



Strauss Manor Monthly Newsletter February 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

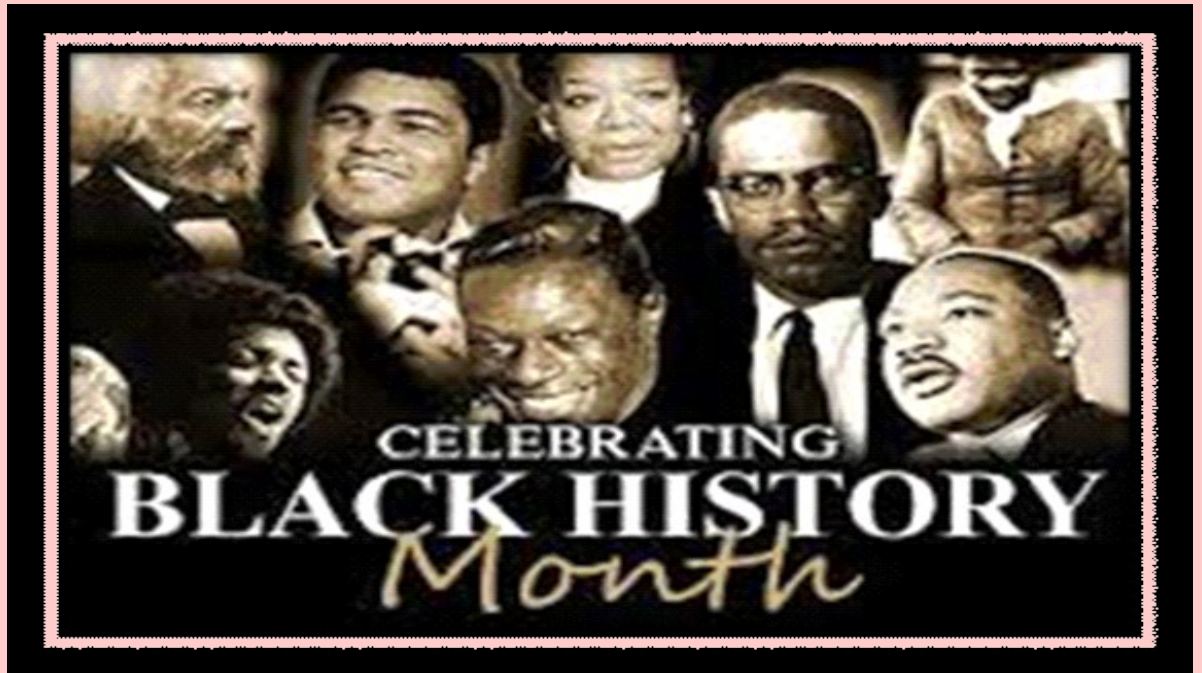
Troy Pearson

Board Liaisons

Nicky & Vicky

Strauss Manor

370 N Pantano Rd.
Tucson, Az. 85710



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).

February Calendar of Events

Sunday February 2nd Groundhog Day

Sunday February 2nd Super Bowl Party @ 4:00pm

Monday February 3rd Avon @ 9:00am

Tuesday February 4th CareMore Touch Nurse Practitioner from 8:30am-11:00am

Wednesday February 5th Oasis Rita Ranch Bible Study 6:00pm-8:30pm

Thursday February 6th Higher Ground Ministries Bible Study @ 9:00am

Thursday February 6th NAU Counseling Students Meeting @ 4:00pm

Monday February 10th Food Boxes

Monday February 10th United Health Bingo @ 2:00pm

Wednesday February 12th Oasis Rita Ranch Bible Study 6:00pm-8:30pm

Thursday February 13th Higher Ground Ministries Bible Study @ 9:00am

Thursday February 13th NAU Counseling Students Meeting @ 4:00pm

Friday February 14th Resident Birthdays/Valentine's/President's Day Pot luck @ 11:30am

