

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

July 2024



**HOME
OF THE
FREE
BECAUSE
OF THE
BRAVE**



A special thanks to all the troops who have served and are serving our country. We are a nation who will be forever grateful.



 **4th of July celebration will be held** 
Wednesday, July 3rd starting at 12noon for meal!

Followed by Troy's fun games and activities!



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



*I would like to wish everyone a
Happy Fourth of July!!*



I hope everyone has a wonderful Fourth of July holiday!
I am working on getting some educational speakers and entertainment into the building, so please come to these events. Please contact me if you have any suggestions for speakers, entertainment, etc.

- ♦ 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, laundry 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 have **incontinent supplies (Depends pull-ups and Poise pads)** if anyone needs them. Please see me in my office as all distributions are kept confidential and discreet.
- ♦ I sell **stamps (68 cents) and quarters (\$5 a week)**, so call me if you need them or see me during lobby hours.



COVENANT HOUSE WEBSITE!!

Please go to www.covenanthouseoftucson.org to view our website. It is in English with a Spanish translation and contains pictures of the building and our newsletter. It also has a direct link to our [Facebook page](#). Please let your friends and family know about it. Enjoy!!

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 July 4th!!

ATTENTION!

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 you're 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 remember that the gray/black key fobs to get into the building **should NOT be given to anyone else to use**. It is each residents responsibility to keep these keys and it is a violation of our policies to give them to others. If you lose your key fob, please see the management office immediately so we can void the key and keep unauthorized users from getting into the building.

Please remember to look out for your safety and the safety of others. This may be a locked building, but everyone should be aware that strangers can and do get in, so we must all be careful. Please **DO NOT let anyone you do not know** into the building to help ensure the safety of all. Please report any suspicious activity to the management office.



Please **DO NOT** place any large items (mattresses, chairs, etc.) in the dumpsters. Please find someone who can haul it away as we do not have enough room in the dumpsters and waste management will not take them.

YOU KNOW YOU'RE SUMMERING IN ARIZONA WHEN....

The birds have to use potholders to pull worms out of the ground.

The best parking place is determined by shade instead of distance.

You discover that in July it only takes 2 fingers to steer your car.

Hot water now comes out of both taps.



You can make sun tea instantly!

You learn that a seat belt buckle makes a pretty good branding iron!

You actually burn your hand opening the car door.

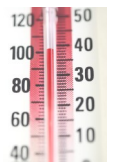
You break into a sweat the instant you step outside at 7:30 am!

You realize that asphalt has a liquid state.

You see two cacti fighting over a dog.

The cows are giving evaporated milk!

Ah, what a place to call home!



CHAT CORNER



**HAPPY 4TH OF JULY TO ALL THE
RESIDENTS OF COVENANT HOUSE!**



CHAT monthly meeting— Wednesday, July 3rd at 6pm in the computer room.

CHAT All Residents meeting—Monday, July 8th at 10am
in the multipurpose room. Please join us!

CHAT Sweet Treats Bakery—Friday, July 12th at 10am in the Multipurpose Room
We'll have lots of delicious goodies, and a pot of coffee. Hope to see you there!

CHAT wants to thank all the residents that attended the pizza party. You all made it a big success. Thank you for your participation.

“Patriotism is not just frenzied outbursts of emotion, but the tranquil and steady dedication of a lifetime.” — *Adlai Stevenson*

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

“Bold stripes, bright stars, brave hearts.” —*Unknown*

It's not the 4th of July, until I'm holding a hot dog.



Craft Class



Please join Rose in the MP room on
Wednesday, July 17th at 10am!!

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

Please join us for crafting.

Please sign-up in the lobby.



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.

*Austin will be starting some classes this month,
so please look for more information soon!*

4TH OF JULY

WORD SEARCH

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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	

*****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? 4TH OF JULY CELEBRATION!!! FOOD, FUN,
FELLOWSHIP and LIVE MUSIC!! EARN YOUR
PATRIOTIC BEADS BY PLAYING FUN GAMES!!!***

WHEN? WEDNESDAY, JULY 3RD AT NOON

WHERE? MULTI-PURPOSE ROOM



<div>   Covenant House Calendar July 2024   </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Fourth of July Celebration at 12noon!  CHAT Monthly Meeting at 6pm	4 Offices will be closed for the Fourth of July Holiday! 	5 <div>SC out of office</div>	6 Mexican Train Dominoes at 2pm! 
7 	8 CHAT All Residents meeting at 10am	9	10 Food Boxes at 8:45am! 	11 	12 Medicare Questions with Fernando Diaz at 12noon. Sweet Treats Bakery at 10am in MPR 	13 Mexican Train Dominoes at 2pm! 
14	15	16	17 Craft Class at 10AM!! 	18	19 Medicare Questions with Fernando Diaz at 12noon.	20 Mexican Train Dominoes at 2pm! 
21	22	23	24 Staff will be at the AHMA Conference.	25 Staff will be at the AHMA Conference.	26 Medicare Questions with Fernando Diaz at 12noon.	27 Mexican Train Dominoes at 2pm! 
28	29	30 	31 			



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 8:45!

**July 10th
August 14th**