

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

December 2025



Tis the season for family and friends to enjoy the holidays!



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



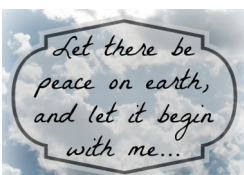
We will be celebrating with a
Christmas/Holiday Party on Monday, December 22nd at 1pm



Please use the **Sign up sheet** in the lobby next to office!



We will be having a raffle of some small gift bags for the residents



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

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 (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

B'nai B'rith Covenant House is professionally managed by Biltmore Properties Inc.



MERRY CHRISTMAS



Service Coordinator News --- Teresa Wachala



*I want to wish all of you a very **Happy Holiday** season and thank you for your help and encouragement this year!*



Please be kind to each other and introduce yourself to new residents or make a new friend.



- ♦ 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** as well as **instant coffee**, etc. I also provide such things as, **hearing aide batteries, 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.
- ♦ Please remember to see me if you get **any mail** you do not understand or need help with, especially from **AHCCCS, DES or Social Security** as there may be a deadline and I do not want anyone to lose their benefits. I can help set up on-line accounts which can make the process for recertification and printing new award letters or current benefit statements much easier.



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 and Movies this month:

"Electronics Battery Care 101"
Friday, December 12th at 2pm

"A Charlie Brown Christmas"
Wednesday, December 17th at 2pm

"Elf"
Friday, December 19th at 2pm

Dispatch Health
Same-Day, In-Home
Urgent Medical
520-442-2269

DispatchHealth.com

Depending on your insurance, you may have a co-pay. Please check first.



Haircuts and Nails

Coni is a licensed
Hairdresser & Nail Tech
who comes to the
building to provide services.



Please call her at 520-333-0900.



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 **2.8% Cost of Living Adjustment (COLA) increase to benefits in 2026** 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, **DO NOT** fold, rip, or spill anything on your rent checks or money orders. We cannot run them through the bank scanners under those conditions.
- ◆ It is **your responsibility** to be available for your **Annual Recertification appointment!** Please, **always notify the office when going out of town** so you will be aware of any scheduled recertification appointment.
- ◆ Please remember that your **Emergency Contact** should be the same person in your file with the management office as well as with the Service Coordinator. **If your emergency contact changes at any time, it is IMPORTANT THAT YOU INFORM REDA or GULNAR & TERESA!** Thank you!
- ◆ If you see trespassers on the property, **you should call 311 or 911** as soon as possible.



The theme for 2025 is **"Our Everyday Essentials"** which highlights how human rights are a fundamental part of daily life. This theme is supported by the slogan, "All Human, All Equal," emphasizing equality and dignity for all individuals. In this period of turbulence and unpredictability, where many feel a growing sense of insecurity, disaffection and alienation, the aim is to reaffirm the values of human rights and show that they remain a winning proposition for humanity.



Peace



*Peace will come when people live
In friendship, side by side,
And cherish understanding
More than hatred, greed and pride.*

*Peace will come when people see
All people as the same,
And no one has to live in fear,
In ignorance, or shame.*

*Peace will come when people
Who are needy can reach out
For shelter, food, or love,
And no one has to do without.*

*Peace will come when people
Learn to listen and to care
About the rights and dignity
Of people everywhere.*

*Peace will come when love and trust
And kindness know rebirth,
And on that day all people
Will rejoice in peace on earth.*

-Amanda Bradley-



CHAT CORNER

NEW YEARS EVE—PIZZA PARTY/ DOOR PRIZES/ BLOWOUT BINGO

Wednesday, December 31st at 2pm in the MPR.

Pizza party at 2pm, then Door Prizes (must be present to win!) Blowout Bingo will be after the pizza party. There will be some of the biggest, best prizes ever. Please join us.

Eat some pizza, maybe win a door prize, and see if the bingo balls bounce your way.

Sign-up sheet in lobby next to the office. Must sign up by December 22nd.

Please pick only 1: cheese or pepperoni pizza. Come ring in the New Year with us.

