

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

October 2025

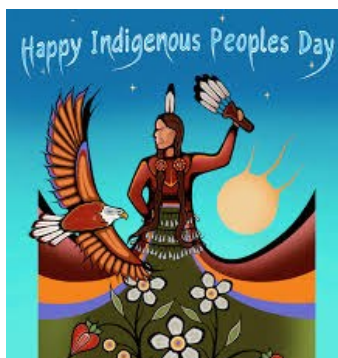


Medicare's Open Enrollment period is October 15th - December 7th

when **ALL** people with Medicare can change their Medicare health plan and prescription drug coverage for 2026. *If you are on a Dual AHCCCS plan, please call Teresa or Fernando Diaz about questions as rules are changing this year!* Information on 2026 plans will be available beginning in October. People with Medicare can call 1-800-633-4227 or visit www.medicare.gov for plan information. If a person is satisfied that their current plan will meet their needs for next year, they don't need to do anything. Please call Teresa at 321-4496 if you have any questions.

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



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 Терезы. 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 (602.997.0013 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**

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



Wow! Hard to believe that Fall is already upon us. I love everything pumpkin this time of year and look forward to baking again!

As Flu season is also upon us, and Covid is still around, please do what you can to be safe and healthy. We are a vulnerable population, so please keep others safe as well. As always, if you are experiencing any sickness or flu-like symptoms, please stay home until you are feeling better. I have masks if you need them!

We will continue to add more activities, educational programs and events for everyone to enjoy. Please take a look at our calendar for activities you may wish to attend and please sign-up in the lobby if the event requires it. We are planning to bring more special events/activities your way, but are also **open to your creative ideas**.

We continue to be blessed with new residents, and look forward to seeing new friendships blossom within our community.

It's so great to see more residents participating! It's hard to believe that the Holidays are almost upon us and I look forward to having more celebrations.

—Teresa Wachala-Service Coordinator

I sell **stamps and quarters**, so call me if you need them.



I have various **GREETING CARDS** and some **2026 Calendars**.



THEMA Health Services



Palliative Care vs. Hospice Care.

Come explore the differences between these types of care. Not ready for Hospice Care? Palliative care may be a good alternative.

Please join us in the multipurpose room on

Tuesday, October 14th at 1:30pm!



Computer Network Center Coordinator:

Office Hours:

Mondays 9am –4pm

Wednesdays 9am –4pm

Sign-up in computer room or email Austin at networkcentercoordinator@gmail.com or call Teresa at 520-321-4496.

Classes this month:

"Computers for Beginners"

Monday, October 20th at 2pm in the Computer room

"It's the Great Pumpkin, Charlie Brown"

Wednesday, October 29th at 2pm in the Computer room



Manager's Memo—Reda Anna



It's October and Fall is in the air. This would be a good time to start cleaning and organizing your apartments before inspection time.

Please remember to look out for your **safety** by:

- ◆ always looking to see if someone might be following you inside the doors
- ◆ locking your doors
- ◆ not telling strangers where you live
- ◆ calling 911 if you see someone acting strangely or suspiciously
- ◆ telling management and a neighbor when you are out of town
- ◆ being observant of your neighbors and informing staff if something seems wrong or suspicious



All residents have the right to question anyone they do not recognize, or inform the staff so we can take care of it. This may be a locked building, but everyone should be aware that strangers can and do get in, so we must all be careful.

Please **DO NOT USE** the doors off the multipurpose room or in the hallways **at night** as they become **emergency doors** and an alarm will sound if you use them. Please use the front or back lobby entrance or the North or South entrance doors to come in and out of the building.

**EMERGENCY
EXIT ONLY**
DOOR ALARM
WILL SOUND

This Pumpkin Pudding recipe is the perfect way to celebrate fall! It is easy to prepare, super creamy, and full of all your favorite fall spices. It only takes blending a few pantry ingredients together to make a spectacular autumn treat!

Ingredients :

- 1 (15 ounces) can pumpkin purée
- 1 (12 ounces) can low fat evaporated milk
- 1 large box (5.1 ounces) instant vanilla pudding mix + 1 teaspoon pumpkin pie spice



Instructions:

Add the pumpkin purée, evaporated milk, instant vanilla pudding mix, and pumpkin pie spice to the blender jar of your blender.