Follow by A Frank Sinatra Impersonator @ 12:00pm

Monday February 17th Presidents Day Offices Closed

Tuesday February 18th CareMore Touch Nurse Practitioner from 8:30am-11:00am

Tuesday February 18th Music Symphony on Screen @ 6:00pm

Wednesday February 19th Board Meeting @ 8:30am

and Board Liaisons Nicky & Vickie @ 11:00am

Wednesday February 19th Oasis Rita Ranch Bible Study 6:00pm-8:30pm

Thursday February 20th Higher Ground Ministries Bible Study @ 9:00am

Thursday February 20th NAU Counseling Students Meeting @ 4:00pm

Thursday February 20th Higher Ground Ministries Music Praise & Worship @ 6:30pm

Friday February 21st Sentimental Journey @ 2:00pm

Tuesday February 25th Oshyn Hospice In Service @ 9:00am

Wednesday February 26th Oasis Rita Ranch Bible Study 6:00pm-8:30pm

Thursday February 27th Higher Ground Ministries Bible Study @ 9:00am

Thursday February 27th Resident High Tea @ 2:00pm

Entertainment by: The Sing-A-Long

Thursday February 27th NAU Counseling Students Meeting @ 4:00pm

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

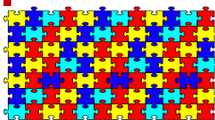
Saturdays Movie Night @ 7:00pm

(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	31	60	71
11	18	32	51	66
15	19	36	47	69



FEBRUARY 2020

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER

Happy **VALENTINE'S** DAY



TROY J PEARSON - WELLNESS DIRECTOR

You can keep your heart healthy no matter how old you are, but it does take effort — possibly even changes in your everyday habits, such as eating a heart-healthy diet and increasing your activity level. Here's how to get started:

- 1) **GET ENOUGH EXERCISE.** This means at least 30 minutes of exercise almost every day of the week.
- 2) **QUIT SMOKING.** If you do smoke, it's time to quit.
- 3) **EAT A HEART-HEALTHY DIET.** Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats.
- 4) **WATCH YOUR NUMBERS.** Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes, and make sure they're under control with medication.
- 5) **REDUCE YOUR ALCOHOL INTAKE.** Excess alcohol consumption can worsen health conditions that contribute to heart disease, like blood pressure, arrhythmias, and high cholesterol levels.
- 6) **MINIMIZE STRESS IN YOUR LIFE.** Stress can compound many heart disease risks that seniors already face, steering you toward an unhealthy lifestyle. Find healthy outlets to relieve stress and lower your heart disease risk.
- 7) **WATCH YOUR WEIGHT.** Too many pounds can add up to increased heart disease risk. To help prevent heart disease, maintain a healthy body weight for your size.

Working with your doctor can help keep health problems under control. It's never too late to start living a healthy lifestyle and getting your heart disease risks in check.

FEBRUARY 2020 WELLNESS CENTER CALENDAR



TUESDAY, FEBRUARY 4TH

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



THURSDAY, FEBRUARY 6TH

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

TUESDAY, FEBRUARY 11TH

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



THURSDAY, FEBRUARY 13TH

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

Healthy Heart



Healthy You

TUESDAY, FEBRUARY 18TH

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

THURSDAY, FEBRUARY 20TH

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

TUESDAY, FEBRUARY 25TH

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

THURSDAY, FEBRUARY 27TH

12:00PM-12:30PM—BALANCE & BREATH
2:00PM-2:30PM—AEROBICS



MINI BROWNIE TREATS

Ingredients:

- 1 package fudge brownie mix (13-inch x 9-inch pan size)
- 48 striped or milk chocolate kisses

Directions:

1. Prepare brownie mix according to package directions for fudge-like brownies. Fill paper-lined miniature muffin cups two-thirds full.
 2. Bake at 350° for 18-21 minutes or until a toothpick inserted near the center comes out clean.
 3. Immediately top each with a chocolate kiss. Cool for 10 minutes before removing from pans to wire racks to cool completely.
- TOTAL TIME: Prep: 15 min. Bake: 20 min. + cooling YIELD: 48 servings



Friday,
February 14th
11:30am

Valentines Day/President's Day/Black History/
Resident Birthdays
Celebration
Pot luck

W/Entertainment from
A Frank Sinatra Impersonator
Entertainment from 12:00pm-2:00pm



Music Symphony
on screen



February 18th @ 6:00pm

Manager's Corner

Reminder, if you can't reach the office or if after hours, please **call the maintenance phone 272-3172 for building maintenance emergencies only.**

Please use your pull cord or call 911 for all other emergencies. If you see another person needing medical attention, please call 911.

