



# Strauss Manor Monthly Newsletter April 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](http://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).

# APRIL 2020

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



**TROY J PEARSON - WELLNESS DIRECTOR**

Since we are spending more time social-distancing here are some simple exercises to do at home:

- 1) Chair Squats—Simply and slowly stand up and down from a chair. You can stabilize with your hands on your thighs or you can hold your hands straight out in front of you.
- 2) Counter-Top Push-Ups—Place your hands a little wider than shoulder-width apart and stand back from you counter-top with your arms straight. Bend your elbows and shoulders at the same time and lower your chest towards the counter top. If you have shoulder issues, you can move your hands closer and limit your range of motion.
- 3) Single-Leg Stands—Stand behind a chair to assist you with balance. Slowly lift one leg for a few seconds at a time and use the chair for balance as little as possible. Be sure to do both legs!!!

You can perform one set of each of these exercises for 5-10 repetitions several times a day.

**The Wellness Center is currently closed until further notice. You can reach me with any questions or concerns by email or phone at:**

**[bbchwellness@qwestoffice.net](mailto:bbchwellness@qwestoffice.net) or 520-327-0922**

### What is COVID19 and what are the ways it spreads?

COVID19 is a new kind of virus in the same family as the flu and the common cold. Like the flu and common cold, COVID19 can spread on surfaces, through person-to-person contact, and through the air in droplets from sneezing and coughing.

### Lowering the risk of getting the virus

Like with the flu or common cold, there are a number of ways to lower your risk:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Sneeze and cough into your bent elbow or a tissue. Throw the tissue away when you are done.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

-If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

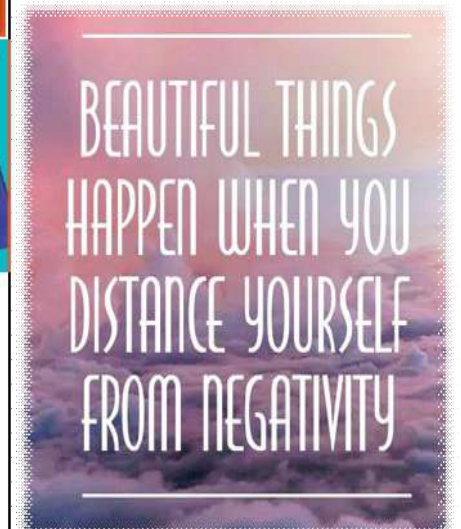
- In general, avoid handshakes and hugs during this time.

### Helping others to lower their risk

- Stay home when you are sick.
- Sneeze and cough into your bent elbow or a tissue. Throw the tissue away when your are done.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.



Cover coughs and sneezes



## BEWARE OF SCAMMERS!

**Arizona officials are warning Arizona seniors about scams related to the new coronavirus. "Fake miracle cures and events, shopping thieves, door-to-door sanitization services, robocalls, official-looking phishing emails, and government impostor scams" are all on the rise, the release says.**

**These scams look to gain access to seniors' financial information. Please stay alert and look out for one another during this difficult time.**



### Of these scams below:

- \*Shopping Thieves
- \*Door-to-Door Services
- \*Miracle Products and COVID-19 Vaccines
- \*Government Impostor Money Scams
- \*Phone Scams, Robocalls,
- \*Text Messages, Phishing Emails

**Resources available to Arizona seniors:**  
**Consumer fraud complaints can be filed with the Arizona Attorney General's Office online or call 602-542-2124, (800) 352-8431, or email [seniorabuse@azag.gov](mailto:seniorabuse@azag.gov)**

# Easter Word Search

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

BUNNY  
 DUCKLINGS  
 BONNET  
 SPRING  
 EGGS



DAFFODILS  
 EGG  
 JELLYBEANS  
 RABBIT  
 CHOCOLATE

LAMBS  
 IRIS  
 BASKET  
 CHICKS  
 HUNT





## PASSOVER

One of the Jewish religion's most sacred and widely observed holidays, Passover (Hebrew: Pesach) commemorates the story of the Israelites' departure from ancient Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers and Deuteronomy, among other texts. Jews observe the week long festival with a number of important rituals, including traditional Passover meals known as Seders, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale.

## Easter

2020

Easter Sunday is a religious holiday to some and a family holiday for others, but how did the bunny get involved? Bunnies, eggs, Easter gifts and fluffy, yellow chicks all stem from pagan roots. These tropes were incorporated into the celebration of Easter separately from the Christian tradition of honoring the day Jesus Christ rose from the dead. The origin of the Easter Bunny can be traced back to 13th-century. Spring symbolized new life and rebirth; eggs were an ancient symbol of fertility. The first Easter Bunny legend was documented in the 1500s. These legends were brought to the United States in the 1700s, when German immigrants settled in Pennsylvania Dutch country. The tradition of making nests for the rabbit to lay its eggs in soon followed. Eventually, nests became decorated baskets with colorful eggs, candy, treats and other small gifts.



Earth Day, April 22, 2020 theme is "Save the Species". Since the first year Earth Day was celebrated in 1970. There has been a documented loss of 40% of the world's wild animal population. Besides the more visibly exotic African animals under threat, bees and other insects responsible for pollinating the world's plant population continue to be decimated by the use of insecticides.



On Arbor Day, people are encouraged to care for their natural environment. It's a time for people to get their hands in the dirt and plant and/or care for trees, bushes and plants.



If anyone runs low on food or other items during the month, I have the **Emergency Pantries** available for emergencies only. I have various items such as, tuna, soups, crackers, milk, eggs, beans, rice, potatoes, microwavable meals,



ground coffee as well as instants coffee, creamer, etc. Since many items are not covered by food stamps, I also provide such things as, denture cleaner, toothpaste, toilet paper, paper towels, incontinent supplies (Depends, Pull-Ups and Poise Pads.)

