

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

October 2024



Medicare's Open Enrollment period is October 15th - December 7th

when **ALL** people with Medicare can change their Medicare health plan and prescription drug coverage for 2025. *If you are on a Dual AHCCCS plan, please call Teresa or Fernando Diaz about questions as rules are changing this year!* Information on 2025 plans will be available beginning in October. People with Medicare can call 1-800-633-4227 or visit www.medicare.gov for plan information. If a person is satisfied that their current plan will meet their needs for next year, they don't need to do anything. Please call Teresa at 321-4496 if you have any questions.

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

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 Терезы. 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

B'nai B'rith Covenant House is professionally managed by Biltmore Properties, Inc.





*****Service Coordinator News --- Teresa Wachala*****



Wow! Hard to believe that Fall is already upon us. I love everything pumpkin this time of year and look forward to baking again!

As Flu season is also upon us, and Covid is still around, please do what you can to be safe and healthy. We are a vulnerable population, so please keep others safe as well. As always, if you are experiencing any sickness or flu-like symptoms, please stay home until you are feeling better.

We will continue to add more activities, educational programs and events for everyone to enjoy. Please take a look at our calendar for activities you may wish to attend and please call me to RSVP if the event requires it. We are planning to bring more special events/activities your way, but are also *open to your creative ideas*.

We continue to be blessed with new residents, and look forward to seeing new friendships blossom within our community.

It's so great to see more residents participating! It's hard to believe that the Holidays are almost upon us and I look forward to having more celebrations.

—Teresa Wachala-Service Coordinator

If anyone runs low on food or other items during the month, I have an **emergency food pantry** with various items, such as **tuna, sardines, soups, milk, ground coffee as well as instant coffee**, etc. I also provide such things as, **hearing aide batteries, dish soap, clothes soap, paper towels, Kleenex, toilet paper**, etc., so please call 321-4496 and let me know if you need anything.

I have incontinent supplies—**pull-ups, Poise pads and bed pads**. If you need any of the above items please see me during my office hours. All distributions are kept confidential.

I sell **stamps and quarters**, so call me if you need them.



I have various **GREETING CARDS** and some **2025 Calendars**.

Computer Network Center Coordinator:



Office Hours:
Mondays 9am –4pm
Wednesdays 9am –4pm

Sign-up in computer room or email Austin at networkcentercoordinator@gmail.com or call Teresa at 520-321-4496.

Classes this month:
"Smartphone/Tablet 101"
Monday, October 7th at 2pm in the MPR

"Computer File Organization"
Monday, October 21st at 2pm in the MPR



Manager's Memo—Reda Anna



It's October and Fall is in the air. This would be a good time to start cleaning and organizing your apartments before inspection time.

Please remember to look out for your **safety** by:

- ◆ always looking to see if someone might be following you inside the doors
- ◆ locking your doors
- ◆ not telling strangers where you live
- ◆ calling 911 if you see someone acting strangely or suspiciously
- ◆ telling management and a neighbor when you are out of town
- ◆ being observant of your neighbors and informing staff if something seems wrong or suspicious



All residents have the right to question anyone they do not recognize, or inform the staff so we can take care of it. 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 USE** the doors off the multipurpose room or in the hallways **at night** as they become **emergency doors** and an alarm will sound if you use them. Please use the front or back lobby entrance or the North or South entrance doors to come in and out of the building.



AmeriCorps Seniors Foster Grandparent Program

Tuesday, October 22nd at 11am!

In the Multipurpose Room

Enjoy some refreshments



and learn about a great way to volunteer with children and get a Stipend.



VOLUNTEER & SERVICE WORK OPPORTUNITIES IN YOUR COMMUNITY!

Stipend available upon certain conditions

FGP

Foster Grandparent Program

The Foster Grandparent Program provides one-on-one support to children with special needs to improve their academic, social, or emotional development.



NORTHERN ARIZONA UNIVERSITY

Center for Service and Volunteerism



AmeriCorps Seniors

Have questions or want more information?

Contact Program Coordinator Marga Gamas

520-305-2482 | marga.gamas@nau.edu



CHAT CORNER

CHAT monthly meeting— Wednesday, October 2nd at 6pm in the computer room.

