

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

July 2026



HOME OF THE FREE BECAUSE OF THE BRAVE



A special thanks to all the troops who have served and are serving our country. We are a nation who will be forever grateful.



4th of July celebration will be held Tuesday, July 7th starting at 1pm!



Pop-up Stories and Games
Please sign-up in the lobby!



Monsoon season is here with lots of rain and wind, so please be careful when outdoors. It's that time of year in the Old Pueblo when the temperatures 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.

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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
- Jessica Lopez, Housekeeping
- 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



*I would like to wish everyone a
Happy Fourth of July!!*



I hope everyone has a wonderful Fourth of July holiday!
I am working on getting some educational speakers and entertainment into the building, so please come to these events. Please contact me if you have any suggestions for speakers, entertainment, etc.

- ◆ 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, **AA and AAA batteries, 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 (a book of 10 or individually) and quarters (\$5 a week), so call me if you need them OR see me during lobby hours (Tuesdays from 10-11am).



COVENANT HOUSE WEBSITE!!

Please go to www.covenanthouseoftucson.org to view our website. It is in English with a Spanish translation and contains pictures of the building and our newsletter. It also has a direct link to our **Facebook page** (<https://www.facebook.com/covenanthousetucson>)
Please let your friends and family know about it. Enjoy!!

Fernando Diaz, Senior Med Solutions, is available on Fridays starting at 12noon, but **he may get here earlier**, 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!**





Manager's Memo—Reda Anna



Happy July 4th!!

ATTENTION!

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 you're 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 remember that the key fobs to get into the building should NOT be given to anyone else to use. It is each residents responsibility to keep these keys and it is a violation of our policies to give them to others. If you lose your key fob, please see the management office immediately so we can void the key and keep unauthorized users from getting into the building.

Please remember to look out for your safety and the safety of others. This may be a locked building, but everyone should be aware that strangers can and do get in, so we must all be careful. Please DO NOT let anyone you do not know into the building to help ensure the safety of all. Please report any suspicious activity to the management office.



Please DO NOT place any large items (mattresses, chairs, etc.) in the dumpsters. Please find someone who can haul it away as we do not have enough room in the dumpsters and waste management will not take them.

YOU KNOW YOU'RE SUMMERING IN ARIZONA WHEN....

The birds have to use potholders to pull worms out of the ground.

The best parking place is determined by shade instead of distance.

You discover that in July it only takes 2 fingers to steer your car.

Hot water now comes out of both taps.



You can make sun tea instantly!

You learn that a seat belt buckle makes a pretty good branding iron!

You actually burn your hand opening the car door.

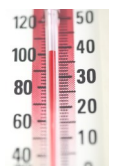
You break into a sweat the instant you step outside at 7:30 am!

You realize that asphalt has a liquid state.

You see two cacti fighting over a dog.

The cows are giving evaporated milk!

Ah, what a place to call home!



A HOLISTIC APPROACH TO TINNITUS

*Understanding the Physiology,
Exploring the Causes,
and Embracing Natural Solutions*



Join us for an informative and compassionate presentation that integrates clinical insight with natural approaches to support tinnitus relief and whole-body wellness.



Discover how nutrition, herbs, mind-body practices, and lifestyle support can help calm the noise and restore balance.



COVENANT HOUSE
Common Room



JULY 2



2:00 PM



Presented by:
Yelena Gillman,
FNP, RPH, CN, E-RYT 500

VULNEVITA
VulneVita.com

INTEGRATIVE • EVIDENCE-BASED
• PERSON-CENTERED

Mind. Body. Whole You.



BRIDGING ALLOPATHIC WISDOM
WITH NATURE'S HEALING POWER

*For lasting relief.
For true wellness.*

**"I cannot do all the good that the world needs.
But the world needs all the good that I can do."**

—Jana Stanfield

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.



July is UV Safety Awareness Month, an annual observance dedicated to educating the public about the dangers of ultraviolet (UV) radiation and promoting healthy sun-protection habits. Unprotected UV exposure is the leading preventable risk factor for skin cancer and can cause premature aging, cataracts, and other vision problems.

