

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

January 2025



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

Happy New Year



If it didn't bring you joy,
just leave it behind.
Let's ring in the new year
with good things in mind.



Let go every bad memory
that brought heartache and pain,
and let's turn a new leaf
with the smell of new rain.

Let's forget past mistakes
making amends for this year.
Sending you these greetings
to bring you hope and cheer.



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

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



Happy New Year to all! Wishing you and your family the most abundant blessings and happiness in 2025! I hope that you have found ways to stay positive and continue to be there for each other. I would like all of you to practice kindness and patience this year. It has been really nice to see more residents enjoying themselves. I would like to thank all the residents who helped, volunteered, or assisted this past year, especially with the Food Bank, Parties, Library and Birthday Cards. I thank you all for making the new residents feel so welcome and learn their way around. Many of you have taken the meaning of neighbor to heart. Let's keep our Buddy system going. I am grateful for all the support and words of appreciation from the residents, Covenant House & Biltmore staff and our Board members. It really makes me enjoy my job more! Please stay well and be safe. Be kind to each other and know I am only a phone call away even if you just need to chat. ---Teresa

- ◆ 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**, etc. Since many items are not covered by food stamps, I also provide such things as, **hearing aide batteries, AAA batteries, dish soap, laundry soap, paper towels, Kleenex, toilet paper**, etc., so please call 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 or see me during my lobby hours.

KN95 Masks are available!



Since this is cold and flu season and Covid is still an issue, you may want to wear a mask at busy stores or taking public transportation, to protect yourself.

Please see Teresa if you would like some masks.



The Pima County Sheriff's Office did a very informative presentation about Fraud and Scams last month. They encouraged anyone who feels they may be victims of fraud or a scam to call this number **IMMEDIATELY** as timing is very important to catch the perpetrators!

Fraud Hotline: 520-351-3000



*****Manager's Memo—Reda Anna*****



Wishing all a very Happy New Year!!

- ◆ Please **DO NOT** let your pets sit directly on any of the indoor or outdoor furniture! It is there to be enjoyed by all residents and should be free of pet hair and dirty paw prints.
- ◆ Please remember that it is **cold and flu season and Covid-19** is still with us. 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 see if she has any test kits. She can also order free home tests for you on-line or you can call a local pharmacy to make an appointment. This is for the safety of **ALL** in our community, so please help us keep everyone safe.
- ◆ We realize that some of you are helping other residents by walking their dogs. Please be advised that **if you walk someone else's dog, you must clean up after them and you are responsible for the dog's behavior while they are in your care**. Please make sure you know how the dog reacts to other people and other dogs/animals before agreeing to help.



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



Teresa will make copies of the tax credit form, along with some samples, and leave them on the table in the lobby. Please call her to discuss whether you qualify to get a \$25 check from the state. 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 Teresa so she can help you call the state revenue office to inquire about it.***

National Hug Day or National Hugging Day

occurs on January 21st



The purpose of the day is to help everyone show more emotion in public. Whether you hug a family member or a stranger, the mental and physical health benefits are the same. From the day we are born, hugs or touch improve our sleep. Hugging, like cuddling, releases oxytocin. On its own, this hormone provides tremendous health benefits. Not only does it gives us feel-good hormones, but it reduces pain. Receiving a hug helps reduce stress, lowers blood pressure, and lowers the risk of heart disease. It also eases anxiety. Hug someone every day!

CHAT CORNER

CHAT monthly meeting— Wednesday, January 8th at 6pm in the computer room.

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

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

Widow/Widower's Group— Tuesday, January 14th at 10am in computer room.

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

First Potluck of 2025 on Friday, January 24th at 12pm in the multipurpose room.

Please bring your favorite potluck dish. Sign-up in the lobby. Hope to see you there!

My Mother always use to say: "The older you get, the better you get,
unless you're a banana." —*Betty White*

"I want my children to have all the things I couldn't afford.
Then I want to move in with them." —*Phyllis Diller*

"People have told me, 'Betty, Facebook is a great way to keep in touch with old friends'
If I wanted to keep in touch with old friends, I'd need a Ouija Board."—*Betty White*

Craft Class

Please join Rose in the MP room on

Tuesday, January 7th at 10am!!

We'll be making
Covered Vases this
month & flowers next
month.



Sign-up in the lobby.

POTLUCK LUNCHEON

in the multi-purpose room

Friday, January 24th at 12noon!



