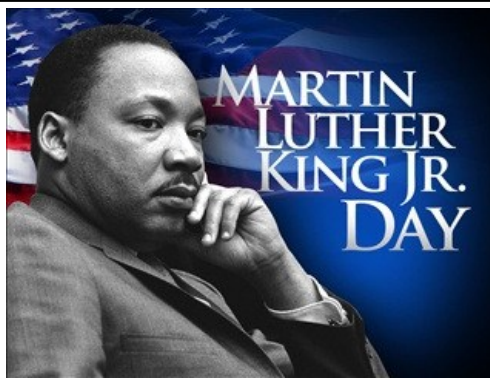


# COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

January 2026



## Happy New Year

If it didn't bring you joy,  
just leave it behind.  
Let's ring in the new year  
with good things in mind.

Let go every bad memory  
that brought heartache and pain,  
and let's turn a new leaf  
with the smell of new rain.

Let's forget past mistakes  
making amends for this year.  
Sending you these greetings  
to bring you hope and cheer.

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.

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

### 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\*\*\*



Happy New Year to all! Wishing you and your family the most abundant blessings and happiness in 2026! I hope that you have found ways to stay positive and continue to be there for each other. I would like all of you to practice kindness and patience this year. It has been really nice to see more residents enjoying themselves. I would like to thank all the residents who helped, volunteered, or assisted this past year, especially with the Food Bank, Parties, Library and Birthday Cards. I thank you all for making the new residents feel so welcome and learn their way around. Many of you have taken the meaning of neighbor to heart. Let's keep our Buddy system going. I am grateful for all the support and words of appreciation from the residents, Covenant House & Biltmore staff and our Board members. It really makes me enjoy my job more! Please stay well and be safe. Be kind to each other and know I am only a phone call away even if you just need to chat. ---Teresa



- ♦ If anyone runs low on food or other items during the month, I have an **emergency food pantry**. I have various food items, as well as paper products, etc. Please call 520-321-4496 and let me know if you need anything. If you need any of the above items please see me during my office hours. All distributions are kept confidential.
- ♦ I sell **stamps and quarters**, so call me if you need them or see me during my lobby hours.



### KN95 Masks are available!

Since this is cold and flu season and Covid is still an issue, you may want to wear a mask at busy stores or taking public transportation, to protect yourself. Please see Teresa if you would like some masks.

### 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.

### Class and Movie this month:

**"Internet Basics"**  
Friday, January 16<sup>th</sup> at 2pm  
in the Computer Room


**"Quartet"**  
Friday, January 23<sup>rd</sup> at 2pm  
in the Computer Room



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



*Wishing all a very Happy New Year!!*

- ◆ Please **DO NOT** let your pets sit directly on any of the indoor or outdoor furniture! It is there to be enjoyed by all residents and should be free of pet hair and dirty paw prints.
- ◆ We realize that some of you are helping other residents by walking their dogs. Please be advised that **if you walk someone else's dog, you must clean up after them and you are responsible for the dog's behavior while they are in your care.** Please make sure you know how the dog reacts to other people and other dogs/animals before agreeing to help. 
- ◆ 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.** If you think it might be Covid and want to get tested, call Teresa to see if she has any test kits. Your insurance may pay for free home tests or you can call a local pharmacy to make an appointment. This is for the safety of **ALL** in our community, so please help us keep everyone safe.



### 140ET forms for a \$25 tax credit are coming!!



Teresa will make copies of the tax credit form, along with some samples, and leave them on the table in the lobby. Please call her to discuss whether you qualify to get a \$25 check from the state. The quickest way to get it back is to have it directly deposited into your checking or savings account. ***If you do not get your refund back within six weeks of sending it in, please call Teresa so she can help you call the state revenue office to inquire about it.***



### National Hug Day or National Hugging Day

occurs on January 21<sup>st</sup>

The purpose of the day is to help everyone show more emotion in public. Whether you hug a family member or a stranger, the mental and physical health benefits are the same. From the day we are born, hugs or touch improve our sleep. Hugging, like cuddling, releases oxytocin. On its own, this hormone provides tremendous health benefits. Not only does it gives us feel-good hormones, but it reduces pain. Receiving a hug helps reduce stress, lowers blood pressure, and lowers the risk of heart disease. It also eases anxiety. Hug someone every day!



