

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

June 2025



Flag Day (June 14th), is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation.....one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon. As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride!



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 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 Father's Day!*

Happy June! I just want to remind everyone to keep well hydrated and stay safe during our warmer weather. I hope to see more of you at educational presentations, craft classes, meals, etc. If you see someone new you don't know, please introduce yourself and make them feel welcome.

Please remember that I am available to help with getting and retaining benefits, change of address for Social Security, AHCCCS, etc. If you get any mail you need help with, please come to me or call for an appointment. I want to make sure everyone keeps their benefits and does not miss any deadlines. I can also refer you to different agencies and resources for help.

If you have any suggestions for educational speakers, please let me know so I can try to arrange it. I want to thank all the resident volunteers and am grateful to all of you for wanting to try new things to engage the residents.

Teresa Wachala
Service Coordinator



- *****
- ♦ 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, **AA & AAA batteries, dish soap, clothes soap, paper towels, Kleenex, toilet paper**, etc., Please call me at 321-4496 during my office hours. All distributions are kept confidential.
 - ♦ I sell **stamps and quarters**, so call me if you need them OR come down during my lobby hours (Tuesdays, 10-11am).
- *****



Fernando Diaz, Senior Med Solutions, is available on Fridays starting at 12noon to help you with any questions you may have about your Medicare, Social Security and DES/ AHCCCS. He will be in the library from 12-1pm or later if needed. Please call Teresa at 520-321-4496 to make an appointment.





Manager's Memo—Reda Anna

**HAPPY
FATHER'S
Day!**

Wishing all a very HAPPY FATHER'S DAY!!

- *****
- ◆ Please let the office know if **you are going on vacation** so staff knows you are gone. We also want to be sure it does not coincide with your annual recertification.
 - ◆ Please let the office know if you **change your phone number or your emergency contact**.

Thank you! Sincerely, Management

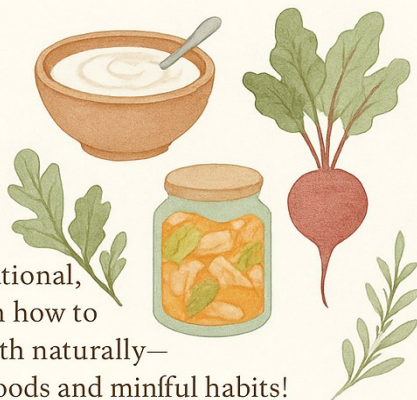
Nourish Your Gut, Nourish Your Life

A Gentle Nutrition Workshop for Seniors

Do you ever feel...

- Bloating or gassy?
- Low on energy?
- Foggy in the mind?
- Sluggish digestion?

Join us for a friendly, educational, and empowering session on how to support your digestive health naturally—through simple, delicious foods and mindful habits!



In This Workshop, You'll Learn:

- What your gut needs as you age
- The best foods to eat for digestion and energy
- How fermented foods and fiber support immunity
- Gentle lifestyle tips to keep your belly and brain happy
- How to create easy, nourishing meals at home



Presented by:

Yelena Gillman, FNP, Herbalist & Nutritionist
Blending science and nature to support wellness at every age

June 12 • 2 PM

Covenant House **MPR**

What is a Dad?

A Dad is a person
Who is loving and kind,
And often he knows
What you have on your mind.
He's someone who listens,
suggests, and defends
A dad can be one
of your very best friends;
He's proud of your triumphs,
but when things go wrong,
A dad can be patient
and helpful and strong.
In all that you do,
a dad's love plays a part
There's always a place for him
deep in your heart
And each year that passes,
you're even more glad,
More grateful and proud
just to call him your dad!
Thank you Dad...
for listening and caring,
for giving and sharing,
but, especially, for just being you.

Author Unknown

CHAT CORNER

HAPPY FATHER'S DAY TO ALL OUR WONDERFUL FATHERS!

CHAT (Covenant House Association of Tenants) is going on hiatus for the summer. We are all in need of a rest. We are looking for more volunteers to help with activities. It takes a great deal of time and work to provide these events.

Covenant House is a community of wonderful senior citizens. We are neighbors, friends, acquaintances; we are a family of sorts. CHAT wants to continue to bring the residents together. To afford all residents the ability to socialize, and meet one another. This is especially important for our new residents. Please consider donating a little of your time and talents to help further our cause. It will be greatly appreciated.

If you have any suggestions for future activities, or would like to volunteer, please leave a note with your name and phone number in the basket by my door at apartment 143.

CHAT looks forward to seeing everyone in October.
Stay safe, keep hydrated, and have a great summer!

Barbara Dillon,
CHAT President



Craft Class

Please join Rose in the MP room on

Wednesday, June 4th at 10am!!

We'll be making
Fourth of July Gnomes.
Please join us for crafting.
Please sign-up in the lobby.



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:

"Artificial Intelligence"
Monday, June 16th at 2pm
in the Multi-purpose Room

Classic Movie
"My Man Godfrey"
Friday, June 27th at 2pm
in the Multi-purpose Room



FATHER'S DAY

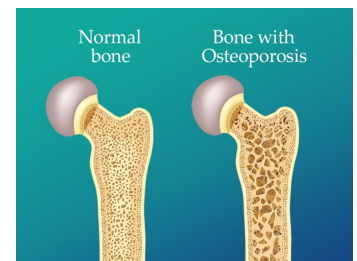
WORD SEARCH PUZZLE

BEST
BRAVE
BREAKFAST
CARD
CARING
CELEBRATE
CHILDREN
DADDY
FAMILY
FATHER
FRIEND
FUN
GIFT
GRANDPA
HAPPY
HERO
HOLIDAY
HONOR
JOKES
LOVE
NURTURE
PAPA
PARENT
PRESENT
PROUD
RESPECT
SPECIAL
STRONG
VALUES

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



*****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****Osteoporosis facts****What is osteoporosis?**

Osteoporosis is a disease that weakens bones, and gets worse over time. Some simple, everyday activities can become a fracture risk. Many women don't even know they have osteoporosis until they break a bone.

You can do more to reduce your risk:

- Identify trip hazards in your home to prevent falls.
- Take vitamin D and calcium as directed by your doctor.
 - Eat a well-balanced diet.
 - Ask your doctor if any of your medications may increase your fall risk.
- Have your eyesight checked—good vision can help prevent falls.
 - Exercise can help prevent falls by improving your balance and strength.

<div>  <div> Covenant House Calendar June 2025 </div>   </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>      </div>						
1 Canasta 1pm! 	2 	3	4 Craft Class at 10am! 	5 	6 Fernando Diaz at 12pm!	7 Mexican Train Dominoes at 2pm! 
8 Canasta 1pm! 	9 	10 	11 Food Boxes at 8:30am! 	12 Nutrition for Seniors Workshop at 2pm!	13 Fernando Diaz at 12pm! 	14 Mexican Train Dominoes at 2pm! 
15  Canasta 1pm!	16 ARTIFICIAL INTELLIGENCE with Austin at 2pm in MPR!	17  International Picnic Day	18	19 Offices closed for the Juneteenth Holiday! 	20 Fernando Diaz at 12pm! 	21 Mexican Train Dominoes at 2pm! 
22 Canasta 1pm! 	23	24 	25 	26	27 Fernando Diaz at 12pm! Classic Movie with Austin at 2pm in MPR!	28 Mexican Train Dominoes at 2pm! 
29 Canasta 1pm!	30					



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!

**June 11th
July 9th**