



Strauss Manor Monthly Newsletter January 2020

Important Numbers



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

=====
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



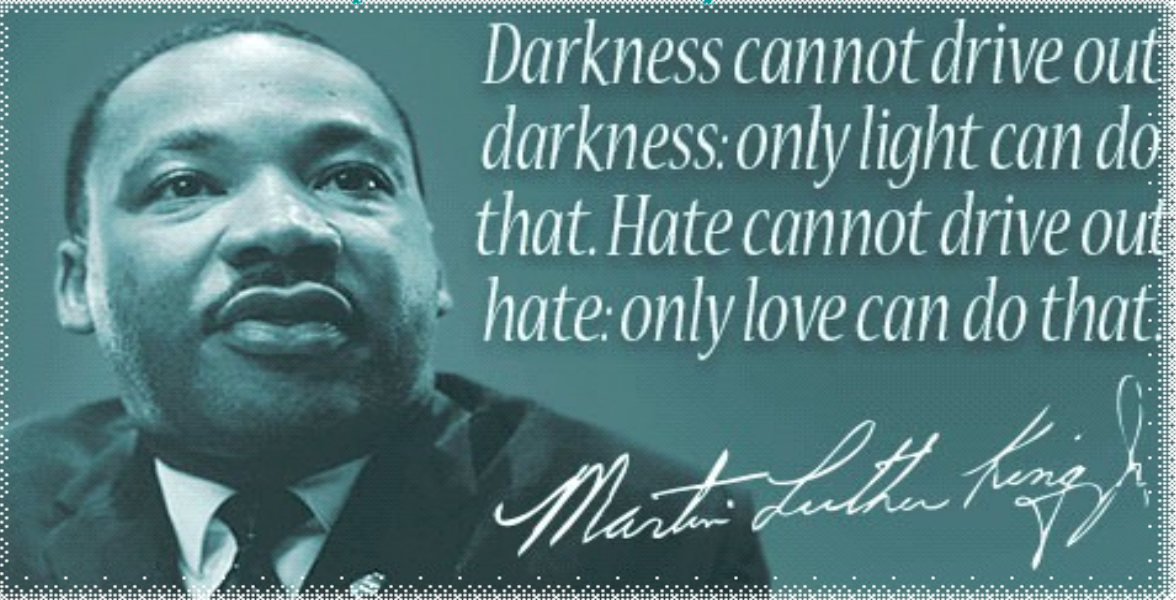
=====
**Pima Council on Aging
Information and Help**
(520) 790 - 7262
=====
Wellness Director
Troy Pearson
=====
Board Liaisons
Nicky & Vicky

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



DR. MARTIN LUTHER KING, JR

January 15, 1929 - April 4, 1968



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).



