

# COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

August 2025



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Monsoon season is here with lots of rain and wind, so please be careful when outdoors. It's that time of year in the Old Pueblo when the temperatures 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
- 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\*\*\*

- ♦ If anyone runs low on food or other items during the month, I have an **EMERGENCY food pantry**. I have various items, so please call 520-321-4496 and let me know if you have an **EMERGENCY** and need anything. All distributions are kept confidential.
- ♦ I have **incontinent supplies** (Depends pull-ups, Poise pads & bed pads) if anyone needs them. Please see me in my office as all distributions are kept confidential and discreet.
- ♦ I sell **stamps and quarters**, so call me if you need them. **Stamps have now gone up to 78 cents.**



#### I want to remind everyone of the services I provide:

As the Service Coordinator at B'nai B'rith Covenant House, helping you get and maintain your benefits and/or services needs is part of my service to you as a resident. I can provide you with information about benefits, (AHCCCS medical & Food Stamps (SNAP), Social Security, Medicare, etc.) programs (Food Boxes, etc.) and services (Meals on Wheels, Housekeeping, Transportation, etc.) that can help you. You may request my assistance with choosing and accessing benefits, programs and services and changing your address with these agencies (AHCCCS, Social Security, Banks, etc.) Please ask me about your choices for television, phone and internet services, as it may save you time and money.

To receive assistance or if you have any questions about service coordination or benefits, programs and/or services that may be available to you, please call me at 520-321-4496 to set up an appointment. My office hours are between 8:30am-4:30pm, Monday-Friday.

#### International Left-Handers Day



Throughout the year, lefties are dealt a rough hand. We're forced to put up with items such as doors, scissors and computer keyboards — to name a few — that are crafted for right-handers. But today we unite!

Only about 10% of the world's population is left-handed. There are some everyday advantages to being a lefty. Left-handers are more likely to pass their driver's test on the first try, a study shows. They are also more apt to deliver a better left hook and be a part of Mensa, the world's largest and oldest high IQ society.

While many people are left handed, very few are 100% left handed. For example, many Left handers golf and bat right handed. On the other hand, there is a high percentage of righties who are 100% right-handed. Take the Left-Handedness test on-line at <https://www.lefthandersday.com/tour/how-left-are-you>

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

### IMPORTANT!!

It is **very important** that you give the office your **correct phone number** and let them know if it **changes IMMEDIATELY!** Beltronics, the company that monitors the emergency pull cords, uses your phone number. If you pull the cord and don't answer, they will dispatch needed emergency services. If you accidentally pull the cord and they cannot reach you; they will dispatch unnecessary services and you may be charged for the false alarm.

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### Privacy Issues



Please realize that when a resident is having a problem or issue (i.e.: Hospital stay, needing services, etc.), it is their personal business and a private matter.



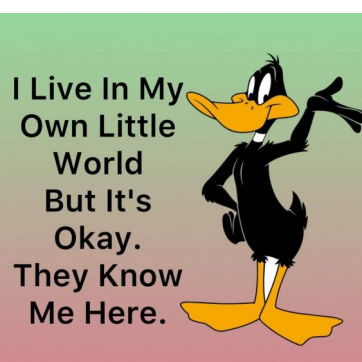
When you ask staff where another resident is, or if staff is helping them with a personal issue, please be aware that we cannot discuss these matters with other residents unless given express permission. When we say we cannot discuss another resident's information with you (including illness, hospitalization, rehab, absence from unit, lease concerns, etc.), we are protecting their right to privacy just as we would protect yours. That information is confidential and not to be shared. You can, as a neighbor and friend, ask that person yourself, but they have the right to divulge only the information they wish to tell you. Please, let us all respect each other's privacy.



WHEN YOU CAN'T CONTROL  
WHAT IS HAPPENING  
AROUND YOU, CHALLENGE  
YOURSELF TO CONTROL  
THE WAY  
IN WHICH  
YOU  
RESPOND.



THAT IS WHERE  
YOUR TRUE POWER LIES.



### Computer Network Center Coordinator:



#### Office Hours:

<b>Mondays</b>	<b>9am--5pm</b>
<b>Wednesdays</b>	<b>9am -5pm</b>
<b>Fridays</b>	<b>9am--5pm</b>

Sign-up in computer room or email Austin at [networkcentercoordinator@gmail.com](mailto:networkcentercoordinator@gmail.com) or call Teresa at 520-321-4496.

#### Classic Movie

#### "Forrest Gump"

Monday, August 18<sup>th</sup> at 2pm  
in the Multi-purpose Room

#### Documentary

#### "Jiro Dreams of Sushi"

Friday, August 22<sup>nd</sup> at 2pm  
in the Multi-purpose Room



## FRIENDSHIP DAY

National Friendship Day is on August 3, 2025, and focuses on appreciating the bonds of friendship and the positive impact they have on our lives. The day is a reminder to cherish existing friendships, create new ones, and strengthen the connections that enrich our lives. There isn't a specific theme, but the overarching message is one of gratitude, connection, and the importance of friendship.



True friendship is about putting your feet up and knowing that someone is there to bail you out when the world might walk out on you. Besides, as a support system in today's hectic world, friends are the most reliable sources for social, intellectual and creative stimulations.

Most often friends understand us, just by looking at us or hearing our voice. This heart-to-heart bonding is what makes friendship so exclusive, setting it apart from all other relationships.

"Friends are the most important ingredient in this recipe of life." *Unknown*

"A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words." *Unknown*



"It takes a long time to grow an old friend." *John Leonard*

### Craft Class

### COLOR with CAROL

Tuesday, August 5<sup>th</sup>  
at 10am in MPR

I have pictures to color: Angels, gnomes, animals, insects, birds, towns, landscapes

Sketch pad for making your own with drawing pencils.

