

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

September 2025



September 11, 2001 is a day that many will never forget. After the terrorist attacks on our World Trade Center and the Pentagon, many Americans' lives were changed forever. Let's remember that day, fill our hearts with strength and pay tribute to those who lost their lives on 9/11.



Rosh Hashanah is the Jewish New Year, a time of prayer, self-reflection, and repentance. Customs associated with the holiday include sounding the shofar, eating a round challah, and tasting apples and honey to represent a sweet New Year.

Happy Grandparents Day!



In 1978, the first Sunday after Labor Day was proclaimed National Grandparents Day. It is a day to honor those who have helped shape the character of our Nation, and thank these role models for their immeasurable acts of love, care, and understanding.



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.

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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



National Service Coordinator Day



In 2014, Congress designated September 19th as **National Service Coordinator Day** to "Recognize the value of service coordinators in subsidized and other affordable housing communities for their work to promote and support economic self-sufficiency and independence for low-income families, older Americans, and persons with disabilities."

Older Americans who are assisted by service coordinators experience benefits in their health outcomes and have the ability to age in-place as they become more frail, thereby delaying or preventing the transfer to a more expensive nursing home setting.

Residents in subsidized and affordable housing communities having a service coordinator report higher satisfaction with their living environments and a heightened desire to be productive members of their communities.

The profession of service coordination is dedicated to empowering residents to maximize their independence and self-sufficiency, holds residents' rights to self-determination in the highest regard, and instills trust through maintaining high standards of confidentiality.

I truly love my job and am so glad I can assist my residents with their needs. I am so grateful to all my resident volunteers without whom I could not do as much. Your constant words of gratitude are all I need to keep me going even on the busiest of days.



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:

"Windows 11"

Monday, September 15th at 2pm
in the Computer Room

Classic Movie

TBD

Friday, September 26th at 2pm
in the Computer Room



Manager's Memo—Reda Anna



ATTENTION!!

Please make sure the **registration on your car is up to date** and that you have **placed the new sticker on your license plate**. We have noticed several cars with expired plates and they may be subject to towing. If you are having issues with your registration, please come see us in the management office.



Please **DO NOT FEED** the animals outside the building. We know you may be concerned about the feral cats in the neighborhood and someone has been leaving water and food in the back wash area which attracts coyotes, javelinas and other wild animals as well as bugs and can become a health hazard. **Please keep all outdoor areas clear of food and water.**
Thank you!

World Alzheimer's Month

Alzheimer's disease is the most common form of dementia. Dementia is a brain condition that affects parts of the brain that control thought, memory, and language.

When is memory loss more than forgetfulness?

Although everyone's brain changes as they age, it's important to understand that Alzheimer's disease is not a normal part of aging. Memory loss is typically one of the first warning signs of Alzheimer's disease, but occasionally forgetting words or names does not mean a person has Alzheimer's. There are other signs that someone in the early stages of Alzheimer's disease may experience in addition to memory problems. In the early stages of the disease, these can include:

- Getting lost in familiar places.
- Having trouble handling money and paying bills.
- Repeating questions.
- Taking longer to complete normal daily tasks.
- Displaying poor judgment.
- Losing things or misplacing them in odd places.
- Displaying mood and personality changes.



SEPTEMBER IS
WORLD ALZHEIMER'S
MONTH



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.



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.



September is
Self-Care
Awareness Month
Let's All Recharge &
Take Care of
Ourselves
www.lindayquaden.com/therapy-thoughts-blog



Self-care refers to activities and practices that can help you to reduce your stress and enhance your overall well-being: essentially, proactively taking care of yourself. There are many reasons that self-care is important. Research shows that self-care helps to keep you healthy, helps you recharge and helps to improve your overall well-being. Self-care is more than an occasional treat, but a way of living each day that incorporates practices and behaviors that help you feel refreshed, re-energized, and rested.

Self-care is important and there are many ways to begin **reducing your stress**; some of them only take a few moments. Watching a sunrise/sunset, listening to a cat purring, playing with a dog, listening to music and going for a walk are some things you can do every day to help relieve stress.

Take five minutes to practice deep breathing. In just those few minutes you can lower your blood pressure and heart rate, thus lowering the physical affects of stress.



