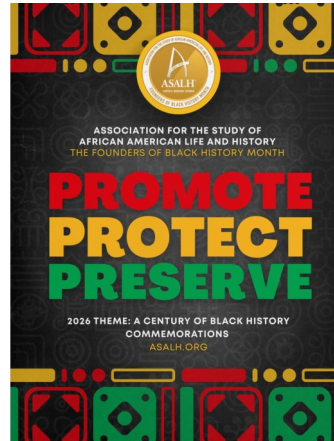


COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

February 2026

Black History Month in 2026 marks its 100th anniversary of national commemoration, with the theme **"A Century of Black History Commemorations,"** focusing on the transformative impact of these celebrations and the ongoing struggle for accurate history, urging communities to explore the meaning of Black history and life in the modern world. The Association for the Study of African American Life and History (ASALH) leads this observance, emphasizing self-determination and preserving Black narratives against erasure.



The celebration of Valentine's Day is not limited to lovers but includes any and everyone loved by us, be it our parents, siblings, children, friends, relatives or dear ones. In its true sense, Valentine's Day celebrates love.

Presidents' Day in the United States, is a federal holiday observed on the third Monday of February in honor of George Washington (born on February 22), the first President of the United States. The holiday is popularly recognized as also honoring Abraham Lincoln (born on February 12), and sometimes all the U.S. presidents.



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

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 VALENTINE'S DAY!

During this month of love, let us all remember to accept each other for who we are and forge more friendships. Let us celebrate our diversity and learn from each other in the spirit of love, peace and understanding.

"Love is the strongest force the world possesses, and yet it is the humblest imaginable." - Mahatma Gandhi

"Love doesn't make the world go round, Love is what makes the ride worthwhile." - Elizabeth Browning

- ♦ 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. Since many items are not covered by food stamps, I also provide such things as, **dish soap, laundry soap, 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 see me during my office hours. All distributions are kept confidential.

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

- ♦ **ATTN DOG OWNERS:** I received a donation of dog waste bags. Please come see me if you need any.



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



I made copies of the tax credit form, along with some samples, and left them on the table in the lobby. Please call me to discuss whether you qualify to get a \$25 check from the state or to make sure it is filled out correctly. The address to send it, is located at the bottom of the form. **If you are a couple**, please see me for further instructions as you can get \$50. 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 me so I can help you call the state revenue office to inquire about it.



Story Circle Pop-Up Program

We have developed a resident for your Story entertainment. She will make her debut on **Friday, February 27th at the Rodeo Days Event.**

See you there for the fun and support.



Manager's Memo—Reda Anna



IMPORTANT REMINDERS!

- ♦ If you recently recertified all of your paperwork with the office, your rent has changed! **PLEASE CALL THE OFFICE BEFORE YOU MAKE OUT YOUR RENT CHECK SO IT HAS THE PROPER AMOUNT!**
- ♦ Please, **DO NOT** leave ANY food items on the tables in the hallways as it could attract pests. The **ONLY** place you should leave them is on the **back table in the multipurpose room. NEVER** leave food that is opened, frozen or anything that needs refrigeration on the tables. Please contact Teresa if you have any questions or cannot get downstairs to place these items on the table in the MPR.
- ♦ We know it may be difficult to find parking, but **PLEASE DO NOT PARK IN THE POSTED FIRE LANES. You can be towed as the signs state.**

FILE OF LIFE	
KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF	MO. YR.
Name:	Sex: M F
Address:	
Doctor:	Phone #:
Doctor:	Phone #:
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	
Name:	Phone #:
Address:	

It is very important to keep your **File of Life** on your refrigerator. The paramedics always look there when responding to an emergency. Please take a look at your **File of Life** to see if it needs to be up-dated (check it every six months), or if you don't have one, please see Teresa.



Random Acts of Kindness Day in 2026 falls on **Tuesday, February 17th**, as part of [Random Acts of Kindness Week](#) (February 15-21, 2026), a day to encourage simple, selfless acts to spread positivity, with ideas including compliments, paying it forward, or helping neighbors. The goal is to make kindness contagious and create a ripple effect of compassion.



NOBODY IS PERFECT
Nobody has it easy.
You never know what people are going through.
So pause before you start judging, criticizing or mocking others.
Everyone is fighting their own unique war.



WHEN YOU CAN'T CONTROL WHAT IS HAPPENING AROUND YOU, CHALLENGE YOURSELF TO CONTROL THE WAY IN WHICH YOU RESPOND.

THAT IS WHERE YOUR TRUE POWER LIES.



Essential Supplements for Healthy Aging



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



THURSDAY, FEBRUARY 19TH at 2 PM in MPR

Learn how to support energy, strength, brain health, and longevity—naturally and safely.

As we age, our nutritional needs change. Even with a healthy diet, certain key nutrients become harder to absorb, yet more critical for maintaining vitality, mobility, and cognitive function.

Join us for an informative and practical workshop where we will explore **essential supplements for healthy aging**, grounded in both science and holistic wellness principles.



