

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

August 2026





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.

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

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

- ♦ If anyone runs low on food or other items during the month, I have an **EMERGENCY food pantry**. I have various items, so please call 520-321-4496 and let me know if you have an **EMERGENCY** and need anything. All distributions are kept confidential.
- ♦ I have **incontinent supplies** (Depends pull-ups, Poise pads & bed pads) if anyone needs them. Please see me in my office as all distributions are kept confidential and discreet.
- ♦ I sell **stamps and quarters**, so call me if you need them. **Stamps have now gone up to 82 cents.**



I want to remind everyone of the services I provide:

As the Service Coordinator at B'nai B'rith Covenant House, helping you get and maintain your benefits and/or services needs is part of my service to you as a resident. I can provide you with information about benefits, (AHCCCS medical & Food Stamps (SNAP), Social Security, Medicare, etc.) programs (Food Boxes, etc.) and services (Meals on Wheels, Housekeeping, Transportation, etc.) that can help you. You may request my assistance with choosing and accessing benefits, programs and services and changing your address with these agencies (AHCCCS, Social Security, Banks, etc.) Please ask me about your choices for television, phone and internet services, as it may save you time and money.

To receive assistance or if you have any questions about service coordination or benefits, programs and/or services that may be available to you, please call me at 520-321-4496 to set up an appointment. My office hours are between 8:30am-4:30pm, Monday-Friday.

International Left-Handers Day



Throughout the year, lefties are dealt a rough hand. We're forced to put up with items such as doors, scissors and computer keyboards — to name a few — that are crafted for right-handers. But today we unite!

Only about 10% of the world's population is left-handed. There are some everyday advantages to being a lefty. Left-handers are more likely to pass their driver's test on the first try, a study shows. They are also more apt to deliver a better left hook and be a part of Mensa, the world's largest and oldest high IQ society.

While many people are left handed, very few are 100% left handed. For example, many Left handers golf and bat right handed. On the other hand, there is a high percentage of righties who are 100% right-handed. Take the Left-Handedness test on-line at <https://www.lefthandersday.com/tour/how-left-are-you>

Manager's Memo—Reda Anna

IMPORTANT!!

It is **very important** that you give the office your **correct phone number** and let them know if it **changes IMMEDIATELY!** Beltronics, the company that monitors the emergency pull cords, uses your phone number. If you pull the cord and don't answer, they will dispatch needed emergency services. If you accidentally pull the cord and they cannot reach you; they will dispatch unnecessary services and you may be charged for the false alarm.

Tucson has a city ordinance requiring retailers to retrieve their shopping carts or they will be impounded and charged a retrieval fee. Please **DO NOT** keep these carts in your apartment or hallway as most of the shopping carts are **NOT** our property and the stores which own them can come and collect them at any time. Those carts which are not our property should be left outside and preferably, not on Covenant House's grounds. You can purchase your own folding shopping cart starting at \$26 at various stores or on-line at Amazon. See Teresa for help in obtaining one.



Privacy Issues



Please realize that when a resident is having a problem or issue (i.e.: Hospital stay, needing services, etc.), it is their personal business and a private matter.



When you ask staff where another resident is, or if staff is helping them with a personal issue, please be aware that we cannot discuss these matters with other residents unless given express permission. When we say we cannot discuss another resident's information with you (including illness, hospitalization, rehab, absence from unit, lease concerns, etc.), we are protecting their right to privacy just as we would protect yours. That information is confidential and not to be shared. You can, as a neighbor and friend, ask that person yourself, but they have the right to divulge only the information they wish to tell you. Please, let us all respect each other's privacy.



WHEN YOU CAN'T CONTROL WHAT IS HAPPENING AROUND YOU, CHALLENGE YOURSELF TO CONTROL THE WAY IN WHICH YOU RESPOND.



THAT IS WHERE YOUR TRUE POWER LIES.

Treat others the way you want to be treated.



I Live In My Own Little World But It's Okay. They Know Me Here.



FRIENDSHIP DAY

National Friendship Day is on August 2, 2026, and focuses on appreciating the bonds of friendship and the positive impact they have on our lives. The day is a reminder to cherish existing friendships, create new ones, and strengthen the connections that enrich our lives. There isn't a specific theme, but the overarching message is one of gratitude, connection, and the importance of friendship.



True friendship is about putting your feet up and knowing that someone is there to bail you out when the world might walk out on you. Besides, as a support system in today's hectic world, friends are the most reliable sources for social, intellectual and creative stimulations.

Most often friends understand us, just by looking at us or hearing our voice. This heart-to-heart bonding is what makes friendship so exclusive, setting it apart from all other relationships.

"Friends are the most important ingredient in this recipe of life." *Unknown*

"A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words." *Unknown*



"It takes a long time to grow an old friend." *John Leonard*

A HOLISTIC APPROACH TO

NUTRITION & NUTRITION SUPPLEMENTS

for Seniors

Empowering Seniors with Knowledge to Support Health, Vitality & Longevity

Join us for an interactive Q&A session focused on the unique nutritional needs of seniors and how the right nutritional supplements can support energy, immunity, bone health, brain function, and overall wellness.

Bring your questions and get practical, evidence-based answers to help you feel your best at every stage of life.

AUGUST 6TH

2:00 PM

COMMON ROOM

Presented by:

Yelena Gillman,
FNP, RPH, CN, E-RYT 500

INTEGRATIVE • EVIDENCE-BASED • PERSON-CENTERED

Mind. Body. Whole You.

