

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

June 2026



Flag Day (June 14th), is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation.....one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon. As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride!



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**



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

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 Father's Day!*

Happy June! I just want to remind everyone to keep well hydrated and stay safe during our warmer weather. I hope to see more of you at educational presentations, events, meals, etc. If you see someone new you don't know, please introduce yourself and make them feel welcome.

Please remember that I am available to help with getting and retaining benefits, change of address for Social Security, AHCCCS, etc. If you get any mail you need help with, please come to me or call for an appointment. I want to make sure everyone keeps their benefits and does not miss any deadlines. I can also refer you to different agencies and resources for help.

If you have any suggestions for educational speakers, please let me know so I can try to arrange it. I want to thank all the resident volunteers and am grateful to all of you for wanting to try new things to engage the residents.

*Teresa Wachala
Service Coordinator*



♦ 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, fruit, soups, milk, ground coffee**, etc. Since many items are not covered by food stamps, I also provide such things as, **AA & AAA batteries, dish soap, laundry soap, paper towels, Kleenex, toilet paper**, etc., Please call me at 520-321-4496 during my office hours. All distributions are kept confidential.

♦ I sell **stamps and quarters**, so call me if you need them OR come down during my lobby hours (Tuesdays, 10-11am).



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.**






*****Manager's Memo—Reda Anna*****




Wishing all a very HAPPY FATHER'S DAY!!

- ◆ Please let the office know if **you are going on vacation** so staff knows you are gone. We also want to be sure it does not coincide with your annual recertification.
- ◆ Please let the office know if you **change your phone number or your emergency contact**.

Thank you! Sincerely, Management





Dad



Happy FATHER'S DAY

*He never looks for praises
 He's never one to boast
 He just goes on quietly working
 For those he loves the most
 His dreams are seldom spoken
 His wants are very few
 And most of the time his worries
 Will go unspoken too
 He's there.... A firm foundation
 Through all our storms of life
 A sturdy hand to hold to
 In times of stress and strife
 A true friend we can turn to
 When times are good or bad
 One of our greatest blessings,
 The man that we call Dad.*

© Karen K. Boyer


The Value of a Smile


A smile creates happiness in the home, fosters good will in business, and is the countersign to friends. It is rest to the weary, daylight to the discouraged, sunshine to the sad, and nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed or stolen; for it is something that is no earthly good to anyone until it can be given away.

And if someone is too tired to give a smile, just give them one of yours; for nobody needs a smile as much as those who have none left to give.



I smile easily, knowing that of all the things I wear, a smile and good humor are the most important. Life's most prized possession is a pleasant disposition -
Anonymous.



Research for Life

RESEARCH FOR LIFE

is sponsoring an



RESEARCH FOR LIFE



Ice Cream Social



on

Tuesday, June 9th at 1pm!

Please come listen to a brief presentation and then enjoy some ice cream!



Ice Cream Social

Do you like games and puzzles?

We have a large selection of both located in the computer room in the shelves under the sink!

We also have a new puzzle table in the computer room.



“Let’s Talk about Living and Dying”—This informative and conversational presentation will help you consider your values related to living, dying, being remembered, and leaving a legacy. “Meet and Complete” is a hands on workshop that will help you to:

- **Select and complete the advanced directives (Living Will & Medical Power of Attorney)** that meet your needs.
- Answer your questions about healthcare decisions.
- Have your signature witnessed so that your advance directives are honored.

This is a 2 part presentation- the first provides education and the second is to complete the documents.

Part 1: Let’s Talk About Living... and Dying

Tuesday, June 16th at 2 PM

Part 2: Meet and Complete

Wednesday, June 24th at 2 PM

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:

"Social Media"

Wednesday, June 17th at 2pm
in the Computer Room

Documentary

"Explained"

Friday, June 26th at 2pm
in the Multi-purpose Room

HAPPY FATHER'S DAY!



FATHER'S DAY WORD SEARCH



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

BARBECUE
 BRAVE
 CHILDREN
 DAD
 FAMILY



FATHER
 FISHING
 GRILLING
 HELPFUL
 JUNE

KIND
 LOVE
 MOTIVATIONAL
 PARENT
 PICNIC

PROTECT
 SPORTS
 STRONG
 SUMMER
 TEACHER



Wellness Center—Troy Pearson

OFFICE HOURS:

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

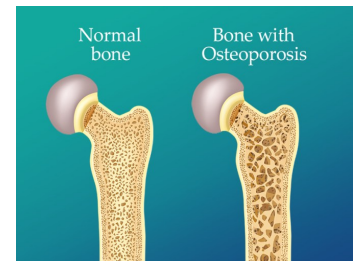
FRIDAY: 6:00AM— 4:00PM



TROY J PEARSON—WELLNESS DIRECTOR



Osteoporosis facts



What is osteoporosis?

Osteoporosis is a disease that weakens bones, and gets worse over time. Some simple, everyday activities can become a fracture risk. Many women don't even know they have osteoporosis until they break a bone.

You can do more to reduce your risk:

- Identify trip hazards in your home to prevent falls.
- Take vitamin D and calcium as directed by your doctor.
 - Eat a well-balanced diet.
 - Ask your doctor if any of your medications may increase your fall risk.
- Have your eyesight checked—good vision can help prevent falls.
 - Exercise can help prevent falls by improving your balance and strength.

<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <h2 style="margin: 0;">Covenant House Calendar</h2> <h3 style="margin: 0;">June 2026</h3> </div>  </div>							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		 <p style="text-align: center;">Cataract Awareness Month June</p>	 <p style="text-align: center;">alzheimer's association</p>		 <p style="text-align: center;">JUNE NATIONAL SAFETY MONTH</p>		 <p style="text-align: center;">CANCER SURVIVOR AWARENESS MONTH</p>
	1	2	3	4	5	6	
					Fernando Diaz at 12pm!	Mexican Train Dominoes at 2pm! 	
7	8	9	10	11	12	13	
		 <p style="text-align: center;">Ice Cream Social at 1pm!</p>	 <p style="text-align: center;">Food Boxes at 8:30am!</p>	 <p style="text-align: center;">KINDNESS IS FREE SPRINKLE THAT STUFF EVERYWHERE</p>	Fernando Diaz at 12pm! 	Mexican Train Dominoes at 2pm! 	
14	15	16	17	18	19	20	
		<p style="text-align: center;">PCOA Advanced Directives at 2pm!</p> 	<p style="text-align: center;">SOCIAL MEDIA with Austin at 2pm in MPR!</p>	 <p style="text-align: center;">International Picnic Day</p>	<p style="text-align: center;">Offices closed for the Juneteenth Holiday!</p> 	Mexican Train Dominoes at 2pm! 	
21	22	23	24	25	26	27	
<p style="text-align: center;">Father's Day SUNDAY, JUNE 21, 2026</p>  <p style="text-align: center;">Celebrating The Summer Solstice</p>			<p style="text-align: center;">PCOA "Meet & Complete" at 2pm!</p> 		<p style="text-align: center;">Fernando Diaz at 12pm!</p> <p style="text-align: center;">Documentary "Explained" Austin at 2pm in MPR!</p>	<p style="text-align: center;">Mexican Train Dominoes at 2pm!</p> 	
28	29	30					



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.

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!

**June 10th
July 8th**