Moist Apple Cake



5 apples - peeled, cored and sliced
2 cups all-purpose flour
½ teaspoon salt
4 teaspoons ground cinnamon
4 teaspoons baking powder
4 large eggs

2 cups white sugar
1 cup vegetable oil
2 teaspoons vanilla extract
1 cup chopped walnuts
4 teaspoons white sugar
1 teaspoon ground cinnamon

Preheat the oven to 350 degrees. Lightly grease and flour a 9x13-inch pan.

Sift flour, salt, cinnamon, and baking powder together; set aside.

Beat eggs and sugar together in a large bowl with an electric mixer on high speed until light in color, about 2 to 3 minutes; beat in oil until combined. Add flour mixture and mix well. Add vanilla and fold in apples and nuts. Pour cake batter into prepared pan.

Mix 4 teaspoons sugar with 1 teaspoon cinnamon in a small bowl; sprinkle over cake. Bake in the preheated oven until a toothpick inserted into center of the cake comes out clean, about 50 to 60 minutes.

Happy Valentine's Day!

Candle Light

Cards

Chocolate

Cupid

Date

Dinner

First Kiss

Memories

Movie

Pink

Poem

Proposal

Red

Romance

Roses

St. Valentine

Sweetarts

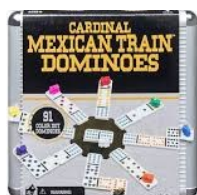
Teddy Bear

True Love



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

Chicken Scratch NY



Mexican Train Dominoes
every Saturday at 2pm!
 in the multipurpose room!

ALL RESIDENTS WELCOME!

All levels of experience are welcome and we can teach beginners. Hope you can come!

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:

"AI Generated Videos"
 Friday, February 13th at 2pm
 in the Computer Room

"Our Planet II"
 Friday, February 20th at 2pm
 in the Computer Room

*****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

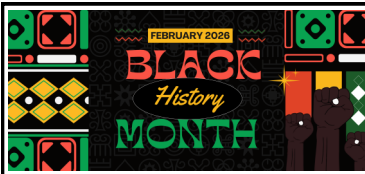


WHAT? RODEO DAYS CELEBRATION!!!

WHEN? FRIDAY, FEBRUARY 27TH AT NOON!!!

WHERE? MULTI-PURPOSE ROOM!!!

**FOOD, FUN, EARN YOUR SHERIFF BADGES BY PLAYING
FUN GAMES, FREE COWBOY HATS & BANDANAS,
SPECIAL STORY CIRCLE POP-UP BEFORE LUNCH!!!**



Covenant House Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 GROUNDHOG DAY	3 SC Lobby Hours 10-11am	4	5 A heart with Snoopy and Woodstock inside.	6 Fernando Diaz at 12pm!	7 Mexican Train Dominoes at 2pm!
8 A cartoon bear holding a large pink heart.	9 A red teddy bear sitting next to a pink heart.	10 SC Lobby Hours 10-11am A yellow teddy bear holding a pink heart.	11 Food Boxes at 8:30am!! An open cardboard box filled with food items.	12 A corgi holding a heart that says "BE MY VALENTINE".	13 Fernando Diaz at 12pm! "AI Generated Videos" at 2pm in CR!	14 Mexican Train Dominoes at 2pm! A heart with the text "Happy Valentine's Day".
15 A heart with various Valentine's Day symbols like a heart, a star, and a heart.	16 Offices will be closed for Presidents Day! An illustration of the Presidents' Day holiday.	17 SC Lobby Hours 10-11am A heart with the text "RANDOM ACT OF KINDNESS DAY".	18 Art of the Story Meeting at 3pm!	19 Essential Supplements for Healthy Aging with Yelena at 2pm! An illustration of various supplements.	20 Fernando Diaz at 12pm! "Our Planet II" at 2pm in CR! An illustration of penguins.	21 Mexican Train Dominoes at 2pm!
22 A cartoon girl wearing a cowboy hat and holding a lasso.	23 An illustration of a cowboy riding a horse.	24 SC Lobby Hours 10-11am An illustration of a cowboy riding a horse.	25 An illustration of a cowboy riding a horse.	26 An illustration of a cowboy hat and a lasso. La Fiesta de los VAQUEROS Tucson Rodeo ARIZONA'S CELEBRATION of the COWBOY	27 Fernando Diaz at 12pm! Rodeo Days Celebration at 12noon! An illustration of a cowboy riding a horse.	28 Mexican Train Dominoes at 2pm!
A heart with a stethoscope around it. February American Heart Month		February is National Dental Health Month Two cartoon teeth holding a string. February is National Dental Health Month		FEBRUARY A purple ribbon. CANCER AWARENESS National Cancer Prevention Month		FEBRUARY Age-Related Macular Degeneration & Low Vision Awareness Month



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 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 (2nd Weds. of mo.)

Pick-up time is 8:30!

**February 11th
March 11th**