January Calendar of Events



Wednesday January 1st New Years Day Offices Closed

Thursday January 2nd Higher Ground Ministries Bible Study @ 9:00am

Monday January 6th Avon @ 9:00am

Monday January 6th Resident Volunteer Luncheon Meeting @ 12:00pm

Tuesday January 7th CareMore Touch Nurse Practitioner from 8:30am-11:00am

Tuesday January 7th Oshyn Hospice In Service @ 9:00am

Wednesday January 8th Oasis Rita Ranch Bible Study 6:00pm-8:30pm

Thursday January 9th Higher Ground Ministries Bible Study @ 9:00am

Friday January 10th MPR Closed-Staff Conference 8:00am-4:00pm

Friday January 10th Art Class w/Vicky 10:00am

Monday January 13th Food Boxes

Monday January 13th United Health Bingo @ 2:00pm

Wednesday December 15th Board Meeting @ 8:30am

and Board Liaisons Nicky & Vickie @ 11:00am

Wednesday January 15th Oasis Rita Ranch Bible Study 6:00pm-8:30pm

Thursday January 16th Higher Ground Ministries Bible Study @ 9:00am

Thursday January 16th Higher Ground Ministries Music Praise & Worship @ 6:30pm

Friday January 17th KU Kids Unlimited Studios Performing @ 6:00pm

Monday January 20th Martin Luther King Jr Day Offices Closed

Tuesday January 21st CareMore Touch Nurse Practitioner from 8:30am-11:00am

Tuesday January 21st Music Symphony on Screen @ 6:00pm

Wednesday January 22nd Oasis Rita Ranch Bible Study 6:00pm-8:30pm

Thursday January 23rd Higher Ground Ministries Bible Study @ 9:00am

Thursday January 23rd Resident New Year's High Tea @ 2:00pm

Friday January 24th MPR Closed- Staff Conference 8:00am-4:00pm

Tuesday January 28th Oshyn Hospice In Service @ 9:00am

Wednesday January 29th Oasis Rita Ranch Bible Study 6:00pm-8:30pm

Thursday January 30th Higher Ground Ministries Bible Study @ 9:00am

Friday January 31st Resident Birthday Pot luck @ 11:30am

*Happy New Year
2020*

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 Oasis Bible Study @ 6:00pm

Thursdays Higher Ground Ministries Bible Study @ 9:00am

Thursdays Wellness Class @ 12:00pm

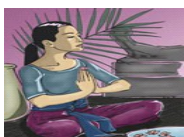
Thursdays Knitting/Crochet 4:00pm-6:00pm

Fridays Art Class @ 3:00pm

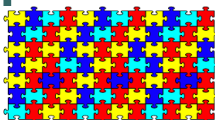
Saturdays Movie Night @ 7:00pm

(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	60	71	
11	18	32	66	
15	19	36	47	69



JANUARY 2020

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER

Happy New Year!



TROY J PEARSON - WELLNESS DIRECTOR

In 2020, set a goal that focuses on bettering your overall health, both physically and mentally. It's easy to let a resolution get brushed under the rug, but it'll be a priority if it's something You're truly passionate about changing. Here are a few New Year's resolutions to consider:

1.Exercise 10 minutes a day

Staying physically active is key to healthy aging. That doesn't mean you have to spend all of your free time exercising, but you should certainly dedicate a portion of your day to fitness. If you're just getting, Harvard Health Publications recommended committing 10 minutes of your day to exercise, with a gradual increase as it becomes a habit. Eventually, you should be able to dedicate The recommended amount of 150 minutes of aerobics activity per week.

2. Make healthier dessert decisions

It's easy to reach for that sugary treat after dinner. But consuming those not-so-healthy choices every night may eventually leads to weight gain, high blood pressure and other chronic issues according to Blood Pressure UK. Make 2020 your year to fall off the path that leads to unhealthy desserts and jump on one that drives you to make smarter choices. Fruits and dark chocolate make excellent natural alternatives if you need to satisfy a sweet craving.

3. Revisit an old pastime

When was the last time you spent time enjoying that favorite hobby of yours? At some point in the new year, consider breaking out the old needle and yarn, fishing rod, or a bottle cap collection you used to be passionate about. You may even consider introducing it to your grandchildren so you have something new to bond over!

4. Be conscious about your overall health

Your body is always changing, so make it a priority to keep up with your health. Visit the doctor annually, if not more, to be productive about your overall well-being. And take the advice and guidance he or she gives during your visit. Those tips will help you have a happy and healthy year.