Sign-up in the lobby.

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:

"Google Docs"

Monday, January 13th at 2pm
in the Computer Room

"Chat GPT"

Monday, January 27th at 2pm
in the Computer Room

New Year's Word Search

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



BABY
 BALL
 CALENDAR
 CELEBRATION
 CLOCK
 CONFETTI
 COUNTDOWN
 EVE

FAMILY
 FRIENDS
 HAPPY
 JANUARY
 MIDNIGHT
 NEW YEAR
 NOISEMAKER
 PARTY

RESOLUTION
 TOAST



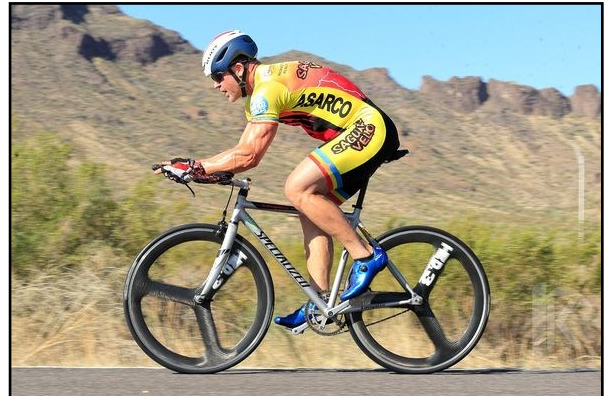
*****Wellness Center—Troy Pearson*****

OFFICE HOURS:

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



TROY J PEARSON—WELLNESS DIRECTOR

TIPS TO A HAPPY AND HEALTHY 2025

START SLOWLY— According to the National Institute on Aging, you should start slowly when beginning an exercise routine in order to avoid injury.

The following is recommended:

- Begin your exercise routine with low-intensity and low-impact exercises.
 - Warm-up before exercising and cool down afterward.
 - Pay attention to your surroundings when exercising outdoors
- Drink water, before, during and after exercise, even if you don't feel thirsty.
 - Wear appropriate fitness clothes and shoes for your activity.

Some of the best exercises recommended for seniors include:

Walking

Resistance band exercises

Tai-Chi

Bodyweight exercises

Dumbbell strength training

Stretching

Chair yoga

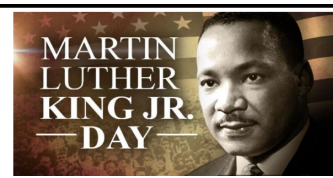


BE CONSISTENT—Regardless of the exercise routine you choose, it is important to consistently stay active. Even if you only have a few minutes during a day and can't complete your entire routine, you should do part of it or find other ways to keep physically moving throughout the day.

Better fitness is a life-enhancing goal you can achieve!



Covenant House Calendar January 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>HAPPY NEW YEAR</p>			<p>1 Offices will be closed for New Year's Holiday!</p>	<p>2</p>	<p>3 Fernando Diaz at 12pm!</p>	<p>4 Mexican Train Dominoes at 3:30pm!</p>
<p>5</p>	<p>6</p>	<p>7 Lobby Hours 10-11am Craft Class at 10am!</p>	<p>8 Food Boxes at 8:30am!</p>	<p>9</p>	<p>10 Sweet Treats Bakery at 10am in the Lobby</p> <p>Fernando Diaz at 12pm!</p>	<p>11 Mexican Train Dominoes at 3:30pm!</p>
<p>12</p>	<p>13 GOOGLE DOCS with Austin at 2pm in Computer room!</p>	<p>14 Lobby Hours 10-11am Widow/Widower's Group at 10am in Computer room</p>	<p>15</p> <p>HUGS</p>	<p>16</p>	<p>17 Fernando Diaz at 12pm!</p>	<p>18 Mexican Train Dominoes at 3:30pm!</p>
<p>19</p>	<p>20 Offices will be closed for Martin Luther King, Jr. Day!</p>	<p>21 Lobby Hours 10-11am</p>	<p>22</p>	<p>23</p>	<p>24 Resident Potluck at 12noon!</p>	<p>25 Mexican Train Dominoes at 3:30pm!</p>
<p>26</p>	<p>27 CHAT GPT with Austin at 2pm in Computer room!</p>	<p>28 Lobby Hours 10-11am</p>	<p>29</p>	<p>30</p>	<p>31 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!

**January 8th
February 12th**