

# COVENANT HOUSE CHRONICLES

**B'nai B'rith Covenant House**

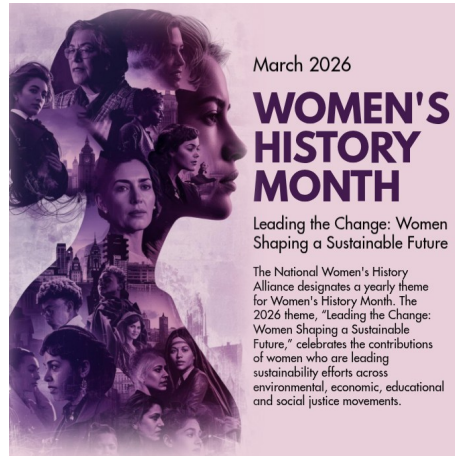
**March 2026**

## WOMEN'S HISTORY MONTH

The theme for Women's History Month in 2026 is:

**“Leading the Change: Women Shaping a Sustainable Future.”**

This theme honors the women who have and are reimagining and rebuilding systems to ensure long-term sustainability - environmental, economic, educational and societal.



## 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



*Our St. Patrick's Day meal will be held on*



*Tuesday, March 17<sup>th</sup> at 1 pm!*

*Sign-up in the lobby!*



## 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.

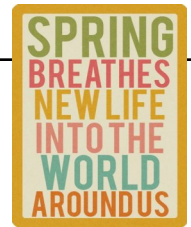
Biltmore Properties, Inc. (BPI) does not discriminate on the basis of disability status in the admission or access to, or treatment or employment in, its federally assisted programs and activities. BPI's Section 504 Coordinator (602.997.0013 or 1.800.367.8939 or 711 for TTY users) located at 2330 W Mission 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.





\*\*\*Service Coordinator News --- Teresa Wachala\*\*\*



I would like to wish everyone a Happy St. Patrick's Day and Hello Spring!

May the wings of the butterfly kiss the sun and find your shoulder to light on, To bring you luck, happiness and riches Today, tomorrow and beyond. -An Irish Blessing



- ◆ Please let me know if you would like a copy of the **Resource Guide** I have available. It contains local information about transportation, AHCCCS, Senior Centers, Local Pharmacies and even Pet Care. I will gladly print you a copy for your own information.
- ◆ 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**, etc. Since many items are not covered by food stamps, I also provide such things as, **dish soap, clothes 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.
- ◆ If anyone makes their own **SHARPS containers** from household coffee cans or detergent bottles, etc., I have the **Biohazard stickers** to put on them before you put them in the trash. Please call me at 520-321-4496 if you need some.



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. The deadline is April 15<sup>th</sup>, so please see me to find out if you qualify!**



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

Since Spring has sprung, please feel free to enjoy our outdoor sitting areas and take time to smell and see all the blooming plants. This would also be a good time to do a little spring cleaning in your apartments.



**IMPORTANT!!**

- \* Please **DO NOT** park in any resident spot that is designated as reserved. These spots are clearly marked.
- \* Please **DO NOT** park in the handicapped spots unless you have a handicapped placard or license plate. The extra space and lines that are next to the handicapped spots are required by law and no one else should be parking there.
- \* **LAUNDRY ROOMS**—Please remember we have three laundry rooms for **ALL** the residents, so please be considerate of others. Try to stay with your laundry, or kindly set a timer as a reminder and remove your laundry in a timely manner so others can use the machines. Please, **DO NOT** remove others' laundry as it is their private belongings. Please let the management know, or use another machine or laundry room. Thank you.

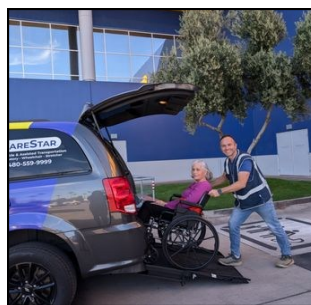
**“MAY YOUR TROUBLES BE LESS, AND YOUR BLESSINGS BE MORE, AND NOTHING BUT HAPPINESS COME THROUGH YOUR DOOR.” —DORIEN KELLY**

**CARESTAR™**  
 Accessible & Assisted Transportation  
 Ambulatory - Wheelchair - Stretcher  
**480-559-9999**

**Rides with Extra Care!**

- ✓ We ensure patients get to appointments on time, **every time.**
- ✓ **Our trained and compassionate operators** prioritize patient comfort and safety.
- ✓ We **tailor our services** to perfectly fit your unique needs.

**CareStar** is available for rides to medical appointments. Call CareStar for more information as you will have to call your insurance for authorization for rides. **Please contact Teresa at 520-321-4496 for help with this process.**



## Essential Supplements for Healthy Aging



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



**THURSDAY, MARCH 12<sup>TH</sup> 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.



**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.****



**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](mailto:networkcentercoordinator@gmail.com) or call Teresa at 520-321-4496.

### Classes and Movie this month:

**“Email Basics”**  
 Friday, March 13<sup>th</sup> at 2pm  
 in the Computer Room

**“The Bucket List”**  
 Wednesday, March 25<sup>th</sup> at 2pm  
 in the Computer Room



# St. Patrick's Day Word Search



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



- |             |            |             |
|-------------|------------|-------------|
| CLOVER      | IRELAND    | PARADE      |
| COINS       | IRISH      | PATRICK     |
| CORNED BEEF | LEPRECHAUN | POT OF GOLD |
| TRADITION   | LUCK       | RAINBOW     |
| GREEN       | MARCH      | SHAMROCK    |



**\*\*\*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

**MINUTE MARCH**

This month we will be doing the MINUTE MARCH!!! There will be a monthly log available in the lobby or the Wellness Center to keep track of your daily walking times. Whether you are going for a brisk walk around the property, a walk to the store, a dog walk or a walk on the treadmill—LOG YOUR MINUTES!!!!

Turn your MINUTE MARCH LOG SHEETS in at the end of the month and receive a pedometer and then see how many total minutes we have as a collective group during the month of March.

Walking is great, low-impact activity and has many benefits like caloric expenditure, improved heart health, reduced risk of chronic disease and reduced stress level.



# Covenant House March 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3 SC Lobby Hours 10-11am  Story Circle Practice Meeting at 3pm.	4 	5	6 Fernando Diaz at 12pm!	7 Mexican Train Dominoes at 2pm! 
8 	9	10 SC Lobby Hours 10-11am	11 Food Boxes at 8:30am! 	12 Essential Supplements for Healthy Aging with Yelena at 2pm! 	13 Fernando Diaz at 12pm!  Email Basics with Austin at 2pm in Computer room!	14 Mexican Train Dominoes at 2pm! 
15 	16 	17 St. Patrick's Day meal at 1pm! 	18 Story Circle Practice Meeting at 3pm.	19 	20 Fernando Diaz at 12pm! 	21 Mexican Train Dominoes at 2pm! 
22	23	24 SC Lobby Hours 10-11am	25 Movie "the Bucket List" with Austin at 2pm in Computer room!	26	27 Fernando Diaz at 12pm!	28 Mexican Train Dominoes at 2pm! 
29	30	31 SC Lobby Hours 10-11am				



## *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](http://www.facebook.com/covenanthousetucson)

Phone: 520-327-2200 Fax: 520-327-0080

E-mail: [bnaibrithcovenan@qwestoffice.net](mailto:bnaibrithcovenan@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:**  
**NEW \$1729/mo (ind)**  
**NEW \$2345/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!**

**March 11<sup>th</sup>  
April 8<sup>th</sup>**