

COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House

November 2026



Veterans' Day (November 11th) honors all members of the Armed Forces who served this country valiantly, and in a very big way. They served and fought to protect us, to keep our country safe, and to preserve our way of life. Veterans gave their time and risked their lives for you and me. In some cases, they made the ultimate sacrifice. **We would like to THANK all our veterans here at Covenant House and all over the United States for having served to keep peace and preserve our independence and freedom.**



*Thanksgiving
Dinner will be
held on*



*Monday, November 23rd
Starting at 1pm!*

Sign-up sheet will be posted in the lobby!



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



I am so grateful to all my resident volunteers for your help and dedication. You make it so much easier to run these programs so a **HUGE THANK YOU** to: Jan, Trella, Maggie, Arthur, Jane, Joyce, Jeff, Alex and **all the residents who offer help** and look out for each other. My sincerest thanks to all! - Teresa

Got Gratitude? It's Not Just for Thanksgiving!

We have all been through a lot this past year, but being positive and grateful can help you get through it. Having a yearly date set aside to be **thankful** is a reminder that being grateful everyday matters for both physical and mental health and well being.



Thanksgiving is one of those rare holidays that is generally pretty low key and a day to give thanks and be grateful. It is also an important reminder to be grateful every day for your family and friends.

Research has well demonstrated that those who have an ongoing tendency to be grateful experience better physical and psychological health and well being. They tend to be more optimistic, sociable, and engaged in life. They are less susceptible to depression, anxiety, anger, and others negative emotions that can lead to health damaging behaviors and functioning. Being grateful is good for your health.

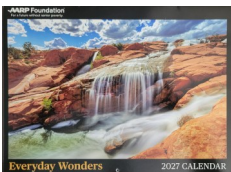


PLEASE NOTE!!



FOOD BOXES WILL BE DELIVERED ON WEDNESDAY, NOVEMBER 4th
as we are closed on November 11th for the Veteran's Day holiday.

- ♦ 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**, etc. I also provide such things as, **dish soap, laundry soap, toothbrushes, 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 call me during my office hours. All distributions are kept confidential.
- ♦ I have **incontinent supplies (Depends pull-ups, Poise pads and bed pads)** if anyone needs them. Please call me in my office as all distributions are kept confidential and discreet.



The FREE 2027 Calendars are available!!
Please call me and come see what I have.





Manager's Memo—Reda Anna



ATTENTION ALL RESIDENTS:

- ◆ Please bring your **NEW Social Security award letters** to the office as soon as you get them, so we can make a copy. Everyone should be getting a cost of living (**COLA**) **raise of 3.6%** and we need this information as it is a change in your income. Social Security will be mailing the new award letters out in December.
- ◆ Please remember that it is **cold and flu season** and **Covid-19** is still with us. No matter what you may have, it is **IMPORTANT TO STAY HOME IF YOU FEEL SICK** and avoid direct contact with others. This is for the safety of **ALL** in our community, so please help us keep everyone safe. Please take care of yourself and see a doctor if needed.

RECIPE*** Pumpkin Cupcakes With Cream Cheese Frosting ***RECIPE***

- 1 18.5-ounce box yellow cake mix (plus the ingredients called for in the package directions)
- 1/2 teaspoon pumpkin pie spice
- 1 15-ounce can pumpkin puree
- 2 8-ounce bars cream cheese, at room temperature
- 2 cups confectioners' sugar



Heat oven to 350° F. Line two 12-cup muffin tins with paper liners. Prepare the cake mix as directed **but with the following change: Add the pumpkin pie spice and substitute the can of pumpkin puree for the water called for in the package directions.**

Divide the batter among the prepared muffin tins and bake until a toothpick inserted into the center of a cupcake comes out clean, 18 to 22 minutes. Let cool.

Meanwhile, using an electric mixer, beat the cream cheese and sugar until creamy. Spread on the cupcakes and top each with a piece of candy corn.

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 & Movies this month:

"Black Friday Online Shopping"
Friday, November 20th at 2pm in the CR

"A Charlie Brown Thanksgiving"
Wednesday, November 25th at 2pm in CR



Medicare/Medicaid Assistance Program/SHIP (State Health Insurance Assistance Program)

Medicare Open Enrollment is through December 7th

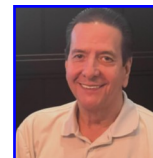
and many of you may be feeling overwhelmed by plan changes, coverage options, and enrollment decisions.

