

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

September 2024



September 11, 2001 is a day that many will never forget. After the terrorist attacks on our World Trade Center and the Pentagon, many Americans' lives were changed forever. Let's remember that day, fill our hearts with strength and pay tribute to those who lost their lives on 9/11.



LABOR DAY

*Please join us on
Friday, Sept 6th at 12noon!
for our Labor Day Celebration!*
Sign-up in Lobby

Happy Grandparents Day!



In 1978, the first Sunday after Labor Day was proclaimed National Grandparents Day. It is a day to honor those who have helped shape the character of our Nation, and thank these role models for their immeasurable acts of love, care, and understanding.



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*****

♥ **National Service Coordinator Day** ♥ ♥ ♥



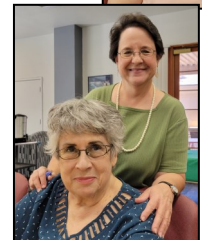
In 2014, Congress designated September 19th as **National Service Coordinator Day** to "Recognize the value of service coordinators in subsidized and other affordable housing communities for their work to promote and support economic self-sufficiency and independence for low-income families, older Americans, and persons with disabilities."

Older Americans who are assisted by service coordinators experience benefits in their health outcomes and have the ability to age in-place as they become more frail, thereby delaying or preventing the transfer to a more expensive nursing home setting.

Residents in subsidized and affordable housing communities having a service coordinator report higher satisfaction with their living environments and a heightened desire to be productive members of their communities.

The profession of service coordination is dedicated to empowering residents to maximize their independence and self-sufficiency, holds residents' rights to self-determination in the highest regard, and instills trust through maintaining high standards of confidentiality.

I truly love my job and am so glad I can assist my residents with their needs. I am so grateful to all my resident volunteers without whom I could not do as much. Your constant words of gratitude are all I need to keep me going even on the busiest of days.



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:

"Computers For Beginners"

Monday, September 9th at 2pm in the MPR

"Internet Safety"

Monday, September 23rd at 2pm in the MPR



Congratulations to the winner of the gift card!

Austin is grateful for all of you who participated in the survey. It really helped him decide what topics of interest to cover and he hopes to see more of you participate in this month's classes. Please let him know if any of you have any ideas for future classes.



Manager's Memo—Reda Anna



ATTENTION!!

Please make sure the **registration on your car is up to date** and that you have **placed the new sticker on your license plate**. We have noticed several cars with expired plates and they may be subject to towing. If you are having issues with your registration, please come see us in the management office.



Please **DO NOT FEED** the animals outside the building. We know you may be concerned about the feral cats in the neighborhood and someone has been leaving water and food in the back wash area which attracts coyotes, javelinas and other wild animals as well as bugs and can become a health hazard. **Please keep all outdoor areas clear of food and water.** Thank you!

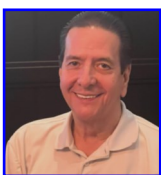
World Alzheimer's Month

Alzheimer's disease is the most common form of dementia. Dementia is a brain condition that affects parts of the brain that control thought, memory, and language.

When is memory loss more than forgetfulness?

Although everyone's brain changes as they age, it's important to understand that Alzheimer's disease is not a normal part of aging. Memory loss is typically one of the first warning signs of Alzheimer's disease, but occasionally forgetting words or names does not mean a person has Alzheimer's. There are other signs that someone in the early stages of Alzheimer's disease may experience in addition to memory problems. In the early stages of the disease, these can include:

- Getting lost in familiar places.
- Having trouble handling money and paying bills.
- Repeating questions.
- Taking longer to complete normal daily tasks.
- Displaying poor judgment.
- Losing things or misplacing them in odd places.
- Displaying mood and personality changes.



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.

Haircuts and Nails

Coni is a licensed Hairdresser and Nail Tech who comes to the building to provide services. Please call her at 520-333-0900 for more information.



September is  **Self-Care Awareness Month**
 Let's All Recharge & Take Care of Ourselves
www.lindsaygualden.com/therapy-thoughts-blog

Self-care refers to activities and practices that can help you to reduce your stress and enhance your overall well-being: essentially, proactively taking care of yourself. There are many reasons that self-care is important. Research shows that self-care helps to keep you healthy, helps you recharge and helps to improve your overall well-being. Self-care is more than an occasional treat, but a way of living each day that incorporates practices and behaviors that help you feel refreshed, re-energized, and rested.

Self-care is important and there are many ways to begin **reducing your stress**; some of them only take a few moments. Watching a sunrise/sunset, listening to a cat purring, playing with a dog, listening to music and going for a walk are some things you can do every day to help relieve stress.

Take five minutes to practice deep breathing. In just those few minutes you can lower your blood pressure and heart rate, thus lowering the physical affects of stress.



FLU PREVENTION

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** by prescription that can be used to treat and prevent the flu.

