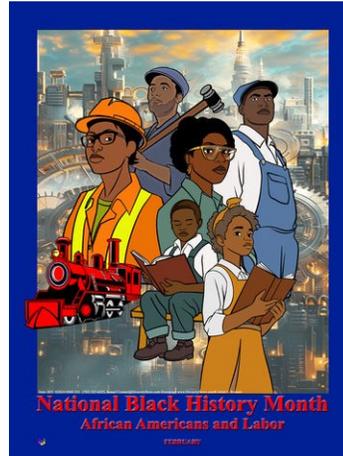


COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

February 2025

This year's theme for Black History month is: **“African Americans and Labor”**, focuses on the various and profound ways that work and working of all kinds – free and unfree, skilled, and unskilled, vocational and voluntary – intersect with the collective experiences of Black people. Indeed, work is at the very center of much of Black history and culture. Considering Black people’s work through the widest perspectives provides versatile and insightful platforms for examining Black life and culture through time and space.



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

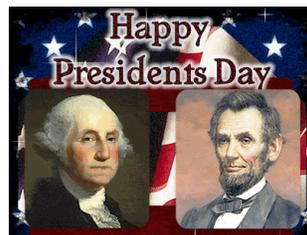
Important Phone Numbers

- Office, 520-327-2200
- Service Coordinator, 520-321-4496
- Wellness Center, 520-327-0922
- Emergency, 911
- After Hours Maintenance **EMERGENCY**, 520-808-3677



The celebration of Valentine's Day is not limited to lovers but includes any and everyone loved by us, be it our parents, siblings, children, friends, relatives or dear ones. In its true sense, Valentine's Day celebrates love.

Presidents’ Day in the United States, is a federal holiday observed on the third Monday of February in honor of George Washington (born on February 22), the first President of the United States. The holiday is popularly recognized as also honoring Abraham Lincoln (born on February 12), and sometimes all the U.S. presidents.



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

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*****



HAPPY VALENTINE'S DAY!

During this month of love, let us all remember to accept each other for who we are and forge more friendships. Let us celebrate our diversity and learn from each other in the spirit of love, peace and understanding.

"Love is the strongest force the world possesses, and yet it is the humblest imaginable." - Mahatma Gandhi

"Every day may not be good... but there's something good in every day." — Alice Morse Earle

- ♦ 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, 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 520-321-4496 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 sell **stamps and quarters**, so call me if you need them.
- ♦ **ATTN DOG OWNERS**: I received a donation of dog waste bags. Please come see me if you need any.



140ET forms for a \$25 tax credit are here!!



I made copies of the tax credit form, along with some samples, and left them on the table in the lobby. Please call me to discuss whether you qualify to get a \$25 check from the state or to make sure it is filled out correctly. The address to send it, is located at the bottom of the form. **If you are a couple**, please see me for further instructions as you can get \$50. The quickest way to get it back is to have it directly deposited into your checking or savings account.

If you do not get your refund back within six weeks of sending it in, please call me so I can help you call the state revenue office to inquire about it.

Need help with your **SNAP (food stamps)** or **AHCCCS** application or renewal? Please see me; I can help with on-line applications or refer you to the proper help.



*****Manager's Memo—Reda Anna*****



IMPORTANT REMINDERS!

- ◆ If you recently recertified all of your paperwork with the office, your rent has changed! **PLEASE CALL THE OFFICE BEFORE YOU MAKE OUT YOUR RENT CHECK SO IT HAS THE PROPER AMOUNT!**
- ◆ Please, **DO NOT** leave ANY food items on the tables in the hallways as it could attract pests. The **ONLY** place you should leave them is on the **back table in the multipurpose room**. **NEVER** leave food that is opened, frozen or anything that needs refrigeration on the tables. Please contact Teresa if you have any questions or cannot get downstairs to place these items on the table in the MPR.
- ◆ We know it may be difficult to find parking, but **PLEASE DO NOT PARK IN THE POSTED FIRE LANES**. You can be towed as the signs state.
- ◆ Please remember that it is **cold and flu season and Covid-19** is still here. No matter what you may have, it is **IMPORTANT TO STAY HOME IF YOU FEEL SICK** and **avoid direct contact with others**. If you think it might be Covid and want to get tested, call Teresa to order free tests or find somewhere to test. Please wear a mask in all common areas when feeling ill. This is for the safety of **ALL** in our community, so please help us keep everyone safe and well.

Stay home if you are feeling ill!



FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF MO. YR. Sex M. F.

