

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

May 2025

OLDER
AMERICANS
MONTH



Older Americans Month 2025

FLIP THE SCRIPT ON AGING: MAY 2025

The 2025 theme, **Flip the Script on Aging**, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.



It's that time of year in the Old Pueblo when the temperatures start to soar! Please remember to use sun screen and a wide-brimmed hat when going outdoors. It is also important to drink plenty of fluids to stay hydrated. At least 6-8, 10 ounce glasses of water per day is recommended.

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

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 Mother's Day!*

Happy
Mother's
Day!



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, dish soap, clothes soap, toothbrushes, paper towels, Kleenex, toilet paper**, etc., so please call 321-4496 and let me know if you need anything. Please see me during my office hours. All distributions are kept confidential.



I smile easily, knowing that of all the things I wear, a smile and good humor are the most important. Life's most prized possession is a pleasant disposition. - Anonymous



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:

"Smartphone, Texting & Messaging "
Monday, May 5th at 2pm
in the Computer Room

Classic Movie
Friday, May 23rd at 2pm
in the Computer Room



**Mexican Train Dominoes
every Saturday at 2pm!**

in the multipurpose room.



Canasta is back!



every Sunday at 1pm!
in the multipurpose room.

ALL RESIDENTS WELCOME!

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

HYGIENE BAGS!

Teresa received a donation of hygiene bags from a local church. They are filled with socks, small bottles of body wash, bars of soap, shampoo, slippers, washcloths, razors, Kleenex, body lotion, lip balm, etc. She has some for men, women and some for anyone. Please let Teresa know if you would like one.

First come, first served.





Manager's Memo—Reda Anna

Wishing all a very HAPPY MOTHER'S DAY!!!



- *****
- ◆ Please make sure your pet does not play with the pull-cords or that you accidentally pull on it! Nothing should be blocking your access to the emergency pull cords. The cord must be fully extended.
 - ◆ **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.
 - ◆ If you move any of the outdoor or indoor furniture around, please be sure to put it back as it was before. Thank you.
 - ◆ Please remember to **always pick up after your dog**, including any gravel they may throw on the sidewalk. See Teresa if you need bags for clean-up. If you walk someone else's dog, you are responsible for their behavior while in your care.
- *****



Honoring Memorial Day!

To all our residents, family members and friends who have served in the military, we thank you for your dedication and service to our country!



Memorial Day is a good time to reflect on the sacrifices and services of the American soldiers and veterans and the U.S. military men and women. The American military is, has always been and will always recruit the best and finest of the crop of young men and women of the country and we will continue to shower them with appreciation, support and prayers, as we have always done. Memorial Day is an opportunity for us to express the special places they have in the hearts of American citizens and more by honoring the people who work in the various branches of the military.



**Our Memorial Day Party will be held on
Thursday, May 22nd at 1pm!
Serving Burgers, potato salad and chips.**

Please sign-up in the lobby!

CHAT CORNER

HAPPY MOTHER'S DAY TO ALL OUR WONDERFUL MOTHERS!



CHAT and Troy are sponsoring a Cinco de Mayo potluck and game event.

Tuesday, May 6th at 12pm in the Multi-Purpose Room.

Please join us for the celebration. Bring your favorite main dish, dessert, or drink, and have some fun. Looking forward to seeing everyone. Sign-up in the lobby.

CHAT monthly meeting—May 7th at 6pm in the Computer Room.

BINGO—Tuesday, May 27th at 1pm in the Multi-Purpose Room.

Great prizes, lots of fun. Come see if your lucky number comes up!

All CHAT sponsored activities such as BINGO, Mexican Fiesta, etc. are paid for by CHAT.

“There's never enough time to do all the nothing you want.” —*Bill Waterson*

“You drop something when you're younger, you just pick it up. When you're older and you drop something, you stare at it a bit, contemplating if you actually need it anymore.” -*Unk*

“One minute you're young and fun. And the next, you're turning down the stereo in your car to see better.” —*Unknown*

“I see people around my age mountain climbing. I feel good getting my leg through my underwear without losing my balance.”—*Unknown*

May Craft Class

Please join Rose in the MPR on
Wednesday, May 7th at 10am!!

