

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

November 2025



Veterans' Day (November 11th) honors all members of the Armed Forces who served this country valiantly, and in a very big way. They served and fought to protect us, to keep our country safe, and to preserve our way of life. Veterans gave their time and risked their lives for you and me. In some cases, they made the ultimate sacrifice. **We would like to THANK all our veterans here at Covenant House and all over the United States for having served to keep peace and preserve our independence and freedom.**



*Thanksgiving
Dinner will be
held on*



*Monday, November 24th
Starting at 1pm!*

Sign-up sheet will be posted in the lobby!



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
- **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 am so grateful to all my resident volunteers for your help and dedication. You make it so much easier to run these programs so a **HUGE THANK YOU** to: Jan, Trella, Maggie, Arthur, Jane, Joyce, Jeff, **CHAT** and **all the residents who offer help** and look out for each other. My sincerest thanks to all! - Teresa

Got Gratitude? It's Not Just for Thanksgiving!

We have all been through a lot this past year, but being positive and grateful can help you get through it. Having a yearly date set aside to be **thankful** is a reminder that being grateful everyday matters for both physical and mental health and well being.

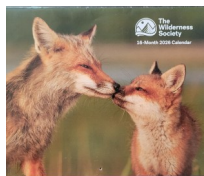


Thanksgiving is one of those rare holidays that is generally pretty low key and a day to give thanks and be grateful. It is also an important reminder to be grateful every day for your family and friends.

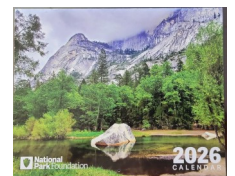
Research has well demonstrated that those who have an ongoing tendency to be grateful experience better physical and psychological health and well being. They tend to be more optimistic, sociable, and engaged in life. They are less susceptible to depression, anxiety, anger, and others negative emotions that can lead to health damaging behaviors and functioning. Being grateful is good for your health.

So, as we approach Thanksgiving, what are you grateful for? Can you continue to focus on gratefulness even when the holiday is over? Can you make gratefulness a part of your daily experience? Doing the right thing for yourself and others means finding ways to be grateful for all that you have and hold.

- ♦ 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 as well as instant coffee**, etc. I also provide such things as, **dish soap, laundry soap, toothbrushes, paper towels, Kleenex, toilet paper**, etc., so please call 520-321-4496 and let me know if you need anything. If you need any of the above items please call me during my office hours. All distributions are kept confidential.
- ♦ I have **incontinent supplies (Depends pull-ups, Poise pads and bed pads)** if anyone needs them. Please call me in my office as all distributions are kept confidential and discreet.



The FREE 2026 Calendars are available!!
Please call me and I can tell you what I have.





Manager's Memo—Reda Anna



ATTENTION ALL RESIDENTS:

- ◆ Please bring your **NEW Social Security award letters** to the office as soon as you get them, so we can make a copy. Everyone should be getting a cost of living (COLA) raise and we need this information as it is a change in your income. Social Security will be mailing the new award letters out in December.
- ◆ Please remember that it is **cold and flu season** and **Covid-19** is still with us. No matter what you may have, it is **IMPORTANT TO STAY HOME IF YOU FEEL SICK** and avoid direct contact with others. This is for the safety of ALL in our community, so please help us keep everyone safe. Please take care of yourself and see a doctor if needed.

IMPORTANT!

Please be sure you have the correct **After Hours Maintenance EMERGENCY** number, **520-808-3677** in your phone or written down. Some of you have still been calling the old number. Thank you!

What's Next? How to Keep the Art of Story Alive at Covenant House Meeting #1.

The participants offered the following suggestions:

1. Have Open Mic – with structure (prepared stories) and time limits- No profanity and No sexual content
2. Story Circles – Practice our prepared stories for constructive feed back (informal meetings for the first couple of months to get comfortable with the art form of presentation). No need to memorize your stories, you can read them, they just have to be written with a beginning, middle and an end
3. Themed Programs
4. Bilingual Day – stories in any language other than American English with an interpreter
5. Culture Day – Stories that represent your ethnic culture
6. These events are open to residents – storytellers and comedians

Our first informal meeting – Tuesday, November 11th at 2 pm in MPR

NATURAL PHARMACY “Embrace the healer within”

Presented by:
YELENA GILLMAN
FNP, RPH, CN, E-RYT500

November 13th at 2pm in MPR

Join us for an informational and interactive session on how to prepare herbal remedies at home.
Simple Recipes for simple herbal remedies for colds, upset stomach, burns, wound care, and sleep.



Research for Life



Raffle and Presentation

Thursday, November 20th at 2pm

**Whole Body Donation Advancing
Medicine for future Generations**

Body donation is for medical education and scientific research. Whole body donation provides peace of mind for your loved ones, along with
NO-COST CREMATION.

CHAT CORNER

BINGO - Tuesday, November 4th at 1pm in the Multi-Purpose Room.
Join us, and get lucky!

BINGO - Tuesday, November 18th 1pm in the Multi-Purpose Room.
Join us, and see if the balls bounce in your favor!

