

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

April 2025



PASSOVER (April 12-April 20)

One of the Jewish religion's most sacred and widely observed holidays, Passover (Hebrew: Pesach) commemorates the story of the Israelites' departure from ancient



Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers and Deuteronomy, among other texts. Jews observe the weeklong festival with a number of important rituals, including traditional Passover meals known as Seders, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale.





EASTER

Easter is a Christian holiday that celebrates the belief in the resurrection of Jesus Christ from the dead. The holiday concludes the "Passion of Christ," a series of events and holidays that begins with Lent—a 40-day period of fasting, prayer and sacrifice—and ends with Holy Week, which includes Holy Thursday, Good Friday, and Easter Sunday. From the very early times, the egg has been considered the most important symbol of rebirth.



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

Wishing everyone a Happy Passover and Easter! I so appreciate all the kind words of love and support from residents, staff, board members and Biltmore. They touch me deeply and keep me going.

A special THANK YOU to all my current and future resident volunteers, especially during this month of Volunteer appreciation! You are the only way I can keep having the ongoing programs like the Food Bank boxes, Birthday Cards, Library, Crafts and other activities.

I am so grateful for my volunteers and am happy to see residents helping each other. Please don't hesitate to call me if you need anything, even just to talk,

With a grateful heart, Teresa 



IMPORTANT!!

If you get a food box, please let Teresa know if you are going out of town, won't be here or can't pick it up. I will hold it for you if you ask.

CHAT CORNER

CHAT monthly meeting— Wednesday, April 2nd at 6pm in the computer room.

Sweet Treats Bakery—Friday, April 4th at 10am in the Lobby.

We're back and open for business. We will have bakery goodies for sale in the lobby for all residents, at very reasonable prices.

MEXICAN FIESTA—Friday, April 18th at 12pm in the Multi-Purpose Room. We will be serving up delicious Mexican food from St. Mary's Restaurant. Drawing for door prizes. Must be present to win. Sign up sheet in Lobby; please sign up by April 11th.

BINGO—Tuesday, April 29th at 1pm in the Multi-Purpose Room.

Lots of fun, and great prizes.

CHAT wants to thank everyone for their participation in our annual rummage sale. The proceeds from this sale help us continue with parties, BINGO, and door prizes.

We are looking to add more events in the future.

“You know you're getting old, when you stoop over to tie your shoelaces, and you wonder what else you can do while you're down there.” — *George Burns*

“I'm at an age where my back goes out more than I do.” — *Phyllis Diller*

Don't piss off old people. The older we get the less "life in prison" is a deterrent.—*Unknown*

Getting old sucks. I used to wake up feeling like a million bucks...now I feel more like a bounced check. —*Unknown*



Manager's Memo—Reda Anna



Happy Passover and Easter to all!!

Due to the various inspections we have throughout the year, it is always a good idea to keep your apartments in good condition.

The following tips should help:



Things that you should look for in your apartments....

- ◆ **Emergency Items**- Blocked or inoperable smoke alarms. Nothing should be blocking your access to the emergency pull cords. The cord must be fully extended.
- ◆ **Tripping Hazards** - You should never have any cords running across the room or taped to the floor, including TV cable wiring.
- ◆ **Electrical Panels** - **NOTHING** may be covering your electrical panel. It must be easy to see and easily accessible.
- ◆ **Missing or broken outlet/switch covers** - Please report any broken outlet or switch covers, so they can be replaced.
- ◆ **Stovetops and ovens** - Please remember they are used for cooking and baking, not for storage.
- ◆ **Faucets** - Please remember to shut your faucets tight when you turn them off. This saves water and stops the damage to the sink.
- ◆ **Window screens** - If your window screens need replacing, please come to the office and let us know.
- ◆ **In front of your door** - You may keep things on the shelf outside your door, but the hallway and floor outside of your door should be free of clutter.
- ◆ **Water Heater Closet** - **NOTHING** else should be stored in the water heater closet.
- ◆ **Sprinklers** - Nothing should be stored directly under or around the sprinklers in the closets.
- ◆ **A/C units** - Please keep your windows shut when the A/C is running to avoid condensation and leaking. If you keep the A/C at a constant temperature (75°) it should stay nice and cool without the unit freezing up. If your A/C goes out, we may not be able to get someone here to fix it right away, so please follow these tips to keep it working properly.

