

# COVENANT HOUSE CHRONICLES

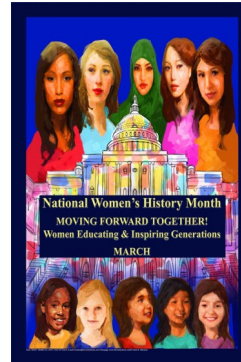
**B'nai B'rith Covenant House**

**March 2025**

## WOMEN'S HISTORY MONTH

The theme for Women's History Month in 2025 is **"Moving Forward Together! Women Educating & Inspiring Generations"**.

The theme recognizes the role of women in shaping society, and the importance of acknowledging and celebrating their contributions. It also highlights the importance of inclusive and equitable education. To recognize the contributions of women who have dedicated their lives to education, mentorship, and leadership. To celebrate the collective strength and influence of women. To inspire future generations to pursue education and leadership roles.



*Our St. Patrick's Day meal  
will be held on  
Monday, March 17<sup>th</sup> at 1 pm!  
Sign-up in the lobby!*



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
- **Hildamary Espada**, Housekeeping
- **Sonny Singh**, Housekeeping

## Important Phone Numbers

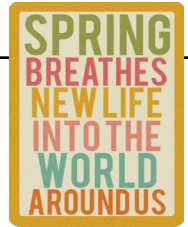
- **Office**, 520-327-2200
- **Service Coordinator**, 520-321-4496
- **Wellness Center**, 520-327-0922
- **Emergency**, 911
- **After Hours Maintenance Emergency**, 520-808-3677

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





\*\*\*Service Coordinator News --- Teresa Wachala\*\*\*



I would like to wish everyone a Happy St. Patrick's Day and Hello Spring!

May the wings of the butterfly kiss the sun and find your shoulder to light on, To bring you luck, happiness and riches Today, tomorrow and beyond. -An Irish Blessing



- ◆ Please let me know if you would like a copy of the Resource Guide I have available. It contains local information about transportation, AHCCCS, Senior Centers, Local Pharmacies and even Pet Care. I will gladly print you a copy for your own information.
- ◆ 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**, etc. Since many items are not covered by food stamps, I also provide such things as, **hearing aide batteries, dish soap, clothes 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.
- ◆ If anyone makes their own **SHARPS containers** from household coffee cans or detergent bottles, etc., I have the **Biohazard stickers** to put on them before you put them in the trash. Please call me at 520-321-4496 if you need some.



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. The deadline is April 15<sup>th</sup>, so please see me to find out if you qualify!**

Happy  
SPRING



### \*\*\*Manager's Memo—Reda Anna\*\*\*

Since Spring has sprung, please feel free to enjoy our outdoor sitting areas and take time to smell and see all the blooming plants. This would also be a good time to do a little spring cleaning in your apartments.



### IMPORTANT!!

- \* Please **DO NOT** park in any resident spot that is designated as reserved. These spots are clearly marked.
- \* Please **DO NOT** park in the handicapped spots unless you have a handicapped placard or license plate. The extra space and lines that are next to the handicapped spots are required by law and no one else should be parking there.

Anyone can be prone to a Mental Health crisis, so know there is help you can reach out to:

“988” is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline. By calling or texting 988, you'll connect with mental health professionals with the 988 Suicide and Crisis Lifeline, formerly known as the National Suicide Prevention Lifeline. Through the 988 Lifeline, you have access to free, quality, one-on-one assistance. Our skilled, judgment-free counselors are here to provide compassionate support. You deserve to feel heard and cared about anytime, anywhere, 24/7/365.

Anyone who needs mental health-, suicide- or substance use-related crisis support, or who has a loved one in crisis, can call, text, or chat 988 (as long as telephone, cellular or internet services are available) and reach a crisis counselor who will provide skilled, caring support.

### LOCAL SUPPORT

Help is available 24/7 through Tucson's community crisis hotline, 520-622-6000

CODAC Mental & Behavioral Health, 520-327-4505

COPE Community Services, 520-792-3293

El Rio Behavioral Health, 520-670-3909

Hope, Inc., 520-770-1197

National Alliance on Mental Illness Southern Arizona, 520-622-5582

Sonora Behavioral Health Hospital, 866-419-1464

## CHAT CORNER

CHAT meeting—Wednesday, March 5<sup>th</sup> at 6pm in Computer Room

CHAT ANNUAL RUMMAGE SALE—Saturday, March 22<sup>nd</sup> at 8am. It will be held in the parking lot at the main entrance. If you have anything to donate to the sale please call Barbara between 9:00am and 5:00pm. We hope you come shop with CHAT!

BINGO—Tuesday, March 25<sup>th</sup> at 1pm in the Multi-purpose room. No admission once doors close, and BINGO starts. Lots of great prizes. Come play with us!

There will be **NO Potluck this month**. Potlucks and hopefully Sweet Treat Bakery will resume in April.

