

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

October 2026



Medicare's Open Enrollment period is October 15th - December 7th

when **ALL** people with Medicare can change their Medicare health plan and prescription drug coverage for 2027. *If you are on a Dual AHCCCS plan, please call Teresa or Fernando Diaz about questions as rules are changing this year!* Information on 2027 plans will be available beginning in October. People with Medicare can call 1-800-633-4227 or visit www.medicare.gov for plan information. If a person is satisfied that their current plan will meet their needs for next year, they don't need to do anything. Please call Teresa at 520-321-4496 if you have any questions.



Por favor, deje saber a Teresa si necesita este boletín traducido verbalmente.

Если Вам нужен перевод какой-либо заметки из Covenant House Chronicles пожалуйста обратитесь к Терезы. 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



Wow! Hard to believe that Fall is already upon us. I love everything pumpkin this time of year and look forward to baking again!

As Flu season is also upon us, and Covid is still around, please do what you can to be safe and healthy. We are a vulnerable population, so please keep others safe as well. As always, if you are experiencing any sickness or flu-like symptoms, please stay home until you are feeling better. **I have masks if you need them!**

We will continue to add more activities, educational programs and events for everyone to enjoy. Please take a look at our calendar for activities you may wish to attend and please sign-up in the lobby if the event requires it. Please let me know what kind of topics of interest you would like so I can find a presenter. I am always **open to your creative ideas**.

We continue to be blessed with new residents, and look forward to seeing new friendships blossom within our community.

It's so great to see more residents participating! It's hard to believe that the Holidays are almost upon us and I look forward to having more celebrations.

—Teresa Wachala-Service Coordinator

I sell **stamps and quarters**, so call me if you need them.



I have various **GREETING CARDS** and some **2027 Calendars**.

ATTENTION FOOD BOX CHANGES!!!

Starting this month, the food bank will be **delivering our boxes on the same day, but the time will change**. They are giving us a new delivery window of **between 9:15-11:15**. Please be patient as we make this change and cannot give an exact time.

Since **November 11th is the Veteran's day holiday and we will be closed**, the food bank will let me know what day they will deliver.

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:

"Smartphone Apps"
 Wednesday, October 21st at 2pm in the Computer room

"The Addams Family"
 Friday, October 30th at 2pm in the Computer room



Manager's Memo—Reda Anna



It's October and Fall is in the air. This would be a good time to start cleaning and organizing your apartments before inspection time.

Please remember to look out for your **safety** by:

- ♦ always looking to see if someone might be following you inside the doors
- ♦ locking your doors
- ♦ not telling strangers where you live
- ♦ calling 911 if you see someone acting strangely or suspiciously
- ♦ telling management and a neighbor when you are out of town
- ♦ being observant of your neighbors and informing staff if something seems wrong or suspicious



All residents have the right to question anyone they do not recognize, or inform the staff so we can take care of it. This may be a locked building, but everyone should be aware that strangers can and do get in, so we must all be careful.

RESIDENT SURVEY

A group of residents have formed a committee to get **feedback from all residents** to see if they can restart some resident activities. They will be sending out a resident survey this month and will have a drop box in the lobby for your replies. They need your **help and ideas**, so **please** fill it out as soon as you get it and place it in the box in the lobby! Thank you all for your cooperation!

Halloween Candy Witches Hats

Fudge Stripe Cookies
Hershey's Kisses
Tubes of Colored Icing



Place a Fudge Striped Cookie upside down so the chocolate side is facing up.

Add a little swirl of colored icing in the center of the cookie.

Place a Hershey's Kiss right on top of the icing and push down so a ring forms around the kisses.

Add sprinkles or colored sugar while icing is still soft. Let icing set and enjoy!



Walgreens

Vaccine Clinic

Walgreens

**Friday, October 9th at 9am-??****We will be doing groups of about 15 or so every hour.****Bring your paperwork & cards noted
on the instruction sheet you were sent!****Please call Teresa at 520-321-4496 if you have any questions.**

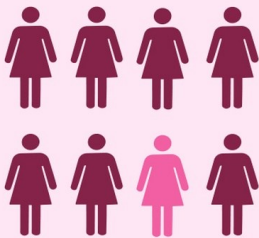
BREAST CANCER AWARENESS MONTH



99%
OF CASES ARE WOMEN
men make up 1% of cases

1 IN 8 WOMEN

WILL BE AFFECTED BY BREAST CANCER

**RISK FACTORS**

BECOMING PREGNANT
AT AN OLD AGE OR
NEVER BEING PREGNANT



LONG TERM
CONTRACEPTIVE USE



FAMILY HISTORY
OF BREAST CANCER



BEING 40+
YEARS OF AGE

CATCH BREAST CANCER EARLY

REGULAR
MAMMOGRAMS



PERFORM
SELF-EVALUATION



CLINICAL BREAST
EXAM (CBE)

10-YEAR PROGNOSIS

SURVIVAL RATE



**Fernando Diaz, Senior Med Solutions, is available on
Fridays starting at **10:30am** to help you with any questions
you may have about your Medicare, Social Security and
DES/AHCCCS. He will be in the lobby or
MPR at 10:30am for an hour or more.**

Please call Teresa at 520-321-4496 to make an appt!



Fall Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



Wellness Center—Troy Pearson

OFFICE HOURS:

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM

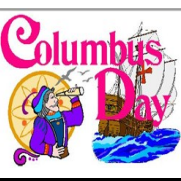
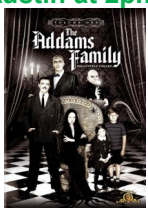


WHAT? ANNUAL HALLOWEEN PARTY

WHEN? THURSDAY, OCTOBER 29TH

WHERE? MULTI-PURPOSE ROOM

EARN YOUR HALLOWEEN BEADS BY PLAYING FUN GAMES,
COSTUME CONTEST AND TROPHIES FOR WINNERS, FREE
HALLOWEEN GLASSES AND HATS, FOOD AND LIVE MUSIC!!!

  Covenant House Calendar October 2026  						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 	2 Questions with Fernando Diaz at 10:30am.	3 Mexican Train Dominoes at 2pm! 
4 	5 	6 SC Lobby Hours 10-11	7	8	9 Vaccine Clinic at 9am!  Questions with Fernando Diaz at 10:30am.	10 Mexican Train Dominoes at 2pm! 
11 	12 Offices will be closed for Indigenous People's/ Columbus Day! 	13 SC Lobby Hours 10-11	14 Food Boxes at 9:15am! 	15	16 Questions with Fernando Diaz at 10:30am.	17 Mexican Train Dominoes at 2pm! 
18	19	20 SC Lobby Hours 10-11	21 "Smartphone Apps" with Austin at 2pm!	22 	23 Questions with Fernando Diaz at 10:30am.	24 Mexican Train Dominoes at 2pm! 
25	26 	27 SC Lobby Hours 10-11  NATIONAL BLACK CAT DAY	28	29 Halloween Costume Party/Potluck fun & games at 12pm! 	30 "The Addams Family" with Austin at 2pm! 	31  Happy Halloween!



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.)

NEW! Pick-up time
starts at **9:15 am!**

October 14th
November ??