Please call the management office at 520-327-2200 if you have any questions.

"You can't go back and change the beginning, but you can start where you are and change the ending" - C.S. Lewis

"Be the change that you wish to see in the world" - Mahatma Gandhi

Craft Class

Please join Rose in the MP room on **Wednesday, April 2nd at 10am!!**

We'll be making pine cone Easter bunnies!
Please sign-up in the lobby.



Sylvia L McConico

Invites residents and guests to an Afternoon with *Grand Mistress Storyteller*

Program theme: "Echoes of Time: Living, Learning, and Leaving a Legacy" – stories, poetry, and a multi-media presentation.

Light refreshments afterwards

Friday, April 11th at 3pm sharp

RSVP is required by April 7th

520-303-3948 (no texts)

OR Sign-up in the Lobby



Black Beans and Rice

- 2 teaspoons olive oil
- 1/2 cup diced white onion
- 2 cloves garlic, finely grated or minced
- 1 cup uncooked, long grain white rice
- Juice of a lime

- 1/2 teaspoon fine kosher or sea salt
- 1/2 teaspoon ground cumin
- 2 cups low sodium chicken or veg broth
- 15 ounce can black beans, drained & rinsed
- 3 tablespoons chopped fresh cilantro



Add the olive oil to a skillet or pot that has a lid. Heat over medium-high heat and then add in the onion. Sauté for 2-3 minutes and then add in the garlic, cumin, salt, and rice. Sauté another 30 seconds and then pour in the chicken broth.

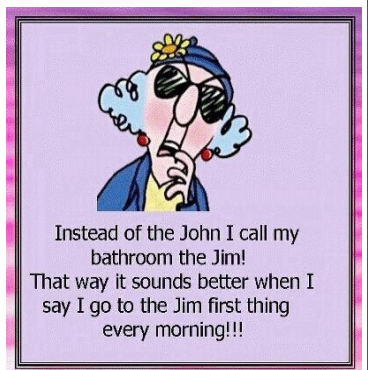
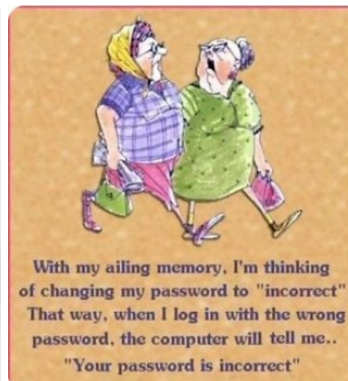
Bring it to a boil, stir, cover with the lid, and turn the heat down to low. Cook for 15 minutes or until the rice is tender.

Turn off the heat and stir in the black beans and cilantro. Cover again with the lid and let it steam for 5 minutes. Squeeze the lime juice into the rice and beans and stir to combine. Taste for seasoning and serve.



Texting FOR Seniors

- BFF** - best friend fell
- BTW** - bring the wheelchair
- TTYL** - talk to you louder
- BYOT** - bring your own teeth
- LMDO** - laughing my dentures out
- FWIW** - forgot where I was
- IMHAO** - is my hearing aid on?
- OMMR** - on my massage recliner
- ROFLACGU** - rolling on the floor laughing and can't get up



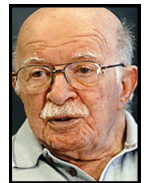


Holocaust Remembrance Day is on April 24th!
It is never too late, and we should always remember those who lost their lives during the Holocaust and make sure it never happens again.

The United States Congress established the Days of Remembrance as the nation’s annual commemoration of the Holocaust and created the United States Holocaust Memorial Museum as a permanent living

memorial to the victims. Yom Ha Shoah (Holocaust Remembrance Day) is observed as Israel's day of commemoration for the approximately six million Jews and five million others who perished in the Holocaust as a result of the actions carried out by Nazi Germany and its accessories, and for the Jewish resistance in that period.

