COVENANT HOUSE CHRONICLES

B'nai B'rith Covenant House — December 2026









Tis the season for family and friends to enjoy the holidays!



We will be celebrating with a



Christmas/Holiday Party on Monday, December 21st at 1pm

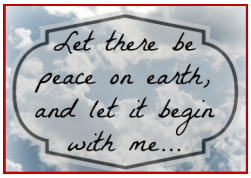


Please use the Sign up sheet in the lobby next to office!



We will be having a raffle of some gift bags for the residents!











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

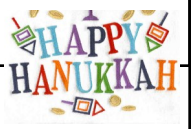
- **Office**, 520-327-2200
- **Service Coordinator**, 520-321-4496
- **Wellness Center**, 520-327-0922
- **Emergency, 911**
- **After Hours Maintenance EMERGENCY, 520-808-3677**

B'nai B'rith Covenant House is professionally managed by Biltmore Properties Inc.

EQUAL HOUSING OPPORTUNITY



Service Coordinator News --- Teresa Wachala



I want to wish all of you a very Happy Holiday season and thank you for your help and encouragement this year!



Please be kind to each other and introduce yourself to new residents or make a new friend.



- 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. I also provide such things as, **dish soap, laundry soap, toothbrushes & toothpaste, 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 (M-F, 8:30-4:30)**. All distributions are kept confidential.
- Please remember to see me if you get **any mail** you do not understand or need help with, especially from **AHCCCS, DES or Social Security** as there may be a deadline and I do not want anyone to lose their benefits. I can help set up on-line accounts which can make the process for recertification and printing new award letters or current benefit statements much easier.



- Please come see me if you get a **medical bill** and are not sure if you actually owe anything or not. Always look at your **EOBs (explanation of benefits).** The provider may not have all of your insurance information. If you pay it and find out you did not need to, it may be harder to get a refund.
- Please come see me if you think you are paying too much for your **cell phone service**. Many companies offer senior and low-income discounts and they may have set you up on the wrong plan or given you one with more mobile data than you need.

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 and Movies this month:

"Email Basics"
Wednesday, December 16th at 2pm

"A Charlie Brown Christmas"
Wednesday, December 23rd at 2pm



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 **3.6% Cost of Living Adjustment (COLA) increase to benefits in 2027** 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, **DO NOT** fold, rip, or spill anything on your rent checks or money orders. We cannot run them through the bank scanners under those conditions.
- **It is your responsibility to be available for your Annual Recertification appointment!** Please, **always notify the office when going out of town** so you will be aware of any scheduled recertification appointment.
- Please remember that your **Emergency Contact** should be the same person in your file with the management office as well as with the Service Coordinator. **If your emergency contact changes at any time, it is IMPORTANT THAT YOU INFORM REDA or GULNAR & TERESA!** Thank you!
- If you see trespassers on the property, **you should call 311 or 911** as soon as possible.



The 2026 Theme – **Making Humanity Together**. This theme is supported by the slogan, "Human rights are our shared story. Our shared power. Our shared future." Human Rights Day 2026 invites people everywhere to help tell a different story: one that makes visible how human rights are lived every day by millions of people around the world. It is a call to share these stories, celebrate what we can achieve together and help shape a future rooted in dignity, equality, solidarity and our common humanity.

Peace

Peace will come when people live
In friendship, side by side,
And cherish understanding
More than hatred, greed and pride.

Peace will come when people see
All people as the same,
And no one has to live in fear,
In ignorance, or shame.

Peace will come when people
Who are needy can reach out
For shelter, food, or love,
And no one has to do without.

Peace will come when people
Learn to listen and to care
About the rights and dignity
Of people everywhere.

Peace will come when love and trust
And kindness know rebirth,
And on that day all people
Will rejoice in peace on earth.

-Amanda Bradley-

CHRISTMAS CRAFTS & COOKIES

Thursday, December 10th at 2pm!

Join Madelyn & Teresa for a fun time making Christmas/Holiday Wreaths, Candy canes, etc.









We will be providing homemade cookies for you to decorate and eat as well!

Come explore your creative side!
Sign-up in the lobby.

NEW YEARS EVE PAJAMA PARTY



10:30 pm—12:05am
(Dec 31, 2026 - Jan 1, 2027).