FLU PREVENTION

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** by prescription that can be used to treat and prevent the flu.

- ♦ **Avoid close contact.**
- ♦ **Stay home when you are sick.**
- ♦ **Cover your mouth and nose.**
- ♦ **Clean your hands.**
- ♦ **Avoid touching your eyes, nose or mouth.**
- ♦ **Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.**



Please remember that many of our residents are more at-risk for flu, COVID-19, pneumonia and other respiratory illnesses. **If you are feeling ill, please try to stay home so you aren't putting others at risk, stay away from the common areas and wear a mask to cover your face.** Everyone should practice regular hand washing and carry antibacterial hand wipes or gel.



**Teresa has scheduled a VACCINE CLINIC on
Thursday, October 9th from 9am-12pm
in the multipurpose room!**



There will be a sign-up sheet and flyer with details later this month!



Tucson Fire Department Fall Prevention & Safety Presentation Tuesday, September 16th from 1-2pm



Please join us for an informative presentation given by TFD.
We encourage all residents to please attend this event.
Thank you in advance.

BOOST YOUR IMMUNITY NATURALLY

“Are you ready for a change in season?”

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

THURSDAY SEPTEMBER 18TH @ 2 PM

MULTIPURPOSE ROOM

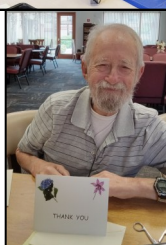
Join us for an empowering and educational session on how to
prepare and support your body in the upcoming flu & cold season,
using nutrition, lifestyle, herbs and supplements.

TOPICS

- What is Innate Immunity
- Nutrition and Lifestyle for robust Immunity
- Supplements and Herbs to promote optimal health
- Secrets of Folk Remedies: Beets and Garlic

CRAFT CLASSES

We have had some great
teachers for our craft classes.
Thanks to Jan, Carol & Rose!
We have some very creative
and dedicated students as
well. If anyone is interested in
teaching craft classes, please
let Teresa know!



*****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**

Tightrope Walk

This simple drill can help seniors improve balance and stability. This exercise can be performed using a line of tape, the lines between flooring tiles, or any straight line you can find.

Step 1: Pick a destination to walk toward.

Step 2: Like walking a tightrope, extend your arms out to the sides and start walking slowly, being careful to keep your feet on the line at all times.

Step 3: Walk from heel to toe, counting at least five seconds before each step.

Try this exercise once a day to keep your coordination sharp.



Covenant House Calendar September 2025						
Sun	Mon	Tue	Wed	Thu	Fri	
 LABOR DAY	 Happy Grandparents Day					
September is National Honey Month! 	September is LIBRARY CARD SIGN-UP MONTH! <i>A library card brings stories to life!</i>	 world alzheimer's month alzheimer's association®	SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH	 Service Coordinator Day *ServiceCoordinatorDay19	 9/11 WE WILL NEVER FORGET NATIONAL DAY OF REMEMBRANCE PATRIOT DAY	
	1 Offices will be closed for Labor Day! 	2 SC Lobby Hours 10-11!	3 SC out of office	4 	5 Questions with Fernando Diaz at 12noon.	6 Mexican Train Dominoes at 2pm! 
7 	8 	9 SC Lobby Hours 10-11!	10 Food Boxes at 8:30am! 	11 	12 Questions with Fernando Diaz at 12noon. SC out of office	13 Mexican Train Dominoes at 2pm! 
14 	15 WINDOWS 11 with Austin at 2pm!	16 SC Lobby Hours 10-11! Fall and Fire prevention at 1pm in MPR! 	17 	18 BOOST YOUR IMMUNITY NATURALLY with Yelena at 2pm!	19 Questions with Fernando Diaz at 12noon. 	20 Mexican Train Dominoes at 2pm! 
21 28	22  Autumn Equinox First Day of Fall 29	23 SC Lobby Hours 10-11! JEWISH NEW YEAR Rosh HaShanah 	24  L'shanah Tovah! May this New Year be filled with health and happiness for you and your family.	25	26 Questions with Fernando Diaz at 12noon. Classic Movie—TBD with Austin at 2pm.	27 Mexican Train Dominoes at 2pm! 



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!

**September 10th
October 8th**