Thank you,

Theresa & Sully



UPCOMING EVENTS

COMING SOON



February

March

April

May

Music

*mind
body
spirit*

Old Time Country and Bluegrass music

FREE COUNSELING AT STRAUSS MANOR
Stressed? Personal Problems? Grief and Loss?
Social Problems? Other Issues?



Let second-year graduate counseling students who are supervised by licensed faculty from Northern Arizona University help.

They are available on Thursday evenings to listen and help find solutions on a weekly basis from **February through April, 2020** at Strauss Manor, from 5:30 PM to 8:30 PM by appointment. To initiate an appointment, call the practicum laboratory at 520 879-7943 and leave a message noting that you are at Strauss Manor, and include your name, phone number with area code as well as the most convenient time for the intake specialist to return your call.

*Keep an eye on
your calendar
For these
upcoming events
coming soon
to Strauss Manor!*



One good *thing* about **MUSIC** when it hits you, you feel no pain"
(Bob Marley)

*Life
sounds
better
with
music*



KU Kids Unlimited Studios



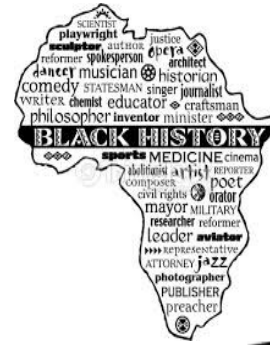
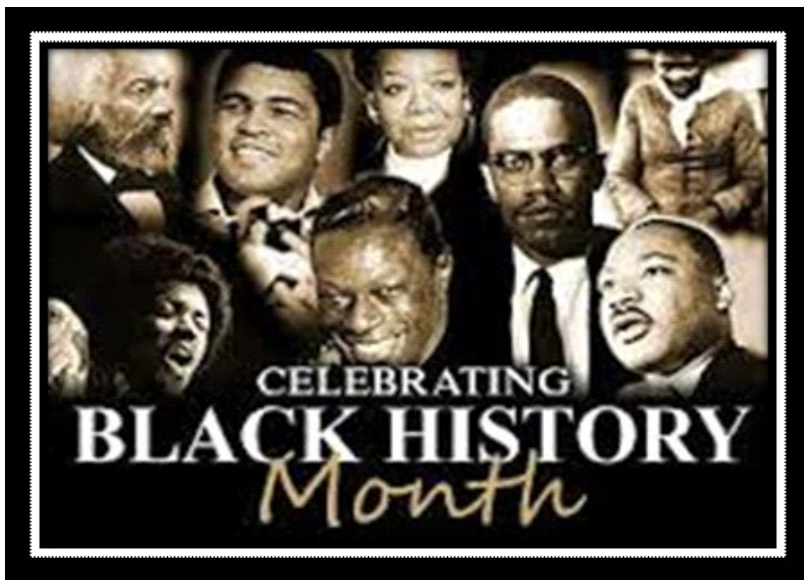
Dance Sequences is about a partnership of people with diverse backgrounds and abilities who seek to promote and create community through the art and joy of movement expression.



Sentimental Journey

MUSIC WELLNESS ACTIVITIES FOR ELDER GROUPS

Sentimental Journey is a Wellness Band. They play a variety of music that is positive, upbeat and inspiring to audiences. In addition, audiences benefit by playing along, using Percussion instruments that they provide. They also play "Name That Tune" to sharpen memory skills.



Black History Month is observed in the month of February. Black History Month, also known as African-American History Month in America, is an annual observance in the United States, Canada, and the United Kingdom for remembrance of important people and events in the history of the African diaspora.

The African diaspora refers to the communities throughout the world that are descended from the historic movement of peoples from Africa, predominantly to the Americas, Europe, Asia, and the Middle East, among other areas around the globe.

The expansion of Black History Week to Black History Month was first proposed by the leaders of the Black United Students at Kent State University in February 1969. The first celebration of the Black History Month took place at Kent State one year later, in February 1970.