We'll be
making
clothespin
dragonflies!

*Sign-up in
the lobby.*



Haircuts and Nails

Coni is a licensed
Hairdresser and Nail Tech
who comes to the building
to provide services.
Please call her at
520-333-0900
for more information.





Of all the special
joys in life,
The big ones
and the small,
A mother's love
and tenderness
Is the greatest
of them all.

MAY IS SKIN
CANCER
AWARENESS
MONTH



1 in 5 Americans
will develop skin cancer
by the age of 70.



With over 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer. Fortunately, skin cancer is also one of the most preventable cancers. By sharing facts about the dangers of unprotected sun exposure and encouraging people to check their skin for warning signs, we can and will save lives.

A popular and effective skin cancer prevention slogan is "Slip, Slop, Slap, Seek, Slide". This slogan, promoted by the Cancer Council, encourages people to protect themselves from harmful UV radiation by:

- ◆ Slipping on a sun-protective shirt (Cover as much skin as possible with protective clothing, especially collared shirts with long sleeves.)
- ◆ Slopping on sunscreen (Apply a generous amount of SPF 30 or higher, broad-spectrum, water-resistant sunscreen to all exposed skin.)
- ◆ Slapping on a hat (Wear a hat with a broad brim to shade your face, neck, and ears.)
- ◆ Seeking shade, especially between 10am and 4pm.
- ◆ Sliding on wraparound sunglasses.

It is also important to examine your skin from head to toe every month and see a dermatologist at least once a year for a professional exam. For more information, go to www.skincancer.org



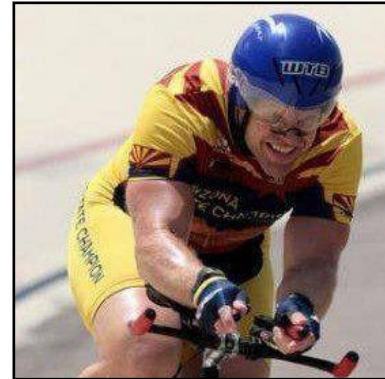
Wellness Center—Troy Pearson

OFFICE HOURS:

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



TROY J PEARSON—WELLNESS DIRECTOR

WHAT? CINCO DE MAYO CELEBRATION

WHEN? TUESDAY, MAY 6TH AT NOON

WHERE? MULTI-PURPOSE ROOM

FUN!!! FOOD!!! DANCING!!! EARN YOUR MARACAS WITH FUN GAMES!!!



<div> Covenant House Calendar May 2025 </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Fernando Diaz at 12pm!	3 Mexican Train Dominoes at 2pm!
4 Canasta 1pm! 	5 Smartphone, Texting & Messaging class with Austin at 2pm in Computer room	6 SC Lobby Hours 10-11am Cinco De Mayo Potluck Party at 12noon! 	7 Craft Class at 10am! 	8	9 Fernando Diaz at 12pm!	10 Mexican Train Dominoes at 2pm!
11 Happy Mother's Day Canasta 1pm! 	12 	13 SC Lobby Hours 10-11am	14 Food Boxes at 8:30 am! 	15	16 Fernando Diaz at 12pm!	17 Mexican Train Dominoes at 2pm!
18 Canasta 1pm! 	19	20 SC Lobby Hours 10-11am	21 	22 Memorial Day Celebration at 1pm in MPR 	23 Classic Movie with Austin at 2pm in Computer room Fernando Diaz at 12pm!	24 Mexican Train Dominoes at 2pm!
25 Canasta 1pm! 	26 Offices will be closed for Memorial Day MEMORIAL DAY 	27 SC Lobby Hours 10-11am Bingo at 1pm! 	28 HAPPY NATIONAL BURGER DAY 	29 LAND OF THE FREE BECAUSE OF THE BRAVE 	30 Fernando Diaz at 12pm! 	31 May is national barbecue month!



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

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)

\$2215/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!

**May 14th
June 11th**