



Important Numbers



Office Hours:
Monday – Friday
9:00 AM – 5:00PM

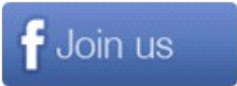
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Manager
Theresa Beaty
(520) 722 - 9015
=====
Assistant Manager
Sully Dominguez
(520) 722 - 9687
=====
Service Coordinator
Luz E. Gallego
(520) 722 - 9963

=====
Housekeeping
Alicia Cancio

=====
TDD Hearing Impaired
1-800-367-8939

=====
**AFTER HOURS
Emergency**
Jose Servin
(520) 272-3172

=====
**If Life Threatening or
Emergency Call 911**
=====
**Strauss Manor
Website**
straussmanor.org



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**Pima Council on Aging
Information and Help**
(520) 790 - 7262
=====
Wellness Director
Troy Pearson
=====
Board Liaisons
Nicky & Vicky

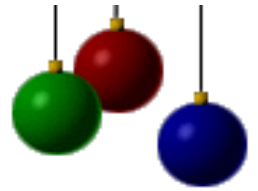
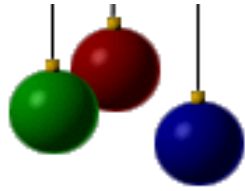
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Strauss Manor
370 N Pantano Rd.
Tucson, Az. 85710



Strauss Manor

Monthly Newsletter

December 2019



**Our
Christmas/Hanukkah
Celebration Will be
On Saturday, December 21st
@ 12:00PM
Our event Is provided by our
Board of Directors
EVERYONE IS INVITED!**



Why are there 9 candles in the Menorah?

On each night of Hanukkah, a new branch is lit.

The ninth holder, called the shamash ("helper" or "servant"), is for a candle used to light all other candles or to be used as an extra light.

**Our newsletter is printed courtesy of Tucson Electric Power
Professionally Managed by Biltmore Properties, Inc.
Published for the Residents of B'nai B'rith Gerd & Inge Strauss Manor on Pantano**

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, Kathy McElvain (602.997.0013 ext 104 or 1.888.843.3372 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).

December Calendar of Events

Monday December 2nd Avon @ 9:00am

Tuesday December 3rd CareMore Touch Nurse Practitioner from 8:30am-11:00am

Tuesday December 3rd Oshyn Hospice In Service @ 9:00am

Thursday December 5th Haircuts w/ Nora @ 9:00am

Friday December 6th Christmas Stocking Project in the MPR @ 10:00am

Friday December 6th Fire Drill @ 3:00pm

Monday December 9th Food Boxes

Friday December 13th Offices closed Staff in Phoenix for Employee Holiday Party

Monday December 16th United Health Bingo @ 2:00pm

Tuesday December 17th CareMore Touch Nurse Practitioner from 8:30am-11:00am

Tuesday December 17th Music Symphony on Screen @ 6:00pm

Wednesday December 18th Board Meeting @ 8:30am

and Board Liaisons Nicky & Vickie @ 11:00am

Wednesday December 18th Charles & Paula Slagle Christmas Music Entertainment @ 2:00pm

Thursday December 19th Resident High Tea and Speaker from the

DES OIB (Older Individuals who are Blind In Service) @ 2:00pm

Thursday December 19th Higher Ground Ministries Music Praise & Worship @ 6:30pm

Saturday December 21st Resident Christmas/Hannukah & Birthday Celebration @ 12:00pm

Saturday December 21st Christmas Carols Children Choir @ 12:30pm

Sunday December 22nd Hannukah Begins at Sundown/First Day of Winter

Wednesday December 25th Christmas Day Offices Closed

Tuesday December 31st New Year' Eve

HAPPY KWANZAA!