VULNEVITA
VulneVita.com

BRIDGING ALLOPATHIC WISDOM WITH NATURE'S HEALING POWER

NOURISH

PROTECT

STRENGTHEN

THRIVE

For lasting health. For true wellness.

HYDRATION CLINIC

FRIDAY, AUGUST 14TH at 1pm

Multipurpose Room

Please join Troy, and Valerie Pinon from AdvisaCare, for an insightful Hydration Clinic. There will be a Healthy Hydration PowerPoint presentation covering aspects of how much water you should drink and when, healthy beverage choices, symptoms of heat frustration/stress and how to avoid them and how to recover safely from them. Our sponsor AdvisaCare will be providing water, electrolyte supplements and snacks.

AdvisaCare
Home Health ♥ Hospice

Nursing • Therapy • Personal Care

**ALL ATTENDEES WILL
RECEIVE A FREE
WATER BOTTLE!!!**



Tucson Fire Department— Fall Prevention & Fire Safety Presentation

Thursday, August 20th from 1-2pm



Please join us for an informative presentation given by TFD. Janela talks about ways to prevent falls, fire safety and what to do if there is a fire! This is all very good information for ALL residents! We strongly suggest and encourage **ALL RESIDENTS** to please attend this event. Please sign up in the lobby, so we know how many are coming. Thank you in advance.

Older Adult Fall Prevention



Talk to your doctor

Check eyes at least yearly

Check medications

Exercise strength & balance

Reduce clutter & tripping hazards

Fire Safety Tips

- 1** When cooking, never leave pots and pans unattended on the stove.
- 2** When cooking by the stove, keep your workplace clean, so that flammable materials don't accidentally catch on fire.
- 3** If you are working with an open flame, remember to roll up sleeves and wear oven mitts to avoid injury. Also, unless you only use a microwave, keep a fire extinguisher in the kitchen.
- 4** Blow out candles before sleeping, and only use stable bases. Don't leave them burning unattended.
- 5** Check your smoke detector regularly, and change its batteries biannually.
- 6** Be careful where you put portable heaters, as they can light flammable materials, such as curtains.
- 7** Create an escape plan with at least two exits and keep them clear and unblocked.



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.

"Smartphone/Tablet 101"
Wednesday, August 19th at 2pm
in the Computer room

Classic Movie

"Rocky" (1976)
Friday, August 28th at 2pm
in the Computer room

"Smartphone/Tablet 101" Class



August 19th @ 2:00pm
in Computer Room



This Wednesday, Austin will be holding a class on smartphones and tablets. This class will cover the basics of how to use these devices and get the most out of them. Feel free to bring your own devices and follow along if you'd like!

"Rocky" Movie (1976)



August 28th @ 2:00pm
in Computer Room



Austin will be showing the classic boxing film "Rocky" on Friday. This Academy Award-winning movie follows Rocky Balboa, a struggling Philadelphia boxer who earns a shot at the world heavyweight championship.

Wellness Center—Troy Pearson

OFFICE HOURS:

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



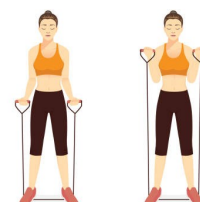
TROY J PEARSON—WELLNESS DIRECTOR

BENEFITS OF STRENGTH TRAINING

Strength training can be an important part of an active lifestyle for older adults. It can help improve strength and mobility, reduce the risk of falls, and maintain bone density.

The CDC recommends at least 150 minutes of moderate-intensity physical activity each week. It also recommends at least 2 days of strength training and balance activities.

A person does not need to perform strength training at a gym with heavy weights. They can carry out strength training exercises at home with their own body weight, light weights, or resistance bands.



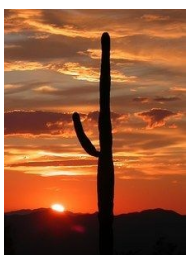
The National Institute of Health notes that some of the benefits of strength training for older adults include:

- maintaining muscle mass
- improving mobility
- increasing the healthy years of life



People begin to slowly lose muscle mass after the age of 35. This process quickens once females turn 65 years and males turn 70. However, regular strength training can help a person maintain their muscle mass for longer.

Maintaining muscle mass can also help with mobility and balance. This can help reduce the risk of falls and allow older adults to keep their independence for longer.

 INTERNATIONAL LEFTHANDERS DAY Covenant House Calendar August 2026 HAPPY FRIENDSHIP DAY 						
	Mon	Tue	Wed	Thu	Fri	Sat
						1 Mexican Train Dominoes at 2pm! 
2 	3 	4 	5 	6 Nutrition & Nutritional Supplements for Seniors with Yelena at 2pm! 	7 Medicare Questions with Fernando Diaz at 12noon.	8 Mexican Train Dominoes at 2pm! 
9 	10 	11 	12 Food Boxes at 8:30am! 	13 	14 Medicare Questions with Fernando Diaz at 12noon. Hydration Clinic in MPR at 1pm. 	15 Mexican Train Dominoes at 2pm! 
16 	17 	18 	19 "Smartphone/ Tablet 101" class with Austin at 2pm! 	20 Tucson Fire Dept. "Fall Prevention & Fire Safety" Presentation at 1pm!	21 Medicare Questions with Fernando Diaz at 12noon.	22 Mexican Train Dominoes at 2pm! 
23 	24 	25 	26 	27 	28 Medicare Questions with Fernando Diaz at 12noon. Classic Movie "Rocky" with Austin at 2pm! 	29 Mexican Train Dominoes at 2pm! 
30 	31 SC at Food Bank Conference!					



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!
August 12th
September 9th