- ◆ **Avoid close contact.**
- ◆ **Stay home when you are sick.**
- ◆ **Cover your mouth and nose.**
- ◆ **Clean your hands.**
- ◆ **Avoid touching your eyes, nose or mouth.**
- ◆ **Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.**



Please remember that many of our residents are more at-risk for flu, COVID-19, pneumonia and other respiratory illnesses. **If you are feeling ill, please try to stay home so you aren't putting others at risk, stay away from the common areas and wear a mask to cover your face.** Everyone should practice regular hand washing and carry antibacterial hand wipes or gel.



Teresa has scheduled a Flu & other vaccines clinic on Friday, October 4th from 9am-1pm in the multipurpose room!



There will be a sign-up sheet and flyer with details later this month!

CHAT CORNER

CHAT monthly meeting— Wednesday, September 4th at 6pm in the computer room.

Labor Day celebration—Friday, September 6th at 12pm, in the multipurpose room.
Sponsored by the Board of Directors. Come celebrate with us.

Sweet Treats Bakery—Monday, September 9th at 10am in the Lobby!
Come see us, and get some goodies. Hope to see you there!

CHAT All Residents meeting—Monday, August 16th at 10am
in the multipurpose room. Please join us!

Potluck—Friday, September 27th at 12pm in the multipurpose room. Make your best dish, dessert, or what ever you like, and join us for food and community.
Please make sure to sign-up in the lobby.

"Never underestimate the power of a senior with a passionate heart." —*Unknown*

"Your legacy is not defined by the years, but lives you've touched." —*Unknown*

"The world needs the wisdom that only seniors can provide." —*Unknown*

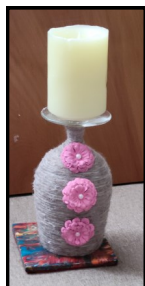
"The best way to find happiness, is to give it to others generously." —*Unknown*

"Never forget that you are a source of inspiration for generations to come."
—*Unknown*

Craft Class

Please join Rose in the MP room on
Wednesday, Sept. 4th at 10am!!

We'll be making beautiful, wrapped
wineglass candle holders.
Please sign-up in the lobby.



Sylvia L McConico

Invites residents and guests to an Afternoon with
Grand Mistress Storyteller

She will entertain with stories, answer questions and offer light refreshments.
Join her in The Multi-Purpose Room

Friday, September 20th at 3pm sharp

RSVP is required by Sept 16th
520-303-3948 (no texts)
OR Sign-up in the Lobby



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



Tightrope Walk

This simple drill can help seniors improve balance and stability. This exercise can be performed using a line of tape, the lines between flooring tiles, or any straight line you can find.

Step 1: Pick a destination to walk toward.

Step 2: Like walking a tightrope, extend your arms out to the sides and start walking slowly, being careful to keep your feet on the line at all times.

Step 3: Walk from heel to toe, counting at least five seconds before each step.

Try this exercise once a day to keep your coordination sharp.



LABOR DAY		Happy Grandparents Day		Covenant House Calendar September 2024			Service Coordinator Day September 19	9/11 WE WILL NEVER FORGET NATIONAL DAY OF REMEMBRANCE PATRIOT DAY
Sun	Mon	Tue	Wed	Thu	Fri			
September is National Honey Month! 	September is LIBRARY CARD SIGN-UP MONTH! <i>A library card brings stories to life!</i>		world alzheimer's month alzheimer's association®		 SEPTEMBER IS SELF CARE AWARENESS MONTH			
1 	2 Offices will be closed for Labor Day! 	3 SC Lobby Hours 10-11!	4 Craft Class at 10AM!!  CHAT Monthly Meeting at 6pm	5  TAKE CARE OF YOURSELF	6 Questions with Fernando Diaz at 12noon. Labor Day Celebration at 12pm! 	7 Mexican Train Dominoes at 2pm! 		
8 	9 Sweet Treats Bakery at 10am in Lobby  Computers for Beginners at 2pm in MPR!	10 SC Lobby Hours 10-11!	11 Food Boxes at 8:30am! 	12 	13 Questions with Fernando Diaz at 12noon.	14 Mexican Train Dominoes at 2pm! 		
15 	16 CHAT All Residents meeting at 10am	17 SC Lobby Hours 10-11!	18 Always practice reckless optimism and kindness 	19 National Service Coordinator Day! 	20 Questions with Fernando Diaz at 12noon. Grand Mistress Storyteller at 3pm! 	21 Mexican Train Dominoes at 2pm! 		
22 Autumn Equinox First Day of Fall 29	23 Internet Safety at 2pm in MPR! 30	24 SC Lobby Hours 10-11!	25 SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH	26	27 Potluck at 12noon! POT LUCK  Questions with Fernando Diaz at 12noon.	28 Oktoberfest Mt Lemmon at 10am!  Mexican Train Dominoes at 2pm!		



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 starts at 8:30!

**September 11th
October 9th**