Sweet Treats Bakery—Friday, October 4th at 10am in the Lobby!

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

CHAT All Residents meeting—Monday, October 7th at 10am
in the multipurpose room. Please join us!

CHAT– BINGO IS BACK! — Friday, October 11th at 1:00 pm
in the multipurpose room. Please join us! You gotta play to win.
Hope to see everyone there!

CHAT Halloween Costume Party/Potluck—Tuesday, October 29th at 12pm
in the multipurpose room. Please join us for food, **games with Troy** and wear your
fun costume, come trick r' treat with us.

“Laughter is the most irresistibly, contagious thing in the world. Catch some!” —*Unknown*

“What did one saggy boob say to the other? You better perk up or they'll think
we're nuts.”—*Unknown*

After a lifetime of working, raising families, and contributing to the success of this
nation in countless other ways. Senior citizens deserve to retire with dignity.

“Nobody can do for little children what grandparents can do. Grandparents sort of
sprinkle stardust over the lives of little children.”— *Alex Haley*

Craft Class

Please join Rose in the MP room on
Wednesday, Oct. 2nd at 10am!!

We'll be making this Halloween
decorative craft project.

Please sign-up in the lobby.



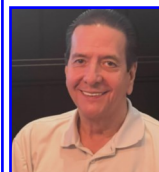
Vaccine Clinic

Friday, October 4th at 9am

Must be signed up in advance!

**Bring your paperwork & cards noted on the
instruction sheet you were sent!**

Please call Teresa at 520-321-4496
if you have any questions.



**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.**

FALL WORD SEARCH

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

ACORN
 FOOTBALL
 NOVEMBER
 SEPTEMBER

APPLES
 HALLOWEEN
 OCTOBER
 SUNFLOWER

AUTUMN
 HARVEST
 PUMPKIN
 SWEATER

CANDY
 HAYRIDE
 RAKE
 THANKSGIVING

CIDER
 LEAVES
 SCARECROW
 TURKEY

*****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? 2024 JACK-O-LANTERN JUMP!!!

POTLUCK—BRING YOUR BEST DISH!!! FREE HATS AND GLASSES!!!

WIN HALLOWEEN BEADS BY PLAYING FUN GAMES!!!

COSTUME CONTEST WITH TROPHIES FOR SCARIEST, FUNNIEST, MOST CREATIVE AND OVERALL COSTUME!!!

WHEN? TUESDAY, OCTOBER 29TH AT NOON!!!

WHERE? MULTI-PURPOSE ROOM!!!




Covenant House Calendar

October 2024




Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p>SC Lobby Hours 10-11</p> 	<p>2</p> <p>Craft Class at 10AM!!</p> 		<p>4</p> <p>Vaccine Clinic at 9am</p> <p>Sweet Treats Bakery at 10am in Lobby</p> 	<p>5</p> <p>Mexican Train Dominoes at 2pm!</p> 
<p>6</p> 	<p>7</p> <p>CHAT All Residents meeting at 10am</p> <p>Smartphone/Tablet 101 at 2pm in MPR!</p>	<p>8</p> <p>SC Lobby Hours 10-11</p>	<p>9</p> <p>Food Boxes at 8:30am!</p> 		<p>11</p> <p>Bingo at 1pm</p>  	<p>12</p> <p>Mexican Train Dominoes at 2pm!</p> 
<p>13</p> 	<p>14</p> <p>Offices will be closed for Indigenous People's Day!</p> 	<p>15</p> <p>SC Lobby Hours 10-11</p>		<p>17</p> 		<p>19</p> <p>Mexican Train Dominoes at 2pm!</p> 
	<p>21</p> <p>Computer File Organization at 2pm in MPR!</p>	<p>22</p> <p>SC Lobby Hours 10-11</p> <p>AmeriCorps Seniors Foster Grandparents Program at 11am!</p>		<p>24</p> 	<p>25</p> 	<p>26</p> <p>Mexican Train Dominoes at 2pm!</p> 
<p>27</p> 	<p>28</p> 	<p>29</p> <p>SC Lobby Hours 10-11</p> <p>Halloween Costume Party/Potluck fun and games at 12pm!</p> 		<p>31</p> 	 <p>October is National Depression Education & Awareness Month</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 8:30!

**October 9th
November 13th**