

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

April 2026



PASSOVER (April 1-April 9)

One of the Jewish religion's most sacred and widely observed holidays, Passover (Hebrew: Pesach) commemorates the story of the Israelites' departure from ancient



Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers and Deuteronomy, among other texts. Jews observe the weeklong festival with a number of important rituals, including traditional Passover meals known as Seders, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale.





EASTER

Easter is a Christian holiday that celebrates the belief in the resurrection of Jesus Christ from the dead. The holiday concludes the "Passion of Christ," a series of events and holidays that begins with Lent—a 40-day period of fasting, prayer and sacrifice—and ends with Holy Week, which includes Holy Thursday, Good Friday, and Easter Sunday. From the very early times, the egg has been considered the most important symbol of rebirth.



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.

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Covenant House Staff

- **Reda Anna,**
Manager
- **Gulnar Akhmedova,**
Assistant Manager
- **Teresa Wachala,**
Service Coordinator
- **Troy Pearson,**
Wellness Center
- **Austin Garland,**
Computer Coord.
- **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*****

Wishing everyone a Happy Passover and Easter! I so appreciate all the kind words of love and support from residents, staff, board members and Biltmore. They touch me deeply and keep me going.

A special THANK YOU to all my current and future resident volunteers, especially during this month of Volunteer appreciation! You are the only way I can keep having the ongoing programs like the Food Bank boxes, Birthday Cards, Library, Crafts and other activities.

I am so grateful for my volunteers and am happy to see residents helping each other. Please don't hesitate to call me if you need anything, even just to talk,

With a grateful heart, Teresa 



Compassion in Care: Support for Life's Later Chapters
Thursday, April 9th at 2pm
Refreshments Provided

At AdvisaCare Hospice we are dedicated to serving our patients and community with love and compassion. Our mission is to bring comfort and dignity to those facing life-limiting illnesses by easing pain and suffering through comprehensive care. We provide not only expert medical support but also emotional, social, and spiritual guidance- helping our patients and their families find peace, hope and connection throughout every stage of care.

“Natural Support for Bladder Health in Aging Adults”
Reducing Urgency, Frequency, and Improving Quality of Life

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

THURSDAY APRIL 16TH at 2 pm IN MPR

Together We Explore:

- Understand common urinary issues in aging adults
- Identify root causes (not just symptoms)
- Explore evidence-based natural remedies
- Provide practical, safe, implementable strategies





Manager's Memo—Reda Anna



Happy Passover and Easter to all!!

Due to the various inspections we have throughout the year, it is always a good idea to keep your apartments in good condition.

The following tips should help:



Things that you should look for in your apartments....

- ◆ **Emergency Items-** Blocked or inoperable smoke alarms. Nothing should be blocking your access to the emergency pull cords. The cord must be fully extended.
- ◆ **Tripping Hazards** - You should never have any cords running across the room or taped to the floor, including TV cable wiring.
- ◆ **Electrical Panels** - **NOTHING** may be covering your electrical panel. It must be easy to see and easily accessible.
- ◆ **Missing or broken outlet/switch covers** - Please report any broken outlet or switch covers, so they can be replaced.
- ◆ **Stovetops and ovens** - Please remember they are used for cooking and baking, not for storage.
- ◆ **Faucets** - Please remember to shut your faucets tight when you turn them off. This saves water and stops the damage to the sink.
- ◆ **Window screens** - If your window screens need replacing, please come to the office and let us know.
- ◆ **In front of your door** - You may keep things on the shelf outside your door, but the hallway and floor outside of your door should be free of clutter.
- ◆ **Water Heater Closet** - **NOTHING** else should be stored in the water heater closet.
- ◆ **Sprinklers** - Nothing should be stored directly under or around the sprinklers in the closets.
- ◆ **A/C units** - Please keep your windows shut when the A/C is running to avoid condensation and leaking. If you keep the A/C at a constant temperature (75°) it should stay nice and cool without the unit freezing up. If your A/C goes out, we may not be able to get someone here to fix it right away, so please follow these tips to keep it working properly.

Please call the management office at 520-327-2200 if you have any questions.

"You can't go back and change the beginning, but you can start where you are and change the ending" - C.S. Lewis

"Be the change that you wish to see in the world" - Mahatma Gandhi

APRIL 15
STRESS
AWARENESS MONTH

WAYS TO RELIEVE STRESS

APRIL 15
STRESS
AWARENESS MONTH

 Get in a workout	 Go for a walk	 Spend time in nature
 Make a list of what you're grateful for	 Treat yourself to a spa service	 Practice meditation or deep breathing
 Do something creative	 Connect with friends & loved ones	 Hang out with your pet
 Take a nap or bath	 Read a good book	 Listen to music

CELEBRATE APRIL

NATIONAL HUMOUR MONTH

LAUGHTER IS THE BEST MEDICINE HA-HA-HA

My age doesn't bother me...it's the side effects.

BENEFITS OF LAUGHING



BOOSTS IMMUNE FUNCTION

SOCIAL CONNECTIONS

REDUCES STRESS HORMONES

IMPROVES SLEEP (BY REDUCING STRESS HORMONES)

SOCIAL EMOTIONAL SKILLS

IMPROVES HEART HEALTH

WORKS CORE MUSCLES

PROBLEM SOLVING, MEMORY, & CREATIVITY

IMPROVES MOOD

STRENGTHENS RESILIENCE




"Do you believe in life after death?" the boss asked one of his employees.

"Yes, sir," the clerk replied.

"That's good," the boss said. "After you left early yesterday to go to your grandmother's funeral, she stopped in to see you."

“

Dogs can't operate MRI machines.
But catscan.