Name: _____

Address: _____

Doctor: _____ Phone #: _____

Doctor: _____ Phone #: _____

EMERGENCY CONTACTS

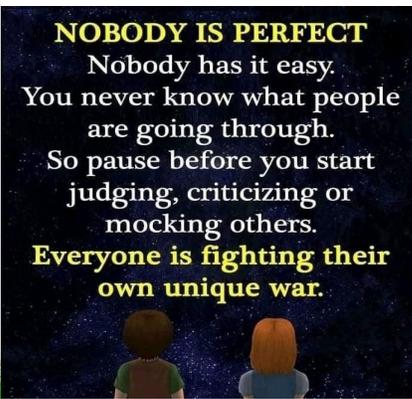
Name: _____ Phone #: _____

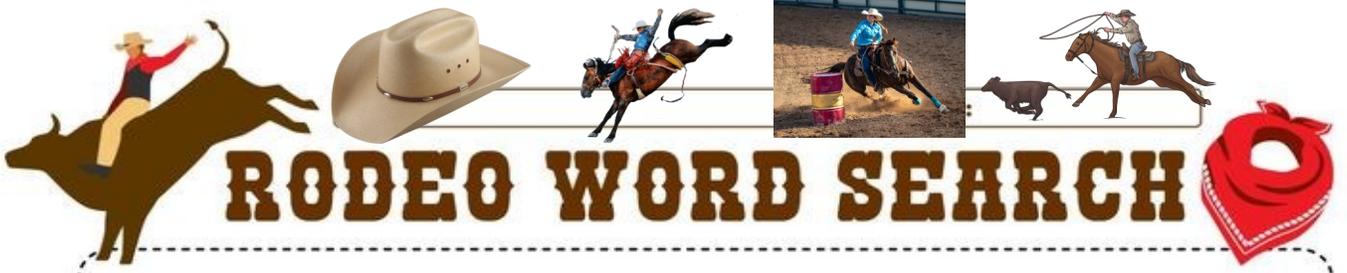
Address: _____

Name: _____ Phone #: _____

Address: _____

It is very important to keep your **File of Life** on your refrigerator. The paramedics always look there when responding to an emergency. Please take a look at your **File of Life** to see if it needs to be up-dated (check it every six months), or if you don't have one, please see Teresa.





RODEO WORD SEARCH

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



BRIDLE
 AUCTION
 BRONCOS
 FUNNEL CAKE
 SADDLE
 COWBOY

CONCERTS
 ROPING
 LIVESTOCK
 GAMES
 CLOWN
 SPURS

FAIR
 BARREL RACING
 BULL
 POPCORN
 CORRAL
 ROPE

PRIZES
 HEARDING
 COWBOY HAT
 CORNDOGS
 BLANKET
 HORSE



CHAT CORNER



Widow/Widowers Group—Tuesday, February 11th at 10am in Computer Room. Please join us to share your experience becoming a widow or widower.



Valentine/Rodeo and Potluck—Friday, February 21st at 12noon in the MPR CHAT will be co-sponsoring this event with Troy, so put on your western duds and join us for a lot of fun. More details on Troy's page.



BINGO—Tuesday, February 25th 1pm in the Multi-Purpose Room. Lots of great prizes and fun for everyone.

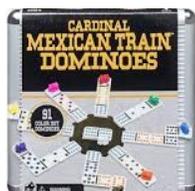
With egg prices so high we have put **Sweet Treat Bakery on hold** until they come down in price. Hope to be back soon.

“It was a lot more fun, being 20 in the 70s, than being 70 in the 20s.”—*Unknown*

“The secret of staying young, is to live honestly, eat slowly, and lie about your age.”— *Lucille Ball*

“You know you're old, when "getting lucky", means finding your car in the parking lot.”—*Unknown*

“You know your getting older, when you start to look for gray hairs in your children's hair.” —*Unknown*



Mexican Train Dominoes
every Saturday at 2pm!
in the multipurpose room!

ALL RESIDENTS WELCOME!

All levels of experience are welcome and we can teach beginners. Hope you can come!

Computer Network Center Coordinator:



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:

"Google Sheets"
Monday, February 10th at 2pm
in the Computer Room

"Artificial Intelligence Scams"
Monday, February 24th at 2pm
in the Computer Room

*****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

♥ HAPPY
Valentine's
DAY ♥

RODEO



**WHAT? RODEO DAYS!!! CHAT sponsored POTLUCK!!!
EARN YOUR SHERIFF BADGE IN A QUICK-DRAW SHOOT-OUT,
CALF-ROPING, HORSESHOES AND RING TOSS!!!**

WHERE? MULTI-PUPOSE ROOM

WHEN? FRIDAY, FEBRUARY 21ST AT HIGH NOON



Covenant House Calendar February 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>FEBRUARY</p> <p>CANCER AWARENESS</p> <p>National Cancer Prevention Month</p>	<p>FEBRUARY IS National HEART DISEASE Awareness Month</p> <p>HOLD ON TO HOPE</p>		<p>February is National Dental Health Month</p>			<p>1</p> <p>Mexican Train Dominoes at 2pm!</p>
<p>2</p> <p>GROUNDHOG DAY</p>		<p>3</p> <p>SC Lobby Hours 10-11am</p>			<p>4</p> <p>SC Lobby Hours 10-11am</p>	<p>5</p> <p>Fernando Diaz at 12pm!</p>
	<p>6</p> <p>GOOGLE SHEETS with Austin at 2pm in Computer room!</p>	<p>7</p> <p>SC Lobby Hours 10-11am</p> <p>Widow/ Widower's Group at 10am in Computer room</p>	<p>8</p> <p>Food Boxes at 8:30am!!!</p>		<p>9</p> <p>Happy Valentine's Day</p> <p>Kisses to you</p>	<p>10</p> <p>Mexican Train Dominoes at 2pm!</p> <p>Random Acts of KINDNESS day</p>
	<p>11</p> <p>Offices will be closed for Presidents Day!</p>	<p>12</p> <p>SC Lobby Hours 10-11am</p>	<p>13</p> <p>La Fiesta de los VAQUEROS Tucson Rodeo</p> <p>ARIZONA'S CELEBRATION of the COWBOY</p>		<p>14</p> <p>Valentine's/ Rodeo & Potluck at 12noon!</p> <p>Happy Valentine's Day</p> <p>Potluck Dinner</p>	<p>15</p> <p>Mexican Train Dominoes at 2pm!</p>
	<p>16</p> <p>ARTIFICIAL INTELLIGENCE SCAMS with Austin at 2pm in Computer room!</p>	<p>17</p> <p>SC Lobby Hours 10-11am</p> <p>Bingo at 1pm</p>	<p>18</p> <p>FEBRUARY</p> <p>Age-Related Macular Degeneration & Low Vision Awareness Month</p>		<p>19</p> <p>Fernando Diaz at 12pm!</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:
\$1632/mo (ind)
\$2322/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!

**February 12th
March 12th**