Merry Christmas

Happy Hanukkah

Happy Holidays

Weekly Events

Monday-Friday Coffee Time @ 9:00am

Mondays Bingo @ 2:00pm

Mondays Sing-A-Long Music Rehearsal @ 4:00pm-6:00pm

1st & 3rd Tuesday of the month CareMore Touch Nurse Practitioner @ 8:30am-11:00am

Tuesdays Wellness Class @ 12:00pm

Tuesdays Sewing @ 3:00pm

Wednesdays Games /Puzzles etc... @ 2:00pm

Thursdays The Book Club Bible Study @ 9:00am

Thursdays Wellness Class @ 12:00pm

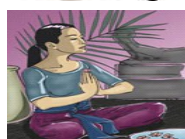
Thursdays Knitting/Crochet 4:00pm-6:00pm

Fridays Art Class @ 3:00pm

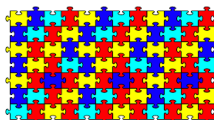
Saturdays Movie Night @ 7:00pm

(see the wellness full schedule on next page)

(Dates, times, and events subject to change without notifications)



BINGO				
10	20	42	59	62
5	25	39	56	75
4	17	30	60	71
11	18	32	51	66
15	19	36	47	69



DECEMBER 2019

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER

Happy
Holidays!



TROY J PEARSON - WELLNESS DIRECTOR

Exercise can also be a valuable tool to get you through the Challenges of the holiday season. Here are 4 reasons why you should give yourself the gift of regular exercise.

Holiday Weight Gain- The holidays are a high-risk time for gaining weight. Exercise can combat this risk by burning calories, and by maintaining muscle mass which sustains metabolic rate.

Holiday Stress- Shopping, increased food preparation, frequent visitors, and managing finances all lead to increased stress. Exercise promotes the release of hormones that improve mood and reduce feelings of anxiety.

Seasonal Depression- As we approach the winter solstice, the season chips away at our daylight hours. For many people, this can lead to varying degrees of seasonal depression. Exercise can reduce symptoms of Depression and elevate mood. Performing an outdoor workout during the daylight hours provides additional benefits by increasing sunlight exposure.

Exercise Provides Structure – One of the main culprits associated with Stress, depression, and weight gain is a reduction in structure within daily routine. Maintaining your exercise schedule provides structure to your day. The routine will help you stay on track with food intake, aid in maintenance of sleep schedules, and provides a framework so you can prioritize the demands of the holiday season.

DECEMBER 2019 WELLNESS CENTER CALENDAR

TUESDAY, DECEMBER 3RD

12:00PM-12:30PM—ACTIVE CHAIR WORKOUT

2:00PM-2:30PM—CHAIR STRETCH & STRENGTH



THURSDAY, DECEMBER 5TH

12:00PM-12:30PM—CHAIR DANCE

2:00PM-2:30PM—WALKING GROUP



TUESDAY, DECEMBER 10TH

12:00PM-12:30PM—SHOULDER MOBILITY

2:00PM-2:30PM—HIP MOBILITY

THURSDAY, DECEMBER 12TH

12:00PM-12:30PM—TAI-CHI

2:00PM-2:30PM—CHAIR YOGA



TUESDAY, DECEMBER 17TH

12:00PM-12:30PM—GENTLE UPPER BODY STRETCH

2:00PM-2:30PM—GENTLE LOWER BODY STRETCH

THURSDAY, DECEMBER 19TH

12:00PM-12:30PM—TAI-CHI

2:00PM-3:00PM—HIGH TEA



TUESDAY, DECEMBER 24TH

12:00PM-12:30PM—AEROBICS CLASS

2:00PM-2:30PM—BREATH & TAI-CHI



THURSDAY, DECEMBER 26TH

12:00PM-12:30PM—BALANCE & BREATH

2:00PM-2:30PM—SIT & BE FIT

TUESDAY, DECEMBER 31ST

12:00PM-12:30PM—RESISTANCE CHAIR

2:00PM-2:30PM—TAI-CHI



HAPPY HOLIDAYS WORD SEARCH



Created by
See Lindlauf
Grand Forks Herald
2011

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|--------------|----------------|-----------------|------------|
| 1. Happy | 5. Family | 9. Shopping | 13. Santa |
| 2. Holidays | 6. Friends | 10. Candy canes | 14. Songs |
| 3. Christmas | 7. Presents | 11. Cookies | 15. Movies |
| 4. Vacation | 8. Decorations | 12. Milk | 16. Fun |