Senior Med Solutions: **Fernando Diaz** and Rafael Rascon will be here on **Friday, November 6th at 11:00am** to educate us on the new upcoming benefit changes.

Benefits of this presentation:

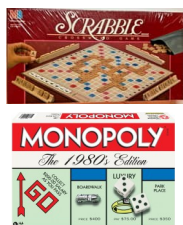
- * Residents received accurate, up-to-date information from knowledgeable professionals.
- * Residents have access to one-on-one support to review their coverage options.
- * It reduced the load on staff and frees up my time for other resident needs.
- * Residents could make more informed decisions about their healthcare coverage.

"This is not a sales event, for further assistance call your agent."



GAME NIGHT

Please join us in the multipurpose room on
Sunday, November 8th from 4-6pm



We will have games like:

Scrabble, Mexican Train Dominoes, Monopoly, & Kings in the Corner.

You are welcome to bring your own game if you like.

Come have some fun, meet other residents and enjoy the evening.

1 IN 10 PEOPLE HAVE DIABETES
(MOST HAVE TYPE 2 DIABETES)



1 IN 4 PEOPLE DON'T
KNOW THEY HAVE DIABETES



YOU CAN STAY HEALTHIER
LONGER AND LOWER
YOUR RISK OF TYPE 2 DIABETES
WITH THESE STEPS:

- **STAY AT A HEALTHY WEIGHT**
- **EAT WELL**
- **BE ACTIVE**



WORD LIST

AMERICA
 APPLES
 COLONY
 CORN
 CORNUCOPIA
 CRANBERRIES
 FAMILY
 FEAST
 GRATITUDE
 HARVEST
 HOLIDAY
 MAYFLOWER
 NATIVE AMERICAN
 NOVEMBER
 PIE
 PILGRIM
 PLYMOUTH
 PUMPKIN
 SETTLERS
 SQUASH
 STUFFING
 SWEET POTATOES
 THANKFUL
 THANKSGIVING
 TRADITION
 TURKEY
 VEGETABLE
 WISHBONE

THANKSGIVING

WORD SEARCH

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

Be Thankful!



*****Wellness Center—Troy Pearson*******OFFICE HOURS:****TUESDAY: 6:00AM—11:00AM****THURSDAY: 6:00AM—11:00AM****FRIDAY: 6:00AM— 4:00PM****TIPS FOR A HEALTHY THANKSGIVING**

DON'T SKIP BREAKFAST: Skipping breakfast to save room for Thanksgiving dinner leads to eating more later. Eat a nutrient-rich breakfast to start your day off right!

STAY HYDRATED: Drink plenty of water throughout the day. Staying hydrated can help suppress your appetite and jump start your metabolism. Don't drink your calories!

PRACTICE PORTION CONTROL: Use a smaller plate and choose smaller portions of the healthier foods on the menu.

CHOOSE FRUITS, VEGGIES AND PROTEIN FIRST: Before filling your plate with less healthier foods, start with the healthy choices that will help you stay on track.

PRACTICE MINDFUL EATING: Eat slowly and savor every bite. It takes our bodies about 20 minutes after we start eating to feel like we are full. Eating at a slow pace will often keep us from going back for seconds.

AVOID SNACKING TEMPTATIONS: While waiting for the main courses, it is so easy to fill up on snacks or to eat a little here and there while you cook. Try to avoid snacking and filling up on the wrong foods before you get to savor some of your favorites.

GO FOR A WALK: Gather your family and friends and walk some of those calories away with your loved ones!





Covenant House Calendar

November 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3 	4 Food Boxes at 8:30am! 	5 	6 Fernando Diaz Open Enrollment presentation at 11am! 	7 Mexican Train Dominoes at 2pm!
8 GAME NIGHT in MPR from 4-6pm! 	9 	10	11 Offices will be closed for Veterans Day! 	12 	13 Fernando Diaz at 10:30am! 	14 Mexican Train Dominoes at 2pm!
15 	16 	17 	18 	19 	20 Fernando Diaz at 10:30am! "Black Friday Online Shopping" at 2pm in CR!	21 Mexican Train Dominoes at 2pm!
22	23 Thanksgiving Dinner at 1pm! 	24 	25 	26 Offices will be closed for Thanksgiving Day! 	27 Offices will be closed for Thanksgiving Holiday! 	28 Mexican Train Dominoes at 2pm!
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: 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 **8:30am!**

November 4th
December 9th