You know you're getting older when a recliner and a heating pad are your idea of a hot date. —*Unknown*

You know you're getting older when your knees give a more accurate weather forecast than the guy on TV. —*Unknown*

Getting older is just one body part after another saying, "HA HA", you think that's bad? Just wait! —*Unknown*

I see people my age climbing mountains. I feel good getting my leg through my underwear without losing my balance! —*Unknown*

### Craft Class

Please join Rose in the MP room on

**Wednesday, March 5<sup>th</sup> at 10am!!**

We'll be making Gnomes!



*Sign-up in the lobby.*



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](mailto:networkcentercoordinator@gmail.com) or call Teresa at 520-321-4496.

Classes this month:

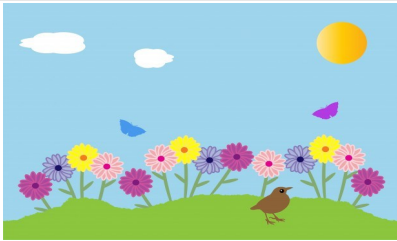
**“Google Slides”**

Monday, March 10<sup>th</sup> at 2pm  
in the Computer Room

**“iPhones”**

Monday, March 24<sup>th</sup> at 2pm  
in the Computer Room

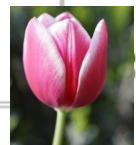




# Spring



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



- |           |             |         |        |        |
|-----------|-------------|---------|--------|--------|
| BIRDS     | CALF        | GARDEN  | LAMB   | SNAIL  |
| BLOSSOM   | CATERPILLAR | GRASS   | NATURE | SPRING |
| BUGS      | CHICKS      | HATCH   | NEST   | SPROUT |
| BUNNY     | FLOWERS     | INSECTS | RABBIT | TULIP  |
| BUTTERFLY | FROG        | LADYBUG | ROBIN  | WORM   |

**\*\*\*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**

**MINUTE MARCH**

This month we will be doing the MINUTE MARCH!!! There will be a monthly log available in the lobby or the Wellness Center to keep track of your daily walking times. Whether you are going for a brisk walk around the property, a walk to the store, a dog walk or a walk on the treadmill—LOG YOUR MINUTES!!!!

Turn your MINUTE MARCH LOG SHEETS in at the end of the month and see how many total minutes we have as a collective group during the month of March.

Walking is great, low-impact activity and has many benefits like caloric expenditure, improved heart health, reduced risk of chronic disease and reduced stress level.





# Covenant House March 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<p>1 Mexican Train Dominoes at 2pm!</p>
<p>2</p>		<p>4 SC Lobby Hours 10-11am</p>	<p>5 Craft Class at 10am!</p>		<p>7 Fernando Diaz at 12pm!</p>	<p>8 Mexican Train Dominoes at 2pm!</p>
<p>9</p>	<p>10 Google Slides class with Austin at 2pm in Computer room!</p>	<p>11 SC Lobby Hours 10-11am</p>	<p>12 Food Boxes at <u>8:15am!</u></p>		<p>14 Fernando Diaz at 12pm!</p> <p>Nature Documentary with Austin at 2pm in Computer room!</p>	<p>15 Mexican Train Dominoes at 2pm!</p>
<p>16</p>	<p>17 St. Patrick's Day meal at 1pm!</p>	<p>18 SC Lobby Hours 10-11am</p>	<p>19</p>	<p>20</p>	<p>21 Fernando Diaz at 12pm!</p>	<p>22 CHAT Rummage Sale at 8am-1pm!</p> <p>Mexican Train Dominoes at 2pm!</p>
<p>23</p>	<p>24 iPhones class with Austin at 2pm in Computer room</p>	<p>25 SC Lobby Hours 10-11am</p> <p>Bingo at 1pm!</p>	<p>26</p>	<p>27</p>	<p>28 Fernando Diaz at 12pm!</p> <p>Movie (TBD) with Austin at 2pm in Computer room!</p>	<p>29 Mexican Train Dominoes at 2pm!</p>
<p>30</p>	<p>31</p>					





## B'nai B'rith Covenant House

4414 E. 2nd Street  
Tucson, AZ 85711

Website: [www.covenanthouseoftucson.org](http://www.covenanthouseoftucson.org)

Facebook: [www.facebook.com/covenanthousetucson](http://www.facebook.com/covenanthousetucson)

Phone: 520-327-2200 Fax: 520-327-0080

E-mail: [bnaibrithcovenan@qwestoffice.net](mailto: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

#### 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.



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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)  
\$2215/mo (cple)

**Please see Teresa if you want to sign up for CSFP.**

**BOTH food boxes are delivered on the SAME DAY (2<sup>nd</sup> Weds. of mo.)**

**Pick-up time is 8:30!**

**March 12<sup>th</sup>  
April 9<sup>th</sup>**