HAPPY HOLIDAYS FROM THE STRAUSS MANOR STAFF



BBQ TURKEY SANDWICHES

- SERVES: 4
- PREP TIME: 10 min
- COOK TIME: 10 min

DIRECTIONS

1. Arrange bread on baking sheet.
2. Combine Hellmann's® or Best Foods® Real Mayonnaise with barbecue sauce. Spread the mayonnaise mixture on bread. Arrange turkey on bread, then top with cheese and bacon.
3. Broil 1 minute or until cheese is melted.

INGREDIENTS

- 4 slices rustic Italian bread, lightly toasted
- 1/4 cup Mayonnaise
- 1/4 cup barbecue sauce
- 2 cups sliced deli turkey breast or leftover turkey
- 4 slices bacon, crisp-cooked
- 1 cup shredded Monterrey Jack cheese (about 4 oz.)

TIP: To add sauteed mushrooms, melt 1 tablespoon of I can't Believe It's Not Butter! Spread in 12-inch nonstick skillet and cook 1 package (10 oz.) sliced mushrooms, stirring occasionally, 6 minutes or until golden. Season with salt and pepper to taste, then add to sandwiches before adding bacon and cheese.





UPCOMING EVENTS

This holiday season, Strauss Manor residents will be sponsoring another senior building in our community. Catalina Village Assisted Living is an AZ Long Term Care facility. They have 110 senior residents. We will be putting together gift bags filled with an afghan, bib or something we've been working on in our weekly classes.

Knitters/Crochets and Sewers
 We are seeking volunteers to make lap throws/quilts/bibs etc... These items will be donated to the residents of Catalina Village Assisted Living.

Sewing Class 
 Tuesdays @ 3:00pm

Knitting/Crochet Class 
 Thursdays @ 4:00pm

2020 Volunteer Meetings
January, April, August & December

Resident Volunteer Group



WHAT ARE YOU THANKFUL FOR?

I am so grateful to all my resident volunteers for their help and dedication.

You make it so much easier to run these programs!
Luz Gallego-Service Coordinator

Christmas Stocking project
 Every year the residents of Strauss Manor with the funding assistance from our board of directors and community donors, have been providing Christmas Stockings with a stuffed toy to the children who are in the hospital on Christmas Day. If you are interested in making a difference in someone's life by donating a stuffed toy or help with stuffing the stockings, please come see me or leave me a message @ 722-9963.





A Christmas TEA

Thursday, December 19th
@ 2:00pm



Charles & Paula Slagle
Christmas Music
Entertainment
Wednesday,
December 18th,
@ 1:00pm
In the MPR



A Christmas Carol Children's Choir
Monday, December 22nd @ 1:30pm
Refreshment will be served

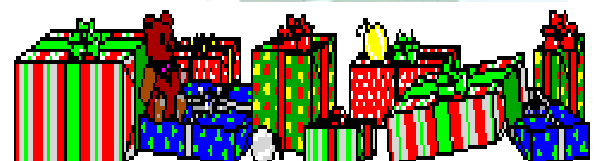


Manager's Corner

Reminder - Please **DO NOT** let people in the lobby or any other doors unless they are your guest(s). We ask that all guests enter and exit using the lobby doors. Residents are **RESPONSIBLE** for letting their own caregivers, family, friends, etc. in the building. There are specific instructions on the call box by the lobby door. If you do not have a land line, you will need to come to the lobby to let your guest(s) in. **Residents are not permitted to give outside door keys to anyone.** Please check exterior doors behind you, make sure the exterior doors are closed/locked when you leave the building. Please do not prop the doors open with a stone and leave. This is for your own safety. Leaving a stone in the door allows unauthorized people access to our building.

