distractions: Televisions, smartphones, and bright lights can make it more challenging to fall asleep. Keep the television in another room and try not to fall asleep with it turned on. Move electronics out of the bedroom and reserve the bedroom for only sleeping.

Avoid substances that discourage sleep: Substances like alcohol, tobacco, caffeine, and even large meals late in the day can make sleep more challenging. Consider quitting smoking, reducing caffeine intake, and eating dinner at least four hours before bedtime.

Keep a regular sleep schedule: Aging can make it more difficult to recover from lost sleep. Avoid sudden changes in sleep schedules. This means going to bed and waking up at the same time every day and being careful about napping too long or too close to bedtime.

Develop a bedtime routine: Find activities that help you relax before bed. Many older people enjoy taking a warm bath, reading, or finding some quiet time before getting into bed.

Covenant House Calendar
August 2024



HAPPY FRIENDSHIP DAY



	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
					<p>Sweet Treats Bakery at 10am in Lobby</p> <p>Medicare Questions with Fernando Diaz at 12</p>	<p>Mexican Train Dominoes at 2pm!</p> <p>National Watermelon Day August 3</p>
4	5	6	7	8	9	10
		<p>Mt. Lemmon Hike & Picnic at 8am!</p>	<p>Craft Class at 10AM!!</p> <p>CHAT Monthly Meeting at 6pm</p>	<p>INTERNATIONAL Cat Day</p> <p>AUGUST 8</p>	<p>Medicare Questions with Fernando Diaz at 12noon.</p>	<p>Mexican Train Dominoes at 2pm!</p>
11	12	13	14	15	16	17
	<p>CHAT All Residents meeting at 10am</p>		<p>Food Boxes at 8:30am!</p>		<p>Medicare Questions with Fernando Diaz at 12noon.</p>	<p>CHAT Donuts, Bagels, and Coffee at 10am</p> <p>Mexican Train Dominoes at 2pm!</p>
18	19	20	21	22	23	24
			<p>Walk and Fun in Park Place at 9:45am.</p>	<p>It's COOL TO BE Kind</p>	<p>Medicare Questions with Fernando Diaz at 12noon.</p>	<p>Mexican Train Dominoes at 2pm!</p>
25	26	27	28	29	30	31
	<p>26 AUGUST INTERNATIONAL DOG DAY</p>	<p>I TOLD you to wear sunscreen.</p>		<p>AUGUST IS Romance Awareness MONTH</p>	<p>Medicare Questions with Fernando Diaz at 12noon.</p>	<p>Mexican Train Dominoes at 2pm!</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

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:
\$1632/mo (ind)
\$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 8:30!

**August 14th
September 11th**