THE GRAND ESSENTIALS OF HAPPINESS ARE: SOMETHING TO DO, SOMETHING TO LOVE, SOMETHING TO GIVE, AND SOMETHING TO HOPE FOR.
 AFTER ALLAN CHAMBERS



GOOD ADVICE

"Life is not the way it's supposed to be..
 It's the way it is..
 The way we cope with it,
 is what makes the difference."

"Not everyone can do great things. But we can all do small things with great love!" Mother Teresa

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

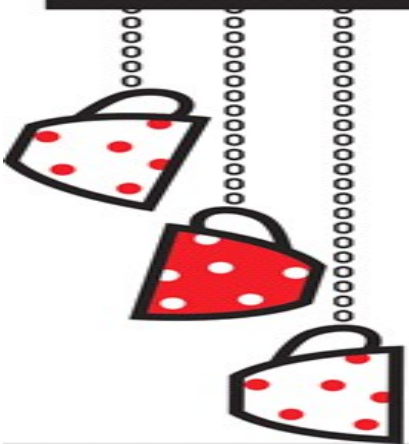
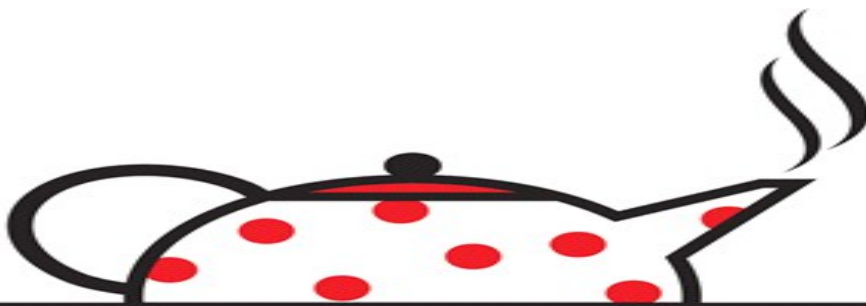


Happy Valentine's Day!

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



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



High Tea
Thursday, February 27th
@ 2:00pm
Music Entertainment:
"Sing-A-Long Group"
(We will have a raffle!)



LOVE

Service Coordinator Page

LOVE

Happy Valentines Day!

140ET forms for the \$25.00 credit are here!

I will begin to assist with the Arizona State Tax Credit 140 ET form in February. To qualify for this credit, your income cannot exceed \$12,500 if you are single or \$25,000 for a couple. I have the forms if you wish to do them on your own.

If you have any questions please feel free to stop by my office.

*Northern Arizona University Graduate Clinical Mental Health Students will be providing up to 10 free sessions with a counselor in their own apartments.

Appointments are Thursday evenings from 5:30pm-8:30pm.

This practicum will go from February thru April, 2020. If you are interested, please call the number on the flier posted on this newsletter.

The students will be supervised by Joyce A. DeVoss, Ph.D., Professor and supervisor.

*We will be getting together on Super Bowl Sunday @ 4:00pm.

Refreshments will be Provided:)

*We will be celebrating resident's birthdays, Valentines Day, President's Day and Black History month on Friday, February 14th, @ 11:30am. We will also have a Frank Sinatra impersonator beginning @ 12:00pm.

We hope everyone attends!

*The offices will be closed on Monday, February 17th, in observance of President's Day.

*Please check your calendar for upcoming events. We have a few new entertainment groups coming soon to Strauss Manor.

*All activities and events are subject to change/or cancellation. I will try my very best to give you proper notice of these changes when possible.

Thank you in advance for your understanding.

I look forward to seeing everyone at all of our events!

Thank you all and have an awesome month!

Luz Gallego-Service Coordinator



LOVE is not something you look for,
love is something you BECOME.



