

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

November 2024



Veterans' Day (November 11th) honors all members of the Armed Forces who served this country valiantly, and in a very big way. They served and fought to protect us, to keep our country safe, and to preserve our way of life. Veterans gave their time and risked their lives for you and me. In some cases, they made the ultimate sacrifice. **We would like to THANK all our veterans here at Covenant House and all over the United States for having served to keep peace and preserve our independence and freedom.**



Thanksgiving Dinner will be held on Tuesday, November 26th Starting at 1pm!



Teresa will send out a flyer with more details.

Sign-up sheet will be posted in the lobby!



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 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
- Hildamary Espada, Housekeeping
- 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 am so grateful to all my resident volunteers for your help and dedication. You make it so much easier to run these programs so a HUGE THANK YOU to: Jan, Trella, Karen, Maggie, Rose, Arthur, Jane, Joyce, CHAT and all the residents who offer help and look out for each other. My sincerest thanks to all! - Teresa

Got Gratitude? It's Not Just for Thanksgiving!

We have all been through a lot this past year, but being positive and grateful can help you get through it. Having a yearly date set aside to be thankful is a reminder that being grateful everyday matters for both physical and mental health and well being.



Thanksgiving is one of those rare holidays that is generally pretty low key and a day to give thanks and be grateful. It is also an important reminder to be grateful every day for your family and friends.

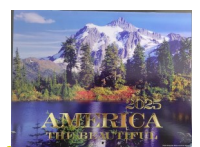
Research has well demonstrated that those who have an ongoing tendency to be grateful experience better physical and psychological health and well being. They tend to be more optimistic, sociable, and engaged in life. They are less susceptible to depression, anxiety, anger, and others negative emotions that can lead to health damaging behaviors and functioning. Being grateful is good for your health.

So, as we approach Thanksgiving, what are you grateful for? Can you continue to focus on gratefulness even when the holiday is over? Can you make gratefulness a part of your daily experience? Doing the right thing for yourself and others means finding ways to be grateful for all that you have and hold.

- ◆ 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. I also provide such things as, hearing aide batteries, dish soap, laundry soap, toothbrushes, paper towels, Kleenex, toilet paper, etc., so please call 520-321-4496 and let me know if you need anything. If you need any of the above items please call 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 call me in my office as all distributions are kept confidential and discreet.



The FREE 2025 Calendars are available!! Please call me and I can tell you what I have.





*****Manager's Memo—Reda Anna*****



ATTENTION ALL RESIDENTS:

- ◆ Please bring your **NEW Social Security award letters** to the office as soon as you get them, so we can make a copy. Everyone should be getting a **2.5%** cost of living (COLA) raise and we need this information as it is a change in your income. Social Security will be mailing the new award letters out in December.

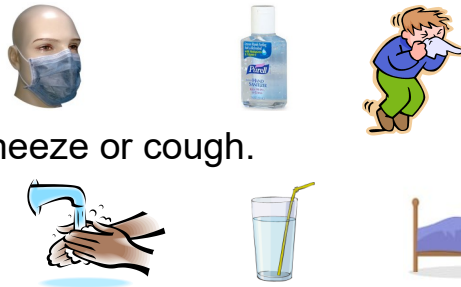
IMPORTANT! Please ***DO NOT let anyone you do not know*** into the building to help ensure the safety of all. Please remember to look out for your safety and the safety of others. This may be a locked building, but everyone should be aware that strangers can and do get in, so we must all be careful.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



Cold, Flu and COVID-19

Cold and flu season is upon us and Covid-19 is still here. Please remember how important it is to practice all the CDC guidelines during this time. Please continue to:

- ◆ **Stay home when you are sick.**
- ◆ Wear a mask when feeling ill.
- ◆ Avoid close contact with others.
- ◆ Cover your mouth and nose if you need to sneeze or cough.
- ◆ Wash your hands for 20 seconds.
- ◆ 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 welcome our new **Housekeeper, Hildamary Espada**. You may recognize her as she was a temp for a while. She is so happy to be here. Mary said she is so glad to meet such nice, caring people! Please introduce yourself and say hi.

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:

"Email Basics"

Monday, November 4th at 2pm in the MPR

"Intro to Computers"

Monday, November 18th at 2pm in the MPR

CHAT CORNER

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

Sweet Treats Bakery—Friday, November 8th at 10am in the Lobby!

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

BINGO IS BACK! — Friday, November 15th at 1:00 pm
in the multipurpose room. **No on will be allowed in once BINGO starts.**

Please be on time. We have some great new prizes.

If my body was a car, I'd trade it in for a newer model. Cause every time I cough or sneeze my radiator leaks, and my exhaust backfires. —*Unknown*

Yes, I'm a senior citizen. I'm the life of the party even if it only lasts till 8:00pm.
I'm very good at opening child proof caps, I use a hammer.
I'm awake many hours before my body allows me to get up.
I'm smiling all the time, because I can't hear anything you're saying.
I'm sure everything I can't find is in a safe secure place somewhere.
I'm wrinkled, saggy, and lumpy, and that's just my left leg.
I'm beginning to realize that aging is not for wimps.



Yes, I'm a SENIOR CITIZEN, and I think I'm having the time of my life!



**HAPPY THANKSGIVING AND THANKSGIVING BLESSINGS
TO ALL THE WONDERFUL RESIDENTS AND
NEIGHBORS AT COVENANT HOUSE!**



Craft Class

Please join Rose in the MP room on

Wednesday, Nov. 6th at 10am!!

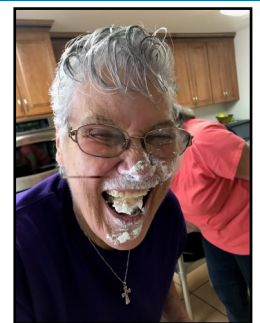
We'll be making Pinecone Turkeys!



Please sign-up in the lobby.

CHAT volunteers know how to have fun!

If you are looking to volunteer, please join us and all the fun!



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.

Thanksgiving

WORD SEARCH

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

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|-----------|----------|-----------|-----------|
| APPLES | DONUTS | HAYRIDE | SCARECROW |
| AUTUMN | FALL | HAYSTACKS | SEPTEMBER |
| BONFIRE | FEAST | HOT COCOA | SQUASH |
| CHILLY | FESTIVAL | LEAVES | STRAW |
| CIDER | FOOTBALL | OCTOBER | SUNFLOWER |
| CORN MAZE | GOURD | PIE | SWEATER |
| CROP | HARVEST | PUMPKIN | 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

TIPS FOR A HEALTHY THANKSGIVING

Don't skip breakfast! Skipping breakfast to save room for Thanksgiving dinner leads to eating more later. Eat a nutrient-rich breakfast to start your day off right!

Stay hydrated. Drink plenty of water throughout the day. Staying hydrated can help suppress your appetite and jump start your metabolism. Don't drink your calories!

Practice portion control. Use a smaller plate and choose smaller portions of the healthier foods on the menu.

Choose veggies, fruits and protein first! Before filling your plate with less healthier foods, start with the healthy choices that will help you stay on track.

Practice mindful eating. Eat slowly and savor every bite. It takes our bodies about 20 minutes after we start eating to feel like we are full. Eating at a slow pace will often keep us from going back for seconds.

Avoid snacking temptations. While waiting for the main courses, it is so easy to fill up on snacks or to eat a little here and there while you cook. Try to avoid snacking and filling up on the wrong foods before you get to savor some of your favorites.

Go for a walk. Gather your family and friends and walk some of those calories away with your loved ones!





Covenant House Calendar November 2024





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!

**November 13th
December 11th**