

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

May 2026



Older Americans Month 2026

2026 theme: **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence. Join us in highlighting the importance of evidence-based approaches, self-management, and community partnerships that empower individuals to lead their healthiest lives.



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
- Jessica Lopez, Housekeeping
- Sonny Singh, Housekeeping



It's that time of year in the Old Pueblo when the temperatures start to soar! Please remember to use sun screen and a wide-brimmed hat when going outdoors. It is also important to drink plenty of fluids to stay hydrated. At least 6-8, 10 ounce glasses of water per day is recommended.

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

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*****



*I would like to wish everyone a
Happy Mother's Day!*

Happy
Mother's
Day!



- ◆ 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, 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. Please see me during my office hours (8:30-4:30, M-F). All distributions are kept confidential.
- ◆ I sell **stamps and quarters**, so call me if you need them or see me during my lobby hours.



SPECIAL DAY THIS MONTH FOR FOOD BOXES!



Teresa will be out of the office from May 12-15th, so we will have **food boxes delivered on Monday, May 11th!** Please be prepared to get your boxes on that day. Thanks!



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:

"Internet Safety"
Wednesday, May 20th at 2pm
in the Computer Room

Classic Movie
"Field of Dreams"
Friday, May 29th at 2pm
in the Computer Room



**Mexican Train Dominoes
every Saturday at 2pm!**

ALL RESIDENTS WELCOME!

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



**Please welcome
our new
Housekeeper,
Jessica Lopez!**



*****Manager's Memo—Reda Anna*****



Wishing all a very HAPPY MOTHER'S DAY!!!

- ◆ Please make sure your pet does not play with the pull-cords or that you accidentally pull on it! Nothing should be blocking your access to the emergency pull cords. The cord must be fully extended.
- ◆ **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.
- ◆ If you move any of the outdoor or indoor furniture around, please be sure to put it back as it was before. Thank you.
- ◆ Please remember to **always pick up after your dog**, including any gravel they may throw on the sidewalk. See Teresa if you need bags for clean-up. If you walk someone else's dog, you are responsible for their behavior while in your care.



Honoring Memorial Day!

To all our residents, family members and friends who have served in the military, we thank you for your dedication and service to our country!



Memorial Day is a good time to reflect on the sacrifices and services of the American soldiers and veterans and the U.S. military men and women. The American military is, has always been and will always recruit the best and finest of the crop of young men and women of the country and we will continue to shower them with appreciation, support and prayers, as we have always done. Memorial Day is an opportunity for us to express the special places they have in the hearts of American citizens and more by honoring the people who work in the various branches of the military.



Our Memorial Day Party will be held on Thursday, May 21st at 1pm!
Burgers (veggie upon request), potato salad & chips.

Please sign-up in the lobby!

“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, May 28TH 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



Mother's Day

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



BOUQUET
MAY
CAKE



MOMMY
CARD
SUNDAY
CELEBRATE
TRADITION
COOKIES



LOVE
FLOWERS
HUG

GRATEFUL
FAMILY
HEART
KISS





My Mother,
my friend so dear,
Throughout my life
you're always near,
A tender smile
to guide my way,
You're the sunshine
to light my day.
Happy Mom's Day!
I Love You!

Of all the special
joys in life,
The big ones
and the small,
A mother's love
and tenderness
Is the greatest
of them all.

MAY IS SKIN
CANCER
AWARENESS
MONTH

 1 in 5 Americans
will develop skin cancer
by the age of 70.



With over 5 million cases diagnosed in the United States each year, skin cancer is America's most common cancer. Fortunately, skin cancer is also one of the most preventable cancers. By sharing facts about the dangers of unprotected sun exposure and encouraging people to check their skin for warning signs, we can and will save lives.

A popular and effective skin cancer prevention slogan is "Slip, Slop, Slap, Seek, Slide". This slogan, promoted by the Cancer Council, encourages people to protect themselves from harmful UV radiation by:

- ◆ Slipping on a sun-protective shirt (Cover as much skin as possible with protective clothing, especially collared shirts with long sleeves.)
- ◆ Slopping on sunscreen (Apply a generous amount of SPF 30 or higher, broad-spectrum, water-resistant sunscreen to all exposed skin.)
- ◆ Slapping on a hat (Wear a hat with a broad brim to shade your face, neck, and ears.)
- ◆ Seeking shade, especially between 10am and 4pm.
- ◆ Sliding on wraparound sunglasses.

It is also important to examine your skin from head to toe every month and see a dermatologist at least once a year for a professional exam. For more information, go to www.skincancer.org



*****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? CINCO DE MAYO CELEBRATION
WHERE? MULTI-PURPOSE ROOM
WHEN? THURSDAY, MAY 7TH AT NOON
TACO BAR AND POTLUCK, FUN GAMES AND PRIZES,
SOMBREROS, MARACAS!!!




Covenant House Calendar

May 2026






CHAMPION YOUR HEALTH - MAY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Fernando Diaz at 12pm!	2 Mexican Train Dominoes at 2pm! 
 <p>May is Mental Health Awareness Month</p>	 <p>May is SKIN CANCER AWARENESS MONTH</p>		 <p>MAY IS ARTHRITIS AWARENESS MONTH</p> <p><small>What You Need To Know About The Most Prevalent Health Condition</small></p>			
3	4	5	6	7	8	9
	<p>Always practice reckless optimism and kindness.</p>	<p>SC Lobby Hours 10-11am</p> 		<p>Cinco De Mayo Taco Bar and Potluck Party at 12noon!</p> 	<p>Fernando Diaz at 12pm!</p>	<p>Mexican Train Dominoes at 2pm!</p> 
10	11	12	13	14	15	16
<p>Happy Mother's Day</p> 	<p>SPECIAL DAY! Food Boxes at <u>8:30 am!</u></p> 	<p>Service Coordinator out of office!</p>			<p>Fernando Diaz at 12pm!</p>	<p>Mexican Train Dominoes at 2pm!</p> 
17	18	19	20	21	22	23
		<p>SC Lobby Hours 10-11am</p>	<p>Internet Safety class with Austin at 2pm in Computer room</p>	<p>Memorial Day Celebration at 1pm in MPR</p> 	<p>Fernando Diaz at 12pm!</p>	<p>Mexican Train Dominoes at 2pm!</p> 
24	25	26	27	28	29	30
31	<p>Offices will be closed for Memorial Day</p> 	<p>SC Lobby Hours 10-11am</p>	<p>May is national barbecue month!</p> 	<p>Natural Support for Bladder Health in Aging Adults with Yelena at 2pm!</p> <p>HAPPY NATIONAL BURGER DAY</p> 	<p>Fernando Diaz at 12pm!</p> <p>Classic Movie "Field of Dreams" with Austin at 2pm in Comp room</p>	<p>Mexican Train Dominoes at 2pm!</p> 



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: 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! SPECIAL DAY!
Monday, May 11th
June 10th**