Resident Activities February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HISTORY MONTH 	<p>RANDOM ACTS OF KINDNESS DAY!</p>	<p>February 14th is National Donor Day</p> <p>Give Love Give Life</p>	<p>Your life is an occasion. Rise to it.</p> <p>-Suzanne Weir</p>	<p>MOVIE NIGHT!</p> <p>7:00pm</p>		
<p>2</p> <p>Groundhog Day</p> <p>4:00PM</p> <p>SUPER BOWL 2020 PARTY</p>	<p>3</p> <p>9:00am</p> <p>AVON</p> <p>2:00pm</p> <p>BINGO</p> <p>4:00PM</p> <p>Sing-A-Long</p>	<p>4</p> <p>8:30am-11:00am</p> <p>Care More Touch Nurse Practitioner</p> <p>3:00pm Sewing Class</p>	<p>5</p> <p>today I CHOOSE joy</p> <p>6:00pm-8:30pm</p> <p>Oasis of Rita Ranch Bible Study</p>	<p>6</p> <p>9:00am</p> <p>Higher Ground Ministries Bible Study</p> <p>4:00Pm</p> <p>NAU</p> <p>Counseling Students Mtg</p> <p>4:00pm-6:00pm</p> <p>Knitting/Crochet</p>	<p>7</p> <p>3:00pm</p> <p>Art Class</p>	<p>8</p> <p>LOVE</p> <p>MOVIE NIGHT!</p> <p>7:00pm</p>
<p>9</p> <p>love doesn't make the world go round love is what makes the world worthwhile</p>	<p>10</p> <p>Food Box</p> <p>2:00pm</p> <p>United Health</p> <p>BINGO</p> <p>4:00PM</p> <p>Sing-A-Long</p>	<p>11</p> <p>3:00pm Sewing Class</p>	<p>12</p> <p>6:00pm-8:30pm</p> <p>Oasis of Rita Ranch Bible Study</p>	<p>13</p> <p>9:00am</p> <p>Higher Ground Ministries Bible Study</p> <p>4:00Pm</p> <p>NAU</p> <p>Counseling Students Mtg</p> <p>4:00pm-6:00pm</p> <p>Knitting/Crochet</p>	<p>14</p> <p>11:30am</p> <p>Resident Birthdays & Holiday Pot Luck</p> <p>12:00pm</p> <p>Frank Sinatra Impersonator</p>	<p>15</p> <p>MOVIE NIGHT!</p> <p>7:00pm</p>
	<p>17</p> <p>OFFICES CLOSED</p> <p>Happy Presidents Day</p>	<p>18</p> <p>8:30am-11:00am</p> <p>Care More Touch Nurse Practitioner</p> <p>3:00pm Sewing Class</p> <p>6:00pm</p> <p>Symphony on Screen</p>	<p>19</p> <p>8:30am</p> <p>Board Meeting</p> <p>11:00am</p> <p>Board Liaisons Nicky & Vicky</p> <p>6:00pm-8:30pm</p> <p>Oasis of Rita Ranch Bible Study</p>	<p>20</p> <p>9:00am</p> <p>Higher Ground Ministries Bible Study</p> <p>4:00Pm</p> <p>NAU</p> <p>Counseling Students Mtg</p> <p>6:30pm</p> <p>Higher Ground Ministries Music, Praise & worship</p>	<p>21</p> <p>2:00pm</p> <p><i>Sentimental Journey</i></p> <p>Music Wellness Activities For Elder Groups</p> <p>3:00pm</p> <p>Art Class</p>	<p>22</p> <p>Bee Mine</p> <p>MOVIE NIGHT!</p> <p>7:00pm</p>
<p>23</p> <p>February is American Heart Month</p>	<p>24</p> <p>2:00pm</p> <p>BINGO</p> <p>4:00PM</p> <p>Sing-A-Long</p>	<p>25</p> <p>9:00am</p> <p>3:00pm Sewing Class</p>	<p>26</p> <p>6:00pm-8:30pm</p> <p>Oasis of Rita Ranch Bible Study</p>	<p>27</p> <p>9:00am</p> <p>Higher Ground Ministries Bible Study</p> <p>2:00pm High Tea</p> <p>W/the Sing-A-Long group</p> <p>4:00Pm</p> <p>NAU</p> <p>Counseling Students Mtg</p>	<p>28</p> <p>3:00pm</p> <p>Art Class</p>	<p>29</p> <p>MOVIE NIGHT!</p> <p>7:00pm</p>