Core Sun Safety Habits:

Apply Sunscreen: Use a broad-spectrum sunscreen with an SPF of 30 or higher. Apply 15 minutes before going outside and reapply every two hours, or immediately after swimming or sweating.

Seek Shade: Avoid direct sunlight between 10 a.m. and 4 p.m., when UV rays are at their strongest.

Wear Protective Clothing: Cover up with long sleeves, pants, wide-brimmed hats, and UV-blocking sunglasses.

Check the UV Index: Look at your local daily forecast to find the UV Index and plan your outdoor activities for lower-risk times.

Classes this month:

"YouTube"

Friday, July 17th at 2pm
in the Computer Room

Documentary:

"The Social Dilemma"
Wednesday, July 29th at 2pm
in the Computer Room

Fourth of July

Word Search Puzzle



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



ADAMS	FLAG	LIBERTY
AMERICA	FOURTH	MUSIC
BARBECUE	FREEDOM	PARADE
CELEBRATION	HOLIDAY	PATRIOTIC
COLONIES	HOT DOGS	PICNIC
CONGRESS	INDEPENDENCE	REVOLUTION
FAMILY	JEFFERSON	STATES
FIREWORKS	JULY	SUMMER

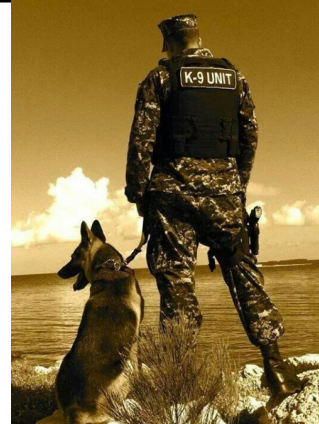
*****Wellness Center—Troy Pearson*****

OFFICE HOURS:

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



TROY J PEARSON—WELLNESS DIRECTOR




WHAT? 4TH OF JULY CELEBRATION!!!

WHERE? MULTI-PURPOSE ROOM


WHEN? TUESDAY, JULY 7TH at 1pm!

FUN, FOOD, *POP UP STORIES*, MUSIC, EARN PATRIOTIC BEADS BY PLAYING FUN GAMES, FREE PATRIOTIC HATS



Covenant House Calendar

July 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1</p> 	<p>2</p> <p>Tinnitus—a Holistic Approach with Yelena at 2pm!</p> 	<p>3</p> <p>Offices will be closed for the Fourth of July Holiday!</p> 	<p>4</p> <p>Mexican Train Dominoes at 2pm!</p> 
<p>5</p> 	<p>6</p> <p>SC Out of Office.</p>	<p>7</p> <p>Fourth of July Celebration & Pop-up Story at 1pm!</p> 	<p>8</p> <p>Food Boxes at 8:30am!</p> 	<p>9</p> 	<p>10</p> <p>Medicare Questions with Fernando Diaz at 12noon.</p>	<p>11</p> <p>Mexican Train Dominoes at 2pm!</p> 
<p>12</p> 	<p>13</p>	<p>14</p> 	<p>15</p> 	<p>16</p>	<p>17</p> <p>Medicare Questions with Fernando Diaz at 12noon.</p> <p>“YouTube” with Austin at 2pm!</p>	<p>18</p> <p>Mexican Train Dominoes at 2pm!</p> 
<p>19</p> 	<p>20</p> 	<p>21</p> 	<p>22</p>	<p>23</p> 	<p>24</p> <p>Medicare Questions with Fernando Diaz at 12noon.</p>	<p>25</p> <p>Mexican Train Dominoes at 2pm!</p> 
<p>26</p> 	<p>27</p>	<p>28</p> <p>Offices will be closed for a conference!</p>	<p>29</p> <p>Offices will be closed for a conference!</p> <p>Documentary: “The Social Dilemma” with Austin at 2pm!</p>	<p>30</p>	<p>31</p> <p>Medicare Questions with Fernando Diaz at 12noon.</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: 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.

*This Newsletter is
Published for the
residents of
B'nai B'rith
Covenant House*

CSFP (Food Plus)

Income Guidelines:
\$1729/mo (ind)
\$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!
July 8th
August 12th