"I always said that when I retire, I'm going to travel. Just never expected it would be mostly to the Doctor."—*Unknown*

"We should certainly count our blessings, but we should also make our blessings count." —*Neal Maxwell*

"Thanksgiving: When the people who are the most thankful are the ones who didn't have to cook."—*Melanie White*

"May the wishbone snap in your favor this Thanksgiving." —*Unknown*



CHAT Wishes all the Residents and Staff of Covenant House a bountiful, blessed, and peaceful Thanksgiving. We all have so much to be thankful for.

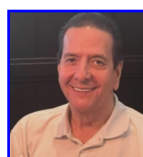


Craft Class

Please join Carol to
Braid-Knot a Key Chain
in **fall season** colors

Friday, November 14th
at 10am in MPR

Sign-up in the lobby!



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

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 & Movies this month:

"Black Friday Online Shopping"
Friday, November 14th at 2pm in the CR

"Planes, Trains and Automobiles"
Friday, November 21st at 2pm in the CR

"A Charlie Brown Thanksgiving"
Wednesday, November 26th at 2pm in CR



Gratitude paints little smiley faces on everything it touches!

—*Richelle E. Goodrich*





THANKSGIVING

WORD SEARCH

WORD LIST

AMERICA
 APPLES
 COLONY
 CORN
 CORNUCOPIA
 CRANBERRIES
 FAMILY
 FEAST
 GRATITUDE
 HARVEST
 HOLIDAY
 MAYFLOWER
 NATIVE AMERICAN
 NOVEMBER
 PIE
 PILGRIM
 PLYMOUTH
 PUMPKIN
 SETTLERS
 SQUASH
 STUFFING
 SWEET POTATOES
 THANKFUL
 THANKSGIVING
 TRADITION
 TURKEY
 VEGETABLE
 WISHBONE

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



*****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****TIPS FOR A HEALTHY THANKSGIVING**

Don't skip breakfast! Skipping breakfast to save room for Thanksgiving dinner leads to eating more later. Eat a nutrient-rich breakfast to start your day off right!

Stay hydrated. Drink plenty of water throughout the day. Staying hydrated can help suppress your appetite and jump start your metabolism. Don't drink your calories!

Practice portion control. Use a smaller plate and choose smaller portions of the healthier foods on the menu.

Choose veggies, fruits and protein first! Before filling your plate with less healthier foods, start with the healthy choices that will help you stay on track.

Practice mindful eating. Eat slowly and savor every bite. It takes our bodies about 20 minutes after we start eating to feel like we are full. Eating at a slow pace will often keep us from going back for seconds.

Avoid snacking temptations. While waiting for the main courses, it is so easy to fill up on snacks or to eat a little here and there while you cook. Try to avoid snacking and filling up on the wrong foods before you get to savor some of your favorites.

Go for a walk. Gather your family and friends and walk some of those calories away with your loved ones!

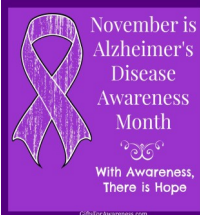
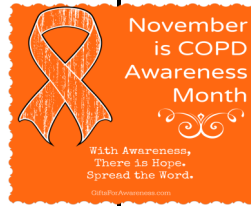
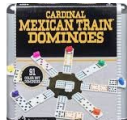
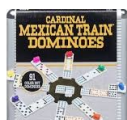
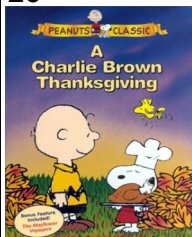




Covenant House Calendar

November 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Mexican Train Dominoes at 2pm! 	
2 	3 	4  Bingo at 1pm 	5	6 	7 Fernando Diaz at 12pm!	8 Mexican Train Dominoes at 2pm! 
9	10 	11 Offices will be closed for Veterans Day!  Art of the Story Meeting at 2pm!	12 Food Boxes at 8:30am! 	13  Natural Pharmacy with Yelena at 2pm!  World Kindness Day	14 Craft Class at 10am in MPR! Fernando Diaz at 12pm! Black Friday Online Shopping class at 2pm in CR!	15 Mexican Train Dominoes at 2pm! 
16 	17 ALWAYS GIVE THANKS IN EVERYTHING HAPPY THANKSGIVING	18 Bingo at 1pm 	19 	20 Research for Life Body Donation at 2pm!  RESEARCH FOR LIFE	21 Fernando Diaz at 12pm! "Planes, Trains and Automobiles" at 2pm in CR!	22 Mexican Train Dominoes at 2pm! 
23 30	24 Thanksgiving Dinner starting at 1pm! 	25 	26  At 2pm in CR!	27 Offices will be closed for Thanksgiving Day! 	28 Offices will be closed for Thanksgiving Holiday! 	29 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

CLASS SCHEDULE:

Classes are scheduled on
**Tuesdays, Thursdays and
Fridays.**

The monthly class schedule
is posted on the bulletin
board and door of Wellness
Center. Please call
Troy at 520-327-0922
if you have any questions or
would like to schedule a
one-on-one appointment.

****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!

**November 12th
December 10th**