JANUARY 2020 WELLNESS CENTER CALENDAR



THURSDAY, JANUARY 2ND

12:00PM-12:30PM—ACTIVE CHAIR WORKOUT
2:00PM-2:30PM—CHAIR STRETCH & STRENGTH

TUESDAY, JANUARY 7TH

12:00PM-12:30PM—CHAIR DANCE
2:00PM-2:30PM—AEROBICS

THURSDAY, JANUARY 9TH

12:00PM-12:30PM—SHOULDER MOBILITY
2:00PM-2:30PM—HIP MOBILITY

TUESDAY, JANUARY 14TH

12:00PM-12:30PM—TAI-CHI
2:00PM-2:30PM—CHAIR YOGA

THURSDAY, JANUARY 16TH

12:00PM-12:30PM—GENTLE UPPER BODY STRETCH
2:00PM-2:30PM—GENTLE LOWER BODY STRETCH

TUESDAY, JANUARY 21ST

12:00PM-12:30PM—TAI-CHI
2:00PM-2:30PM—AEROBICS

THURSDAY, JANUARY 23RD

12:00PM-12:30PM—BREATH & TAI-CHI
2:00PM-3:00PM—HIGH TEA

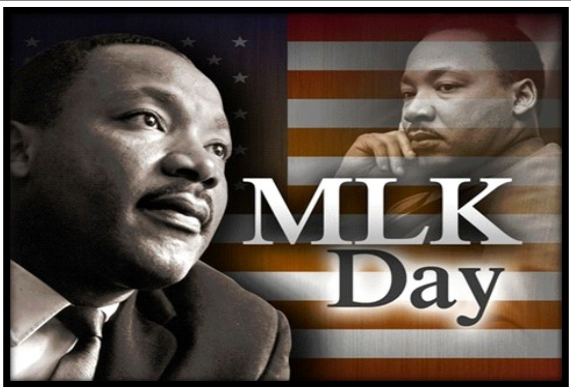
TUESDAY, JANUARY 28TH

12:00PM-12:30PM—BALANCE & BREATH
2:00PM-2:30PM—SIT & BE FIT

THURSDAY, JANUARY 30TH

12:00PM-12:30PM—RESISTANCE CHAIR
2:00PM-2:30PM—TAI-CHI





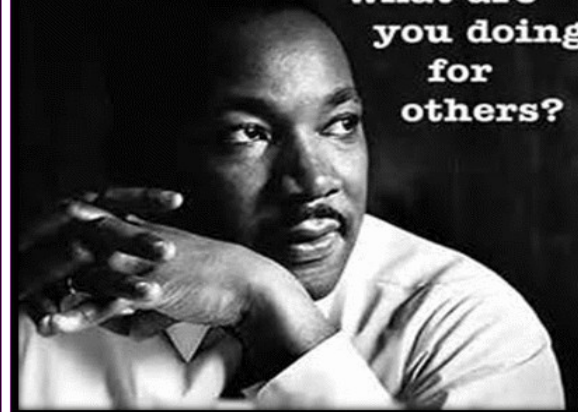
"I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

Martin Luther King, Jr.



Life's most persistent and urgent question is,

**what are
you doing
for
others?**



Martin Luther King, Jr. Day (Birthday of Martin Luther King, Jr.)

Is an American federal holiday marking the birthday of Martin Luther King, Jr. It is observed on the third Monday of January each year, which is around the time of King's birthday, January 15. The floating holiday is similar to holidays set under the Uniform Monday Holiday Act. King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after his assassination in 1968. President Ronald Reagan signed the holiday into law in 1983, and it was first observed three years later. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.

WE'RE CELEBRATING OUR VOLUNTEERS!

VOLUNTEER LUNCHEON

Meeting

Monday, January 6th, 2020
@12:00pm



Ron Marlin
Chaplain
In Services
Tuesdays,
January 7th & 28th
@ 9:00am

 **United
Healthcare**



Monday, January 13th @ 2:00pm
W/Fernando Diaz & Bill Brunnell



FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF MO. YR.

Name:

Address:

Doctor: Phone #:

Preferred Hospital:

EMERGENCY CONTACTS

Name: Phone #:

Address:

Name: Phone #:

It is very important to keep your File of Life on your refrigerator. The paramedics always look there when responding to an emergency. Please take a look at your File of Life to see if it needs to be updated or if you don't have one come see me.

Tea Time



New Year's High Tea Time
Thursday, January 23rd 2020
@ 2:00pm



Manager's Corner

Reminder to all residents: As stated in the EIV & You Brochure given to residents at application, move in, and every certification, **when changes occur in your household income or family composition, immediately contact your property manager to determine if this will affect your rental assistance. This includes Social Security, SSI, Wages, Unemployment, Pensions, and all other income.** EIV is a web-based computer system containing employment and income information on individuals participating in HUD's rental assistance programs. This information assists HUD in making sure "the right benefits go to the right persons".

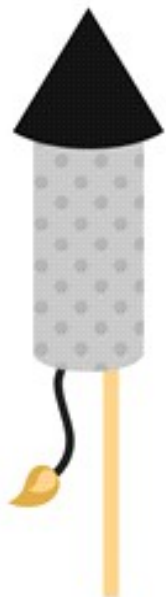
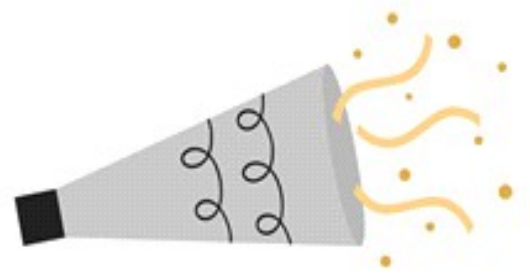
Please contact us if you have any questions.

Thank you,

Theresa & Sully



HAPPY NEW YEAR!



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

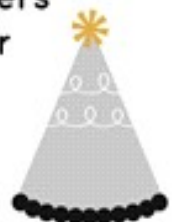
Countdown
 Confetti
 Midnight
 Balloons

Celebration
 Fireworks
 January
 Happy



New Year
 Clock
 Cheers
 Goals

Party Poppers
 Noisemaker
 Resolution
 Sparklers



Strauss Manor 2019 Highlights

We didn't realize
we were making
memories, we just
knew we were
having fun



HAPPY MEMORIES



2019 Was A Great Year!



Trick or Treat



Pot-Lucks



2019 Unforgettable MEMORIES



Sing-A-Long



Service Coordinator Page



Happy New Year!