MAGIC MARKERS - OVER 60 -- 3  
Sizes tip ends: small, medium, large

COLOR PENCILS &  
PASTEL/SIDEWALK CHALKS

***Sign-up in the lobby!***

### Craft Class

### CARDS with CAROL

Tuesday, August 19<sup>th</sup>  
at 10am in MPR

Make your own  
Greeting Cards

With nice big Flower Stickers & Pens, Lightweight cardstock & nice quality envelopes  
3 cards/envelopes  
5X7 or 5X8" - each person

***Sign-up in the lobby!***

## NATURAL ANTI-INFLAMMATORY REMEDIES

"Let food be thy medicine and medicine be thy food"

PRESENTED BY YELENA GILLMAN FNP, RPH, CN, E-RYT500

**THURSDAY, AUGUST 21<sup>ST</sup> at 2 PM**

**Multi-purpose room**

Join us for an empowering and educational session on how to ease chronic inflammation naturally using healing foods, spices, and supplements.

### TOPICS

Anti-inflammatory nutrition

Omega-3 and turmeric

How food choices support pain and disease prevention

Herbal tea recipe to reduce inflammation in gastrointestinal system



### Quick & Easy Greek Quinoa Salad {with Lemon Dressing}

2/3 cup dry quinoa, or 2 cups cooked  
1 1/3 cup of water or broth  
2 cups halved cherry tomatoes  
1 English cucumber, sliced & quartered  
A quarter of a red onion, thinly sliced  
1/2 cup sliced kalamata olives  
1/2 cup crumbled feta cheese

#### Dressing:

1/3 cup olive oil  
3 tablespoons red wine vinegar  
2 teaspoons lemon juice  
1 garlic clove, minced  
Pinch of salt & black pepper



Cook quinoa according to package directions. You can use broth instead of water for more flavor. Allow to cool.

Once cool, toss quinoa together with the cherry tomatoes, cucumber, onion, olives and feta cheese.

In a small bowl, mix together the ingredients for the dressing.

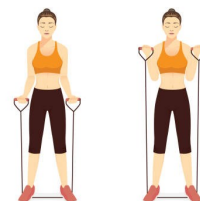
Pour desired amount of dressing onto the quinoa mixture and toss to combine. Allow to sit for at least half an hour for optimal flavor.

**\*\*\*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**

Strength training can be an important part of an active lifestyle for older adults. It can help improve strength and mobility, reduce the risk of falls, and maintain bone density.

The CDC recommends at least 150 minutes of moderate-intensity physical activity each week. It also recommends at least 2 days of strength training and balance activities.

A person does not need to perform strength training at a gym with heavy weights. They can carry out strength training exercises at home with their own body weight, light weights, or resistance bands.

**Benefits of strength training**






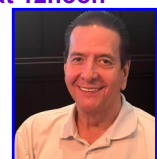




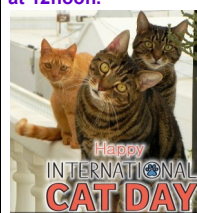













The National Institute of Health notes that some of the benefits of strength training for older adults include:

- maintaining muscle mass
- improving mobility
- increasing the healthy years of life



People begin to slowly lose muscle mass after the age of 35. This process quickens once females turn 65 years and males turn 70. However, regular strength training can help a person maintain their muscle mass for longer.

Maintaining muscle mass can also help with mobility and balance. This can help reduce the risk of falls and allow older adults to keep their independence for longer.

<div>  <b>INTERNATIONAL LEFTHANDERS DAY</b> </div> <div> <b>Covenant House Calendar</b>  <b>August 2025</b> </div> <div> <b>HAPPY FRIENDSHIP DAY</b>   </div>						
	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> <b>Medicare Questions with Fernando Diaz at 12noon</b> 	<b>2</b> <b>Mexican Train Dominoes at 2pm!</b> 
<b>3</b> 	<b>4</b> 	<b>5</b> <b>Craft Class-Color with Carol at 10am in MPR</b>	<b>6</b> 	<b>7</b>	<b>8</b> <b>Medicare Questions with Fernando Diaz at 12noon.</b> 	<b>9</b> <b>Mexican Train Dominoes at 2pm!</b> 
<b>10</b> 	<b>11</b>	<b>12</b>	<b>13</b> <b>Food Boxes at 8:30am!</b> 	<b>14</b> 	<b>15</b> <b>Medicare Questions with Fernando Diaz at 12noon.</b>	<b>16</b> <b>Mexican Train Dominoes at 2pm!</b> 
<b>17</b> 	<b>18</b> <b>Classic Movie—"Forrest Gump" with Austin at 2pm in MPR!</b>	<b>19</b> <b>Craft Class-Cards with Carol at 10am in MPR</b>	<b>20</b> 	<b>21</b> <b>Natural Anti-Inflammatory Remedies with Yelena at 2pm!</b> 	<b>22</b> <b>Medicare Questions with Fernando Diaz at 12noon.</b> <b>Documentary "Jiro Dreams of Sushi" with Austin at 2pm in MPR!</b>	<b>23</b> <b>Mexican Train Dominoes at 2pm!</b> 
<b>24</b> 	<b>25</b>	<b>26</b> 	<b>27</b> 	<b>28</b>	<b>29</b> <b>Medicare Questions with Fernando Diaz at 12noon.</b>	<b>30</b> <b>Mexican Train Dominoes at 2pm!</b> 





## *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](https://www.facebook.com/covenanthousetucson)

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

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

#### 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!**

**August 13<sup>th</sup>  
September 10<sup>th</sup>**