Place the lid securely on the blender jar. Then, blend the ingredients until the mixture is fully incorporated and thick.

Transfer the pudding to individual sized serving bowls. If desired, place a dollop of whipped cream on top of each serving and then sprinkle with a little extra pumpkin pie spice. This makes for a nice presentation!

Store in the fridge until ready to eat.

CHAT CORNER

We are back and planning some fun activities!



CHAT- BINGO IS BACK! — Tuesday, October 21st at 1:00 pm
in the multipurpose room. Come win some prizes and have some fun.
Looking forward to seeing everyone!

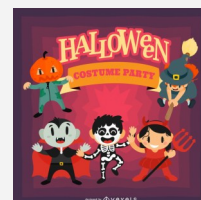
Troy & CHAT Halloween Costume Party/Potluck—

Friday, October 31st at 12pm

in the multipurpose room.

Bring your favorite main dish or dessert.

Troy will have games and prizes. CHAT will have a Prize for the best costume. Please, join in the fun!



“Instead of the John I call my bathroom the Jim! That way it sounds better when I say I go to the Jim first thing every morning.” —*Maxine*

“Getting older is just one body part after another saying, you think that's bad? Watch this!” — *Unknown*

"By the time you're 80 years old you've learned everything. You only have to remember it." —*George Burns*

"Do not grow old, no matter how long you live. Never cease to stand like curious children before the great mystery into which we were born" —*Albert Einstein*



I, Grand Mistress Storyteller, retired April 11, 2025. Many of you resisted that announcement.

So, What's Next????!! Let's get together to listen and brain-storm with ideas on how to **keep the art of story alive** here at Covenant House.

When: **Thursday, October 16, 2025**

Time: **10 - 11am** Where: **MPR**

Sign-up in the lobby!



Vaccine Clinic

Thursday, October 9th at 9am

Must be signed up in advance!

Bring your paperwork & cards noted on the instruction sheet you were sent!

Please call Teresa at 520-321-4496 if you have any questions.



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 lobby from 12-1pm or later if needed. **Please call Teresa at 520-321-4496 to make an appointment as he may get here earlier.**

FALL WORD SEARCH

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

ACORN
 FOOTBALL
 NOVEMBER
 SEPTEMBER

APPLES
 HALLOWEEN
 OCTOBER
 SUNFLOWER

AUTUMN
 HARVEST
 PUMPKIN
 SWEATER

CANDY
 HAYRIDE
 RAKE
 THANKSGIVING

CIDER
 LEAVES
 SCARECROW
 TURKEY

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? COVENANT HOUSE ANNUAL HALLOWEEN PARTY!!!

WHEN? FRIDAY, OCTOBER 31st AT NOON

WHERE? MULTI-PURPOSE ROOM

CHAT POTLUCK! COSTUME CONTEST AND EARN YOUR HALLOWEEN BEADS
BY PLAYING SPOOKY GAMES!!!

<div>   <div> Covenant House Calendar October 2025 </div>   </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2 	3 Questions with Fernando Diaz at 12noon.	4 Mexican Train Dominoes at 2pm! 
5 	6 	7 SC Lobby Hours 10-11	8 Food Boxes at 8:30am! 	9 Vaccine Clinic at 9am! 	10 Questions with Fernando Diaz at 12noon.	11 Mexican Train Dominoes at 2pm! 
12 	13 Offices will be closed for Indigenous People's/ Columbus Day! 	14 SC Lobby Hours 10-11 Palliative Care & Hospice Services at 1:30 in MPR! 	15	16 Keeping the Art of Story Alive at 10am! 	17 Questions with Fernando Diaz at 12noon.	18 Mexican Train Dominoes at 2pm! 
19	20 COMPUTERS FOR BEGINNERS with Austin at 2pm!	21 SC Lobby Hours 10-11 Bingo at 1pm! 	22 	23	24 Questions with Fernando Diaz at 12noon. 	25 Mexican Train Dominoes at 2pm! 
26 	27 	28 SC Lobby Hours 10-11	29 It's The Great Pumpkin. Charlie Brown  with Austin at 2pm!	30	31 Halloween Costume Party/Potluck fun & games at 12pm! 	



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!

**October 8th
November 12th**