

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

September 2026



Labor Day Meal!

Thursday, September 3rd
at 1pm!



in the multipurpose room.
Join us for good food and share in
each other's company!

Sponsored by the Board of Directors.

Please sign-up in the lobby as we need an accurate count!



Rosh Hashanah is the Jewish New Year, a time of prayer, self-reflection, and repentance. Customs associated with the holiday include sounding the shofar, eating a round challah, and tasting apples and honey to represent a sweet New Year.

Happy Grandparents Day!



In 1978, the first Sunday after Labor Day was proclaimed National Grandparents Day. It is a day to honor those who have helped shape the character of our Nation, and thank these role models for their immeasurable acts of love, care, and understanding.



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 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



National Service Coordinator Day



In 2014, Congress designated September 19th as **National Service Coordinator Day** to "Recognize the value of service coordinators in subsidized and other affordable housing communities for their work to promote and support economic self-sufficiency and independence for low-income families, older Americans, and persons with disabilities."

Older Americans who are assisted by service coordinators experience benefits in their health outcomes and have the ability to age in-place as they become more frail, thereby delaying or preventing the transfer to a more expensive nursing home setting.

Residents in subsidized and affordable housing communities having a service coordinator report higher satisfaction with their living environments and a heightened desire to be productive members of their communities.

The profession of service coordination is dedicated to empowering residents to maximize their independence and self-sufficiency, holds residents' rights to self-determination in the highest regard, and instills trust through maintaining high standards of confidentiality.

I truly love my job and am so glad I can assist my residents with their needs. I am so grateful to all my resident volunteers without whom I could not do as much. Your constant words of gratitude are all I need to keep me going even on the busiest of days.



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:

"Ad-blockers"

Wednesday, September 16th at 2pm
 in the Computer Room

Documentary

"History 101-Mini-Documentaries"

Friday, September 25th at 2pm
 in the Computer Room



Manager's Memo—Reda Anna



ATTENTION!!

Please make sure the **registration on your car is up to date** and that you have **placed the new sticker on your license plate**. We have noticed several cars with expired plates and they may be subject to towing. If you are having issues with your registration, please come see us in the management office.

Thank you!



Formal & Informal Resident Associations

Please join us in the multipurpose room on

September 18th at 2pm!

Janel Doughton, *Director, Housing Management & Education Co-Director, Center for Senior Services, B'nai B'rith International*, will discuss:

Resident Associations: a formal organization or more informal organization and how that would work. Teresa, Service Coordinator, and management will always support resident efforts. We encourage residents to volunteer for activities such as calling Bingo, teaching craft classes, games, etc. The Board of Directors will offer support if residents are interested in starting activities.

Teresa's Cornbread

4 eggs, beaten

1 cup sour cream

Pinch of salt and pepper

1-15 oz can of yellow corn, drained

1-15 oz can of cream corn

2- 4 oz cans of mild green chilies, drained (or any heat level you like)

1 ¼ sticks of REAL butter, melted and cooled (salted or unsalted)

2 cups of shredded Mexican cheese blend, with taco seasoning (optional)

15 oz box Krusteaz HONEY Cornbread mix (just add the dry ingredients from the bag) (can find at Fry's or Walmart)



Beat eggs and sour cream together, add salt and pepper. Mix in corn, cream corn and chilies, mix well. Add dry cornbread mix from the bag. Mix in 1 cup of the cheese and slowly mix in melted butter. Place in a greased 9X13 inch pan and add the rest of the cheese to the top. Bake in a 350-degree oven for 45-50 minutes. Cool and enjoy!!

FLU PREVENTION

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** by prescription that can be used to treat and prevent the flu.

- ♦ Avoid close contact.
- ♦ Stay home when you are sick.
- ♦ Cover your mouth and nose.
- ♦ Clean your hands.
- ♦ Avoid touching your eyes, nose or mouth.
- ♦ Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



Please remember that many of our residents are more at-risk for flu, COVID-19, pneumonia and other respiratory illnesses. **If you are feeling ill, please try to stay home so you aren't putting others at risk, stay away from the common areas and wear a mask to cover your face.** Everyone should practice regular hand washing and carry antibacterial hand wipes or gel.



**Teresa has scheduled a VACCINE CLINIC on
Friday, October 9th from 9am-12pm
in the multipurpose room!**



There will be a sign-up sheet and flyer with details later this month!



September 11, 2001 is a day that many will never forget. After the terrorist attacks on our World Trade Center and the Pentagon, many Americans' lives were changed forever. Let's remember that day, fill our hearts with strength and pay tribute to those who lost their lives on 9/11.

Fernando Diaz, Senior Med Solutions, is available on Fridays starting at **NEW TIME! 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 at 10:30am for an hour or more.

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



World Alzheimer's Month

Alzheimer's disease is the most common form of dementia. Dementia is a brain condition that affects parts of the brain that control thought, memory, and language.

When is memory loss more than forgetfulness?