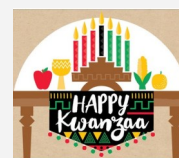
Sadly, CHAT is coming to an end. We want to thank all the Residents of Covenant House for their participation in all of our events, yard sales, and the CHAT Bakery.

I want to thank the following members of CHAT for their tireless dedication in helping make CHAT a success: Karen A., Barbara P., Jan R., Jane G., Joyce R., David D., and Rosy T.

Wishing all the residents of Covenant House a



**MERRY CHRISTMAS
HAPPY HANUKKAH
JOYOUS KWANZAA
BLESSED NEW YEAR**



CHRISTMAS CRAFT for GIFTS

Tuesday, December 9th at 10am

Join Carol to Brush-Glue



**Crocheted Daisies
made from
Embroidery Floss
Stems-leaves-grass
On poster board**

Sign-up in the lobby.

PIZZA/BINGO

NEW YEARS EVE PARTY

in the multi-purpose room

Wednesday, December 31st



**Pizza at 2pm
Door Prizes
Blowout Bingo**



Sign-up in the lobby.

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



Our December Meetings:

Tuesday, December 9th at 2pm in MPR
Tuesday, December 23rd at 2pm in MPR

Story Circles – Practice your prepared stories for constructive feedback (informal meetings 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.

Please join us in support, whether you are a listener or teller.

Thank you, residents of Covenant House.



NATURAL HEALING

Presented by
YELENA GILLMAN



THURSDAY, DECEMBER 11TH at 1 PM in MPR

Join us for an interactive session.

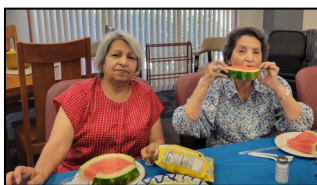
I will answer your personal health questions and create a personalized healing plan.

Everyone will benefit as symptoms and conditions are similar among the population.

Please submit your questions to Teresa before December 11th!



**2025 Parties
 and Events**



*****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****4 SIMPLE HEALTHY HOLIDAYS TIPS**

1. **STAY HYDRATED:** Drinking water is one way you can stay healthy during the holidays. Senior citizens, especially, need to drink plenty of fluids, as not drinking enough water could cause many minor and serious issues including hospitalization. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.
2. **FOLLOW DIETARY RESTRICTIONS:** Some seniors must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren't any healthy options available. When people get stressed, they tend to overeat and don't stick to their diets. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.
3. **DRINK IN MODERATION:** Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.
4. **KEEP EXERCISING:** The holidays are synonymous with cold weather. To stick to an exercise schedule, bundle up for a walk around the block. If it's too cold outside, visit the Wellness Center or drive to an indoor shopping mall and walk a few laps while window-shopping.

Covenant House Calendar December 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
 					Fernando Diaz at 12pm!	Mexican Train Dominoes at 2pm!
7 	8 	9 Craft Class at 10am in MPR!  Art of the Story Meeting at 2pm!	10 Food Boxes at 8:30am! 	11 NATURAL HEALING— Questions & Consultations with Yelena at 1pm. 	12 Fernando Diaz at 12pm! “Electronics Battery Care 101” with Austin at 2pm!	13  Mexican Train Dominoes at 2pm!
14 	15 	16 	17 “A Charlie Brown Christmas” with Austin at 2pm!	18 Offices will be closed for our Staff Holiday Party in Phoenix! 	19 Fernando Diaz at 12pm! “Elf” with Austin at 2pm!	20  Mexican Train Dominoes at 2pm!
21 	22 Christmas/ Holiday Party at 1pm! 	23 Art of the Story Meeting at 2pm! 	24  	25 Offices will be closed for the Christmas Holiday!  	26 SC out of office KWANZAA 	27  Mexican Train Dominoes at 2pm!
28 	29 	30 	31 Pizza/Bingo Party at 2pm in MPR!  			



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!

**December 10th
January 14th**