Thank you,

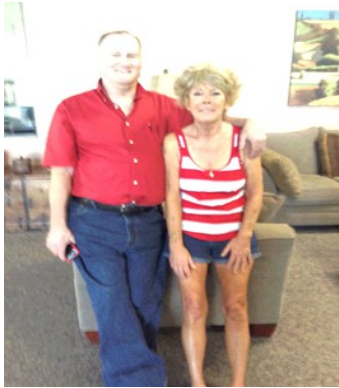
Theresa & Sully



In Loving Memory

Remembering Nancy Harmes

December 22nd 1949 - November 12th 2019



If anyone loved to participate and have a blast at any of our Strauss Manor events, that would be Nancy! Nancy was a cheerful fun-loving lady, her infectious smile could light up a whole room.

Whether it was a funny joke, her positive attitude or her cute laugh. She was fun to be around, always making everyone laugh.

Nancy was a resident volunteers. Always on time along with lots of suggestions.

She enjoyed being part of the poker club, assisted with the monthly events, and was happy to

attend the B'nai B'rith Resident Leadership Retreat in Starlight, Pennsylvania. Nancy was a wonderful friend, she will be missed by a lot of people here :)



A BIG THANK YOU!

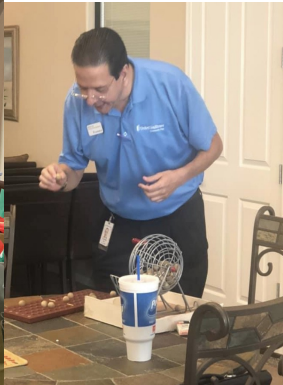
We would love to give a BIG thanks to our Partners in the community for their generous contributions for our residents' events, projects and Classes. The pictures speak for themselves:) Your generosity is key to the success of our resident Programs. I am so grateful for the support of our donors and volunteers. Thank you for helping us keep our programs strong!

The Tucson Electric Power Company
 Corpus Christi Catholic Church Quilting Group,
 Richard & Carol Poirier

Diane Arnold
 Linda Moss
 Barbara Bailey
 Safeway Stores



Higher Grounds Ministries
 United Health Care
 Oshyn Hospice
 Biltmore Properties
 and our
 Board
 of
 Directors



Service Coordinator's Page

Happy Holidays!

We all survived Thanksgiving, though perhaps a couple pounds heavier...

Was our Thanksgiving luncheon fabulous, or what? That was a lot of fun and it was a pleasure for our Board, staff and volunteers to be able to share such a wonderful tradition with you. Now we can look forward to the upcoming events this December.

Christmas? Already? And a New Year....2020! Wow, time sure flew by so quickly!

We have so much to be thankful for.

2019 has been a blessing for many. December is a wonderful time to get together with the ones that mean so much to us. Showing kindness to everyone and helping one another is something to be proud of here at Strauss Manor.

We have a few holiday events planned that you don't want to miss, so please mark your calendars!

Upcoming Events

*We will be working on our Christmas Stocking project on Friday, December 6th @ 10:00am. If you would like to help, come join us in the multi purpose room.

We will be stuffing the Christmas stockings.

This project is to take a little cheer to the children who will be spending Christmas in the hospital. We hope to see more participation.

*This year our Strauss Manor residents are sponsoring Catalina Village Assisted Living residents for the holidays.

Thank you to all my resident volunteers who participated with this event.

We will continue to finish this gift wrapping project on Wednesday, December 11th @ 2:00pm in the MPR.

These gifts are from the Strauss Manor knitting/Crochet and sewing groups. All items made in our classes are to give out to the community.

* The "BE A SANTA TO A SENIOR" program gifts will arrive before Christmas. If they arrive before December 21st the gifts will be passed out at our Christmas/Hannukah celebration.