Holocaust survivor, **Gerd Strauss** founded B’nai B’rith Covenant House I and II and the Gerd & Inge Strauss Manor on Pantano. He was an active member of the Holocaust Survivors group in Tucson where he taught thousands of students about the Holocaust.



The Earth Day 2025 Theme Is Our Power, Our Planet. Grassroots people-power has always been at the heart of Earth Day and it is the catalyst for paradigm-shifting change because when individuals unite with a common purpose, they can overcome even the most entrenched systems and industries. As we approach this 55 year milestone, we celebrate a transformative reality: we already possess the solutions we need to create clean, inexpensive, and unlimited energy for the entire planet through renewable solar, wind and other

technologies. Let us commit to harnessing renewable energy to build a healthy, sustainable, equitable and prosperous future for us all, let us commit to Renewable Energy Now.

Arbor Day, April 25, 2025 is all about ensuring our earth and the trees upon it are all happy, healthy, and growing to be as strong as they possibly can be! Planting trees is an act of kindness and optimism; a gift for our friends and neighbors, and for future generations. The trees we plant clean the air, beautify our neighborhoods, provide homes for wildlife, conserve energy and topsoil, and help keep the atmosphere in balance. Trees are the lungs of our planet.



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:
“Firefox”
 Monday, April 28th at 2pm
 in the Computer Room

Austin will be out of the office from April 14th – 18th.

*****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

Veggies Highest in Protein

+ amounts per 1 cup



Brussels Sprouts
5.6 grams



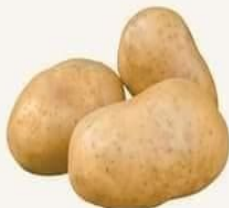
Artichokes
4.8 grams



Green Peas
8.6 grams



Kale
3.5 grams



Potatoes
4.6 grams



Asparagus
4.4 grams



Broccoli
37 mg



Mushrooms
4 grams



Spinach
6 grams

Protein is essential for building and repairing muscle tissue. Protein is easily consumed in meat and animal products, but there are many plant-based proteins to add to your diet if you prefer to restrict meat products from your diet. The chart to the left highlights many plant-based proteins that can be creatively added to your meals to increase the intake of this important nutrient. You should strive to consume 20-30 grams of protein at each meal for optimum benefits.





Covenant House Calendar

April 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 SC Lobby Hours 10-11am</p>	<p>2 Craft Class at 10am!</p>	3	<p>4 Sweet Treats Bakery at 10am in the lobby!</p> <p>Fernando Diaz at 12pm!</p>	<p>5 Mexican Train Dominoes at 2pm!</p>
<p>6</p>	<p>7</p>	<p>8 SC Lobby Hours 10-11am</p>	<p>9 Food Boxes at 8:30am!</p>	10	<p>11 Fernando Diaz at 12pm!</p> <p>Grand Mistress Storyteller at 3pm!</p>	<p>12 Mexican Train Dominoes at 2pm!</p>
<p>13</p>	<p>14 Austin will be out of the office all week.</p>	<p>15 SC Lobby Hours 10-11am</p>	<p>16</p>	17	<p>18 MEXICAN FIESTA at 12pm!</p> <p>Fernando Diaz at 12pm!</p>	<p>19 Mexican Train Dominoes at 2pm!</p>
<p>20</p>	<p>21</p>	<p>22 SC Lobby Hours 10-11am</p>	<p>23</p>	<p>24 Holocaust Remembrance Day</p>	<p>25 Fernando Diaz at 12pm!</p>	<p>26 Mexican Train Dominoes at 2pm!</p>
<p>27</p>	<p>28 Firefox class with Austin at 2pm in Computer room</p>	<p>29 SC Lobby Hours 10-11am</p> <p>Bingo at 1pm!</p>	<p>30</p>	<p>April is National Humor Month</p>	<p>Benefits of Laughing: Reduces heart disease, natural pain killer, improves breathing, helps you lose weight, gives good sleep, decrease stress, makes you look young, boosts relationships.</p> <p>There is no reason not to laugh!</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 THANK YOU** 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!

**April 9th
May 14th**