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



### Our December Meetings (NEW DAY & TIME!):

**Wednesday, January 7<sup>th</sup> at 3pm in MPR**

**Wednesday, January 21<sup>st</sup> at 3pm 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.



## SWIBA-Southwest Institute for Bio-Advancement

**Monday, January 12<sup>th</sup> at 2pm**



SWIBA is an Arizona based anatomical donation organization established to give interested donors the ability to make a meaningful difference in the lives of others. Come and learn about the body donation process and how it helps with medical advances.



*Refreshments will be served!*



## Art and Science of Nutrition

APPLYING AYURVEDIC PRICIPLES OF CONSTITUTION  
INTO DAILY LIVING TO SUPPORT OPTIMAL HEALTH

**Presented by**

**YELENA GILLMAN**

**FNP, RPH, CN, E-RYT500**

**THURSDAY, JANUARY 15<sup>TH</sup> at 2 PM in the MPR**

Join us for this workshop where I introduce the foundational principles of Ayurvedic dosha constitutions—Vata, Pitta, and Kapha.

And provide practical, nutrition-focused guidance tailored to each dosha.

Participants will learn how constitutional balance influences digestion, metabolism, energy, mood, and long-term health, and how food choices can be used therapeutically to restore and maintain balance.

Please complete Dosha Quiz prior to attending  
*(ask Teresa for test)*



# HAPPY NEW YEAR!



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

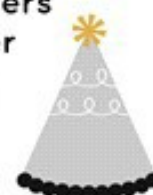
Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy



New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers



**\*\*\*Wellness Center—Troy Pearson\*\*\*****OFFICE HOURS:****TUESDAY: 6:00AM—11:00AM****THURSDAY: 6:00AM—11:00AM****FRIDAY: 6:00AM— 4:00PM****2026**  
HAPPY NEW YEAR**TROY J PEARSON—WELLNESS DIRECTOR****MAKE 2026 YOUR HEALTHIEST YEAR EVER!!!**

Everyone can exercise regardless of age, pre-existing conditions, limitations or current level of fitness. Exercise is different for each person and intensity and modifications can be made to suit each individual so they can reap the many benefits of exercise safely and effectively.

**BENEFITS OF EXERCISE**

- BOOSTS YOUR IMMUNE SYSTEM
- IMPROVES JOINT FUNCTION
- IMPROVES SLEEPING PATTERNS
  - IMPROVES STRENGTH
  - INCREASES ENERGY LEVELS
- STRENGTHENS YOUR BONES
  - IMPROVES BALANCE
  - IMPROVES SELF-ESTEEM
- HELPS MAINTAIN YOUR INDEPENDENCE
- IMPROVES OVERALL QUALITY OF LIFE





2026 HAPPY NEW YEAR		Covenant House Calendar January 2026			MARTIN LUTHER KING JR. — DAY —	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Offices will be closed for New Year's Holiday! 	2 Fernando Diaz at 12pm!	3 Mexican Train Dominoes at 3:30pm! 
4 	5	6 Lobby Hours 10-11am	7 Art of the Story Meeting at 3pm!	8 	9 Fernando Diaz at 12pm!	10 Mexican Train Dominoes at 3:30pm! 
11	12 SWIBA Body donation at 2pm! 	13 Lobby Hours 10-11am	14 Food Boxes at 8:30am! 	15 Art & Science of Nutrition (Ayurvedic dosha constitutions) at 2pm!	16 Fernando Diaz at 12pm! "Internet Basics" class at 2pm in CR!	17 Mexican Train Dominoes at 3:30pm! 
18	19 Offices will be closed for Martin Luther King, Jr. Day! 	20 Lobby Hours 10-11am	21 Art of the Story Meeting at 3pm! 	22 	23 Fernando Diaz at 12pm! Movie "Quartet" at 2pm in CR!	24 Mexican Train Dominoes at 3:30pm! 
25	26	27 Lobby Hours 10-11am	28	29 	30 Fernando Diaz at 12pm!	31 Mexican Train Dominoes at 3:30pm! 



## *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:

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 THANK YOU** to them for helping make our newsletter possible!



### CSFP (Food Plus)

**Income Guidelines:**  
\$1632/mo (ind)  
\$2322/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!**

**January 14<sup>th</sup>  
February 11<sup>th</sup>**