DR. MARTIN LUTHER KING, JR
January 15, 1929 - April 4, 1968

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

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 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)
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.
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
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.
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.
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
We didn’t realize we were making memories, we just knew we were having fun.

2019 Was A Great Year!
Trick or Treat

Veteran's Day

Sing-A-Long

Pot-Lucks
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

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