

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

December 2024



Tis the season for family and friends to enjoy the holidays!



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



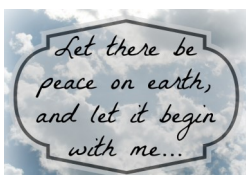
We will be celebrating with a
**Christmas/Holiday Party on
Monday, December 23rd at 1pm**



Please use the **Sign up sheet** in the lobby!



We will be having a raffle of some small gift bags for the residents



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 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

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



MERRY CHRISTMAS



Service Coordinator News --- Teresa Wachala



*I want to wish all of you a very **Happy Holiday** season and thank you for your help and encouragement this year!*



Please be kind to each other and introduce yourself to new residents or make a new friend.



- ♦ 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.
- ♦ Please remember to see me if you get **any mail** you do not understand or need help with, especially from **AHCCCS, DES or Social Security** as there may be a deadline and I do not want anyone to lose their benefits. I can help set up on-line accounts which can make the process for recertification and printing new award letters or current benefit statements much easier.



Computer Network Center Coordinator:



NEW Office Hours:

Mondays 9am –5pm
Wednesdays 9am –5pm
Fridays 9am--5pm

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

Classes this month:

"Smartphone Photography"
 Monday, December 2nd at 2pm
 in the Computer Room

"Computers For Beginners "
 Monday, December 16th at 2pm
 in the Computer Room

Dispatch Health
Same-Day, In-Home
Urgent Medical
520-442-2269

DispatchHealth.com

Depending on your insurance, you may have a co-pay. Please check first.



Did you know you can get your
Prescriptions and Over the Counter items
delivered for FREE
 if you call this pharmacy?



Community a
Walgreens Pharmacy
 3627 N CAMPBELL AVE
 Tucson, AZ 85719
 Phone 520-232-2037





Manager's Memo—Reda Anna



ATTENTION ALL RESIDENTS:

- ◆ Please, **DO NOT** fold, rip, or spill anything on your rent checks or money orders. We cannot run them through the bank scanners under those conditions.
- ◆ Please remember that your **Emergency Contact** should be the same person in your file with the management office as well as with the Service Coordinator. **If your emergency contact changes at any time, it is IMPORTANT THAT YOU INFORM REDA or GULNAR & TERESA!** Thank you!
- ◆ **If you see trespassers on the property, you should call 311 or 911 as soon as possible. Reports for private property should happen as soon as possible.** There is a website to report homeless encampments. Please see Teresa.

Universal Human Rights Month



Celebrate human rights

We all are born free and equal in dignity and rights.



The theme for 2024 is: **“Three Decades of Respect for and Promotion of Human Rights”**.

This month and every month to follow, people all across the globe are encouraged to come together and stand up for equality, justice, and the dignity of all humans. December is a time to honor the Universal Declaration of Human Rights, an international document stating the basic rights and fundamental freedoms to which all human beings are entitled. These rights include freedom from discrimination, the right to equality, and the right to be considered innocent until proven guilty.

Peace



*Peace will come when people live
In friendship, side by side,
And cherish understanding
More than hatred, greed and pride.*

*Peace will come when people see
All people as the same,
And no one has to live in fear,
In ignorance, or shame.*

*Peace will come when people
Who are needy can reach out
For shelter, food, or love,
And no one has to do without.*

*Peace will come when people
Learn to listen and to care
About the rights and dignity
Of people everywhere.*

*Peace will come when love and trust
And kindness know rebirth,
And on that day all people
Will rejoice in peace on earth.*

-Amanda Bradley-



Haircuts and Nails



Coni is a licensed Hairdresser & Nail Tech who comes to the building to provide services.



Please call her at 520-333-0900.

CHAT CORNER

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

Sweet Treats Bakery—Friday, December 6th at 10am in the Lobby!

Come see us, and get some goodies. Something for everyone!

Widow/Widower's Group— Tuesday, December 17th at 10am in computer room.

If you have or are facing the challenge of being widowed join us to share your journey.

BINGO/PIZZA PARTY NEW YEARS EVE—Tuesday, December 31st in the MPR.

BINGO at 1pm, then Pizza party at 3:30pm.

Sign-up sheet in lobby. Must sign up by December 21st.

Please pick only 1: cheese or pepperoni pizza. Come ring in the New Year with us.

DRIVER IS OLD! Can't hear your horn, Can't see your finger. HAVE A NICE DAY! *unk*

The older you get, the more you appreciate being home, doing nothing.—*unkown*

You're old when..

getting lucky, means finding your car in the parking lot. —*unknown*

To all the residents of Covenant House



MERRY CHRISTMAS!
HAPPY HANUKKAH
JOYOUS KWANZAA
HAPPIEST OF NEW YEARS



Craft Class

Please join Rose in the MP room on

Wednesday, Dec. 4th at 10am!!

We'll be making Wineglass Snowmen
and Clothespin Snowflakes!



Sign-up in the lobby.

BINGO/PIZZA

NEW YEARS EVE PARTY

in the multi-purpose room

Tuesday, December 31st



Bingo at 1pm

Pizza at 3:30pm



Sign-up in the lobby.



Pima County Sheriff's Department Financial Crimes and Fraud Unit Presents:

The Art and Impact of Scams in Pima County

Thursday, December 12th from 1-3pm in the MPR

Many of you have been getting phone calls, emails, texts and mail that is questionable. The perpetrators of scams and fraud are getting better at it, aided by the newest technology. This presentation is excellent and I highly encourage everyone to attend! Their information about scams, fraud and prevention is invaluable and may help prevent you from becoming a victim.

2024 Parties & Events



*****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****4 SIMPLE HEALTHY HOLIDAYS TIPS**

- 1. STAY HYDRATED-** Drinking water is one way you can stay healthy during the holidays. Senior citizens, especially, need to drink plenty of fluids, as not drinking enough water could cause many minor and serious issues including hospitalization. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.
- 2. FOLLOW DIETARY RESTRICTIONS-** Some seniors must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren't any healthy options available. When people get stressed, they tend to overeat and don't stick to their diets. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.
- 3. DRINK IN MODERATION-** Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.
- 4. KEEP EXERCISING-** The holidays are synonymous with cold weather. To stick to an exercise schedule, bundle up for a walk around the block. If it's too cold outside, visit the Wellness Center or drive to an indoor shopping mall and walk a few laps while window-shopping.



<div>   <div> Covenant House Calendar December 2024 </div>   </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Smartphone Photography with Austin at 2pm in Computer room!	3 	4 Holiday Craft Class at 10am! 	5	6 Sweet Treats Bakery at 10am in the Lobby  Fernando Diaz at 12pm!	7 Mexican Train Dominoes at 2pm!
8 	9  Let peace begin with me.	10 	11 Food Boxes at 8:30am! 	12 Pima County Sheriff's Fraud Unit: The Art & Impact of Scams 1-3pm in MPR	13  Fernando Diaz at 12pm!	1  Mexican Train Dominoes at 2pm!
15 	16 Computers For Beginners with Austin at 2pm in Computer room!	17 Widow/ Widower's Group at 10am in Computer room	18 	19 	20 Offices will be closed for our Staff Holiday Party in Phoenix!	21  WINTER SOLSTICE Mexican Train Dominoes at 2pm!
22 	23 Christmas/ Holiday Party at 1pm! 	24  Christmas Eve	25 Offices will be closed for the Christmas Holiday! 	26 SC out of office 	27 SC out of office 	28  Mexican Train Dominoes at 2pm!
29 	30 SC out of office 	31 SC out of office Bingo/Pizza Party at 1pm and 3:30pm!  New Year's Eve				



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

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!

**December 11th
January 8th**