*I will be meeting with my resident volunteers every four months. Thanks to all of you who attended our last meeting. You all had great suggestions and ideas.

Our next meeting will be on Monday, January 6th 2020. If you are interested in volunteering, please call me for an appointment.

*We will be celebrating Christmas/Hannukah with a wonderful meal on Saturday, December 21st @12:00pm.

Thanks to our Board Of Directors for providing our Christmas/Hannukah feast!

This is for residents only!

Happy Holidays!

Luz E. Gallego

Service Coordinator

B'nai B'rith Strauss Manor



Resident Activities December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>December ...Human Rights Awareness Month</p>	<p>2</p> <p>AVON</p> <p>2:00pm BINGO</p> <p>4:00PM Sing-A-Long</p> 	<p>3</p> <p>8:30am-11:00am Care More Touch Nurse Practitioner 900am</p> <p>SHYN Hospice</p>  <p>3:00pm Sewing Class</p>	<p>4</p> 	<p>5</p> <p>9:00am The Book Club Bible Study 9:00am Hair Cuts</p>  <p>4:00pm-6:00pm Knitting/ Crochet</p>	<p>6</p> <p>10:00am Christmas Stocking Project</p>  <p>3:00pm Fire Drill</p> <p>3:00pm Art Class</p>	<p>7</p>  <p>7:00pm MOVIE NIGHT!</p>
<p>8</p> 	<p>9</p> <p>Food Box</p> <p>2:00pm BINGO</p> <p>4:00PM Sing-A-Long</p> 	<p>10</p>  <p>3:00pm Sewing Class</p>	<p>11</p> 	<p>12</p> <p>9:00am The Book Club Bible Study</p>  <p>4:00pm-6:00pm Knitting/ Crochet</p>	<p>13</p> <p>OFFICES CLOSED</p> <p>BPI Employee Holiday Party</p> <p>3:00pm Art Class</p> 	<p>14</p>  <p>7:00pm MOVIE NIGHT!</p>
<p>15</p> 	<p>16</p> <p>2:00pm United Health Care</p> <p>BINGO</p> <p>4:00PM Sing-A-Long</p> 	<p>17</p> <p>8:30am-11:00am Care More Touch Nurse Practitioner 900am</p> <p>SHYN Hospice</p>  <p>3:00pm Sewing Class</p> <p>6:00pm Symphony on Screen</p>	<p>18</p> <p>8:30am Board Meeting 11:00am Board Liaisons Nicky & Vicky</p> <p>2:00pm Charles & Paula Slagle Holiday Music Entertainment</p>	<p>19</p> <p>9:00am The Book Club Bible Study 2:00pm High Tea</p> <p><i>A Christmas TEA</i></p> <p>6:30pm Higher Ground Ministries Music, Praise & worship</p>	<p>20</p>  <p>Art Class</p> 	<p>21</p> <p>12:00pm Resident Christmas/ Hannukah/ Birthday Celebration</p> <p>12:30pm Christmas Carol Children Choir</p>
<p>22</p> <p>Happy Hanukkah</p> 	<p>23</p> <p>2:00pm BINGO</p> <p>4:00PM Sing-A-Long</p> 	<p>24</p> <p><i>Christmas Eve</i></p>  <p>3:00pm Sewing Class</p>	<p>25</p> <p>OFFICES CLOSED</p>  <p>Merry Christmas</p>	<p>26</p> <p>9:00am The Book Club Bible Study</p>  <p>4:00pm-6:00pm Knitting/ Crochet</p>	<p>27</p>  <p>3:00pm Art Class</p> 	<p>28</p>  <p>7:00pm MOVIE NIGHT!</p>
<p>29</p> 	<p>30</p> <p>2:00pm BINGO</p> <p>4:00PM Sing-A-Long</p> 	<p>31</p> <p><i>NEW YEARS 2019 EVE</i></p>  <p>3:00pm Sewing Class</p>	 <p>Merry Christmas</p>			