Visited my doctor today. He told me my sugar was too high. So I came home & moved it to a lower shelf.

Texting FOR Seniors

- BFF** - best friend fell
- BTW** - bring the wheelchair
- TTYL** - talk to you louder
- BYOT** - bring your own teeth
- LMDO** - laughing my dentures out
- FWIW** - forgot where I was
- IMHAO** - is my hearing aid on?
- OMMR** - on my massage recliner
- ROFLACGU** - rolling on the floor laughing and can't get up



With my ailing memory, I'm thinking of changing my password to "incorrect" That way, when I log in with the wrong password, the computer will tell me..

"Your password is incorrect"



If my body were a car, this is the time I would be thinking about trading it in for a for a newer model because almost every time I sneeze, cough or sputter, either my radiator leaks or my exhaust backfires.

The Journey Home Mavis

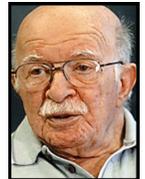


Holocaust Remembrance Day is on April 14th!
It is never too late, and we should always remember those who lost their lives during the Holocaust and make sure it never happens again.

The United States Congress established the Days of Remembrance as the nation’s annual commemoration of the Holocaust and created the United States Holocaust Memorial Museum as a permanent living

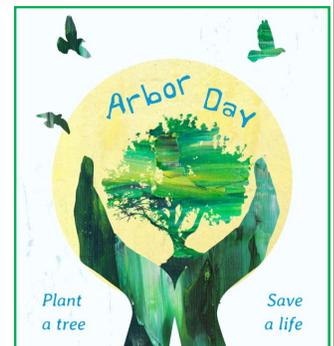
memorial to the victims. Yom Ha Shoah (Holocaust Remembrance Day) is observed as Israel's day of commemoration for the approximately six million Jews and five million others who perished in the Holocaust as a result of the actions carried out by Nazi Germany and its accessories, and for the Jewish resistance in that period.

Holocaust survivor, **Gerd Strauss** founded B'nai B'rith Covenant House I and II and the Gerd & Inge Strauss Manor on Pantano. He was an active member of the Holocaust Survivors group in Tucson where he taught thousands of students about the Holocaust.



The Earth Day 2026 Theme Is “Our Power, Our Planet” emphasizing collective community action, voter engagement, and grassroots organizing to drive environmental protection and accountability against polluters. It calls for people to harness their civic power for clean air, water, energy, and a stable climate, recognizing that everyday actions build resilience and influence policy.

Arbor Day, April 24, 2026 theme: “Trees Are Our Friends,” celebrates how being near trees makes us happier, helps us relax, enjoy the outdoors, and stay cool on hot days. Planting trees is an act of kindness and optimism; a gift for our friends and neighbors, and for future generations. The trees we plant clean the air, beautify our neighborhoods, provide homes for wildlife, conserve energy and topsoil, and help keep the atmosphere in balance. Trees are the lungs of our planet. Save trees, save the future. Plant trees, reduce pollution. Let's make the planet green again. Celebrate life—plant a tree.



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:
“Computer File Management”
Wednesday, April 22nd at 2pm

PBS Documentary:
“Black Coffee”
Wednesday, April 29th at 2pm

*****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

PUT SOME SPRING IN YOUR STEP

As the days grow longer and the weather warms up, spring presents a wonderful opportunity for seniors to revitalize their fitness routines.

Engaging in regular exercise not only improves physical health but also enhances mental well-being and overall quality of life. Here’s a comprehensive guide to spring fitness for seniors, including a variety of exercises to help you stay active and healthy.

Spring offers seniors a golden opportunity to revitalize their fitness routines and prioritize their health and well-being.

By incorporating outdoor activities like walking, gardening, and cycling, as well as indoor exercises such as yoga and strength training, seniors can improve their physical fitness, mental clarity, and overall quality of life.





Covenant House Calendar April 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
		National DONATE LIFE Month		APRIL IS STRESS AWARENESS MONTH	Fernando Diaz at 12pm! 	Mexican Train Dominoes at 2pm!
5	6	7	8	9	10	11
Easter Sunday		SC Lobby Hours 10-11am	Food Boxes at 8:30am! 	Compassion in Care: Support for Life's Later Chapters at 2pm! 	Fernando Diaz at 12pm!	Mexican Train Dominoes at 2pm!
12	13	14	15	16	17	18
		SC Lobby Hours 10-11am Holocaust Remembrance Day 		Natural Support for Bladder Health in Aging Adults with Yelena at 2pm! 		Mexican Train Dominoes at 2pm!
19	20	21	22	23	24	25
	Fernando Diaz at 9am! APRIL 20 VOLUNTEER RECOGNITION DAY 	SC Lobby Hours 10-11am	EARTH DAY 2026 THEME OUR POWER. OUR PLANET Computer File Management at 2pm in Comp Rm		Fernando Diaz at 12pm! 	Mexican Train Dominoes at 2pm!
26	27	28	29	30		
		SC Lobby Hours 10-11am	Documentary "Black Coffee" at 2pm in Comp Rm	April is National Humor Month 	Benefits of Laughing: Reduces heart disease, natural pain killer, improves breathing, helps you lose weight, gives good sleep, decrease stress, makes you look young, boosts relationships. There is no reason not to laugh! 	



B'nai B'rith Covenant House

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Tucson, AZ 85711

Website: www.covenanthouseoftucson.org

Facebook: www.facebook.com/covenanthousetucson

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

E-mail: 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 (2nd Weds. of mo.)

Pick-up time is 8:30!

**April 8th
SPECIAL DAY!
Monday, May 11th**