Although everyone's brain changes as they age, it's important to understand that Alzheimer's disease is not a normal part of aging. Memory loss is typically one of the first warning signs of Alzheimer's disease, but occasionally forgetting words or names does not mean a person has Alzheimer's. There are other signs that someone in the early stages of Alzheimer's disease may experience in addition to memory problems. In the early stages of the disease, these can include:

- Getting lost in familiar places.
- Having trouble handling money and paying bills.
- Repeating questions.
- Taking longer to complete normal daily tasks.
- Displaying poor judgment.
- Losing things or misplacing them in odd places.
- Displaying mood and personality changes.



September is
Self-Care
Awareness Month
Let's All Recharge &
Take Care of
Ourselves
www.lindsayjwallace.com/therapy-thoughts-blog

Self-care refers to activities and practices that can help you to reduce your stress and enhance your overall well-being: essentially, proactively taking care of yourself. There are many reasons that self-care is important. Research shows that self-care helps to keep you healthy, helps you recharge and helps to improve your overall well-being. Self-care is more than an occasional treat, but a way of living each day that incorporates practices and behaviors that help you feel refreshed, re-energized, and rested.

Self-care is important and there are many ways to begin **reducing your stress**; some of them only take a few moments. Watching a sunrise/sunset, listening to a cat purring, playing with a dog, listening to music and going for a walk are some things you can do every day to help relieve stress.

Take five minutes to practice deep breathing. In just those few minutes you can lower your blood pressure and heart rate, thus lowering the physical affects of stress.



**PIMA COUNTY
PUBLIC LIBRARY**

Did you know we have a branch of Pima County Library near here? It is just two blocks north on Catalina Ave.



**Martha Cooper Library
1377 N. Catalina Ave.**

September is
**LIBRARY
CARD
SIGN-UP
MONTH!**

A library card brings stories to life!

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

RESISTANCE TRAINING FOR HEALTHIER AGING

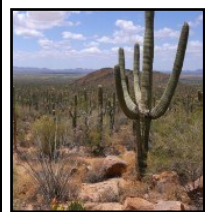
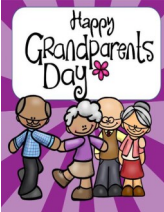
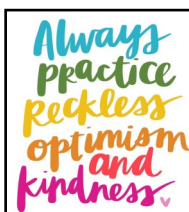
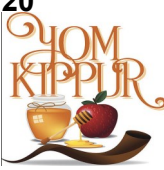
Health professionals strongly encourage those over the age of 65 to participate in resistance training programs. Working out just once or twice a week can dramatically improve your health. Blood pressure, cholesterol levels, and blood glucose levels, all of which are common problem areas in older adults, can begin to improve.

In addition to this, resistance training helps to reduce inflammation, which can increase your risk of heart disease, diabetes, and some forms of cancer.

Given that the immune system begins to slow as the body ages, anything you can do to reduce inflammation will help protect you from these all too common conditions. Dietary changes will only do so much, but regular exercise can make a big difference.

Resistance training also helps to improve your quality of life. As a result of fine-tuning the muscles with these workouts, you are better able to perform everyday activities and chores without pain. Lifting shopping bags, walking up and down stairs, and gardening are all less strenuous when your muscles are in good health and strength. Resistance training exercises are specifically designed for muscle health, making them the best option.



  Covenant House Calendar September 2026  						
Sun	Mon	Tue	Wed	Thu	Fri	
September is National Honey Month! 	September is LIBRARY CARD SIGN-UP MONTH! <i>A library card brings stories to life!</i>	September is world alzheimer's month 	SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH 	SEPTEMBER IS SELF CARE AWARENESS MONTH 		
Happy September! 		1 SC Lobby Hours 10-11! 	2 TAKE CARE OF YOURSELF 	3 Labor Day Party at 1pm! 	4 Questions with Fernando Diaz at 10:30am SC out of office!	5 Mexican Train Dominoes at 2pm! 
6 Happy Grandparents Day 	7 Offices will be closed for Labor Day! 	8 SC Lobby Hours 10-11!	9 Food Boxes at 8:30am! 	10	11 Questions with Fernando Diaz at 10:30am 	12 Mexican Train Dominoes at 2pm! JEWISH NEW YEAR Rosh HaShanah 
13 L'shanah Tovah! 	14	15 SC Lobby Hours 10-11!	16 "Ad-blockers" class with Austin at 2pm.	17 Always practice reckless optimism and kindness 	18 Questions with Fernando Diaz at 10:30am Janel Dough-ton, "Formal & Informal Resident Councils" at 2pm!	19 Mexican Train Dominoes at 2pm! 
20 GYOM KIPPIR 	21	22 SC Lobby Hours 10-11! 	23	24	25 Questions with Fernando Diaz 10:30am "History 101- Mini-Documentaries" with Austin at 2pm.	26 Mexican Train Dominoes at 2pm! 
27	28	29 SC Lobby Hours 10-11!	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: 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
starts at **8:30 am!**

**September 9th
October 14th**