Dear residents,

2019 was another year of blessings.

The blessing of work that I love, the blessing of working with such amazing, wonderful and always inspiring co-workers, board of directors, volunteers from a multitude of agencies and faith based communities, but mostly, I am blessed to serve all of our residents here at Strauss Manor. Let's thank those who have blessed us throughout the year with their kindness, generosity, and time. Many of our residents are also volunteers in service to others and our mission...we all work very hard to create opportunities for you!

Sewing classes, art and crafts, knitting and crocheting...so much of what you do creates a blessing for others.

Children in the hospital, both UMC, TMC and The Ronald Mc Donald House, the seniors from Catalina Village assisted living are also the recipients of your generosity during the holiday. Homeless people in our community are warmed by the scarves you knit, and patients in care facilities wear your love in the form of walker bags, afghans, quilts and bibs.

All of these activities, events and opportunities for socialization only happen because of you and the generosity of our donors. Thank you all for your gifts of your time, talents, and care. I would like for everyone to participate in the programs here at Strauss Manor to further the joy we all share by living and enjoying this beautiful building.

For those loved ones we have lost in 2019, know your memories also bless us.

I look forward to another year with you and making memories to last a lifetime.

You make a difference in my day, every day my door and my heart are always open.

Thank you for being part of my extended family.

ALL programs and events scheduled in the calendar are open to all residents!

May you have a wonderful happy New Year!

Luz E. Gallego

Service Coordinator



*Gratitude
is the best
Attitude*

*Today will never come again,
Be a blessing, be a friend.
Encourage someone,
take time to care.
Let your words heal,
and not wound.*

Resident Activities January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 OFFICES CLOSED 	2 9:00am Higher Ground Ministries Bible Study  4:00pm-6:00pm Knitting/Crochet	3  3:00pm Art Class 	4 
5 	6 9:00am AVON 12:00pm Resident Volunteer Luncheon mtg 2:00pm BINGO 4:00PM Sing-A-Long 	7 8:30am-11:00am Care More Touch Nurse Practitioner 9:00am SHYN Hospice  3:00pm Sewing Class	8  6:00pm-8:30pm Oasis of Rita Ranch Bible Study	9 9:00am Higher Ground Ministries Bible Study  4:00pm-6:00pm Knitting/Crochet	10 MPR CLOSED 8:00am-4:00pm Gerontology Training Normal Aging and Promotion of healthy Aging 10:00am Art Class w/Vicky In the coffee room	11  
12 	13 Food Box  2:00pm United Health BINGO 4:00PM Sing-A-Long 	14   3:00pm Sewing Class	15 8:30am Board Meeting 11:00am Board Liaisons Nicky & Vicky  6:00pm-8:30pm Oasis of Rita Ranch Bible Study	16 9:00am Higher Ground Ministries Bible Study 4:00pm-6:00pm Knitting/Crochet 6:30pm Higher Ground Ministries Music, Praise & worship	17 3:00pm Art Class  6:00pm KU Kids Unlimited Studios	18  
19 	20 OFFICES CLOSED Dr. Martin Luther King Jr. HOLIDAY  <small>EVERYBODY can be great. Because ANYBODY can SERVE. You only need a HEART full of a grace. SOUL generated by LOVE.</small> REMEMBER! CELEBRATE! ACT!	21 8:30am-11:00am Care More Touch Nurse Practitioner 11:00am-12:30pm MPR Reserved 3:00pm Sewing Class 6:00pm Symphony on Screen	22  6:00pm-8:30pm Oasis of Rita Ranch Bible Study	23 9:00am Higher Ground Ministries Bible Study Tea Time  2:00pm 4:00pm-6:00pm Knitting/Crochet	24 MPR CLOSED 8:00am-4:00pm Gerontology Training When Aging Goes Awry 3:00pm Art Class	25  
	26 2:00pm BINGO 4:00PM Sing-A-Long 	27   3:00pm Sewing Class	28 9:00am  6:00pm-8:30pm Oasis of Rita Ranch Bible Study	29  6:00pm-8:30pm Oasis of Rita Ranch Bible Study	30 9:00am Higher Ground Ministries Bible Study  4:00pm-6:00pm Knitting/Crochet	31  11:30am Resident Birthday Pot luck 3:00pm Art Class 