Please wear appropriate pajamas.
Bring snacks to share.
Have your noise maker and smile on for a good time.

60's, 70's, and 80's music will be provided. Be there or be square.





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

Fireplace 

Herdmans

Rudolph 

Ornaments 

Snowball

Frosty 

Sleigh

Angel 

Wedgie

Star

Tree 

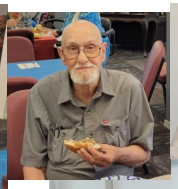
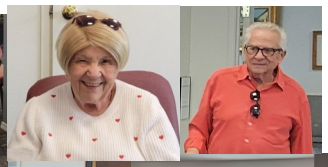
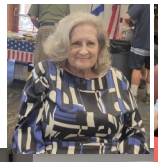
Santa

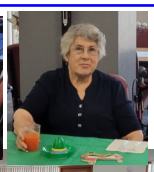
Dispatch Health
Same-Day, In-Home
Urgent Medical
520-442-2269
DispatchHealth.com
Depending on your insurance, you may have a co-pay. Please check first.

Haircuts and Nails

Coni is a licensed Hairdresser & Nail Tech who comes to the building to provide services.

Please call her at **520-333-0900.**

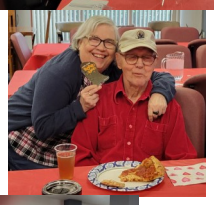




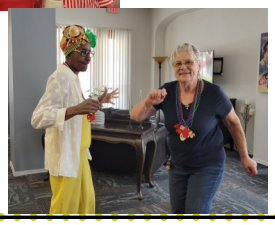












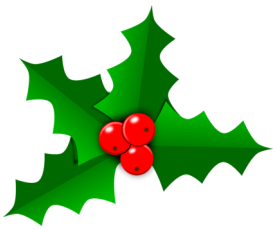



2026 Parties and Events

FUN TIMES!

Let's get our dance on!

Wellness Center—Troy Pearson

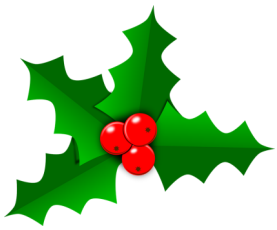


OFFICE HOURS:

TUESDAY: 6:00AM—11:00AM

THURSDAY: 6:00AM—11:00AM

FRIDAY: 6:00AM— 4:00PM



FOUR SIMPLE HEALTHY HOLIDAYS TIPS

1. STAY HYDRATED: Drinking water is one way you can stay healthy during the holidays. Senior citizens, especially, need to drink plenty of fluids, as not drinking enough water could cause many minor and serious issues including hospitalization. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.

2. FOLLOW DIETARY RESTRICTIONS: Some seniors must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren't any healthy options available. When people get stressed, they tend to overeat and don't stick to their diets. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

3. DRINK IN MODERATION: Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.

4. KEEP EXERCISING: The holidays are synonymous with cold weather. To stick to an exercise schedule, bundle up for a walk around the block. If it's too cold outside, visit the Wellness Center or drive to an indoor shopping mall and walk a few laps while window-shopping.

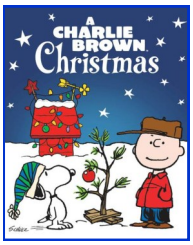




Covenant House Calendar
December 2026





Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2	3 	4 Fernando Diaz at 10:30am. 	5 Mexican Train Dominoes at 2pm!
6 	7	8 	9 Food Boxes at 8:30am! 	10 Holiday Craft Class at 2pm! 	11 Fernando Diaz at 10:30am. "Electronics Battery Care 101"with Austin at 2pm!	12  Mexican Train Dominoes at 2pm!
13 	14	15 	16 "Email Basics" with Austin at 2pm!	17	18 Offices will be closed for our Staff Holiday Party in Phoenix! 	19  Mexican Train Dominoes at 2pm!
20  Monday, December 21st	21 Christmas/ Holiday Party at 1pm! 	22 	23  At 2pm in CR!	24 	25 Offices will be closed for the Christmas Holiday! 	26  Mexican Train Dominoes at 2pm!
27 	28 	29 	30	31 New Years Eve Pajama Party at 10:30pm in the MPR! 		

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

EQUAL HOUSING OPPORTUNITY



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.

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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!

December 9th
January 13th