**All distributions are kept confidential and discreet.**

If you need any of the above items please call me and leave me a message if I'm not in the office.

**My office hours are (8:00am-4:00pm )**

For those of you that cannot make it out of your apartments, I will be delivering the items you request in a blue bag and hang it on your door knob. These bags are provided by United Health which also contains a few items such as coloring pages, markers, hand sanitizer, toothpaste, toothbrush, small snacks etc.



United Health Care representatives will be available by phone  
If you have any questions or concerns  
Fernando Diaz: 520-250-9749  
Rafael Rascon: 520-490-8541  
Bill Brunell: 520-396-0518

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline:  
1-800-985-5990 or text TalkWithUs to 66746.  
(TTY 1-800-846-8517).

## 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. Please comply with Management's policies. Thank you residents who are already complying. Please let us know if you have any questions.

Reminder...smoking is not allowed anywhere inside the facility including the apartments, patio, balconies, common areas, community rooms, laundry rooms, kitchen/activity room, or parking lot. Residents, family members, friends, and/or guests are not allowed to smoke in any of these areas. Smoking includes tobacco smoke, and electronic smoking devices. Electronic smoking devices include, but are not limited to electronic cigarettes, electronic hookahs, and other similar devices. **The outside courtyard patio is the only designated smoking area limited to tobacco smoke and electronic smoking devices.** Please refer to your signed House Rules and let us know if you have any questions. Thank you for cleaning up after yourself, guests, and your dogs. Our staff takes pride in keeping our building/grounds clean. Your assistance is greatly appreciated.

**This is your home – Love it, take care of it, and appreciate it!**

Thank you,  
Theresa & Sully

Need to talk?  
Call the Warm Line

Warm Line Hours:  
The Warm Line is open from 8AM-10PM, 7 DAYS a WEEK

520.770.9909  
(Pima County)

844.733.9912  
(all other Southern Arizona Counties)

## FRIENDSHIP LINE

"Our connection to others is what binds us to life."  
- Patrick Arbore

Institute On Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach call to lonely older adults.

1-800-971-0016



# April is National Humor Month

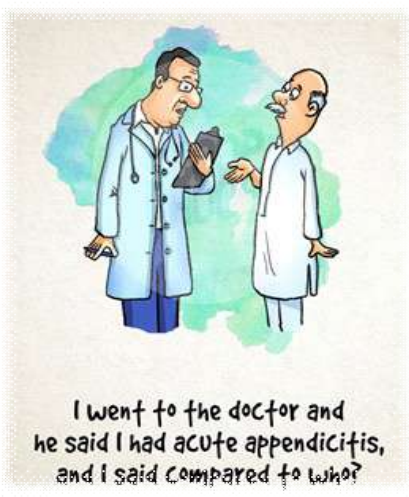
Prepare to Wiggle your Giggle!

# LAUGHTER is the best MEDICINE

- \*If you're happy and you know it Its your meds
- \*How am I supposed to trust you when you keep running away every time I untie you
- \*Sorry I'm late... I didn't want to come.
- \*To me "drinking responsibly" means don't spill it.
- \*I'm great in bed. I can sleep for days.
- \*Does running late count as exercise ?
- \*4 out of 3 people struggle with math
- \*My heart says chocolate and wine but my jeans say, for the love of God woman, eat salad!
- \*The best thing about the good old days was that I wasn't good and wasn't old
- \*My relationship with whiskey is on the rocks.
- \*Does running from my responsibilities count as cardio?
- \*A little gray hair is a small price to pay for all this wisdom.
- \*Never laugh at your wife's choices. You are one of them.
- \*Retired, under new management "see spouse for details"
- \*Thought growing old would take longer.
- \*Today I was a hero! I rescued some beer that was trapped in a bottle.
- \*I'm so busy I don't know whether I found a rope or lost my horse.

Doctor: What's the condition of the boy who swallowed the quarter?  
Nurse: No change yet.

# LOL



**Benefits of Laughing:**  
 Reduces heart disease,  
 natural pain killer,  
 improves breathing,  
 helps you lose weight,  
 gives good sleep,  
 decrease stress,  
 makes you look young, boosts relationships.

**There is no reason not to laugh!**



Celebrate the impact of volunteer service in our communities



Tim Pease



Carolyn Graf

&

Connie Hernandez



Robert Minut

I would like to recognize a few of our resident volunteers who put their own time aside to help our residents in need.

There is no kinder act than helping someone less fortunate than yourself.

Every resident volunteer I have is a role model that brings up the spirits of many of my residents, including myself.

Everyone one of you are special and I love what you are doing and continue to do for our Strauss Manor residents.



Due to the current situation, we will reschedule our quarterly volunteer luncheon meeting at a later date. Thank you for your understanding.

Luz:)



From  
*the desk*  
of  
the

## Service Coordinator

*I would like to wish everyone a  
Happy Month of April!*



### Social Distancing and the Buddy System

In order to prevent the spread of the Corona virus, we should all practice social distancing which can be difficult in a population which already has a few social outlets. Try to stay in touch with family and friends by phone or call staff if you just need to talk to someone. If you can do facetime on your phone or computer with others, it can make you feel less isolated. Try meditation and keep breathing in times of worry or anxiety or practice the exercises on the Wellness center page since exercises is shown to improve your mood.

These are simple exercises that can be done even while watching television.

Try to watch less news and more comedies or love stories. Read a good book, do a puzzle or work on other hobbies.

Listen to your favorite music and relax.

Staff will be checking on those with little support or those who we know have recently come back from the hospital or rehab.

Since not everyone in our apartment community has outside support, it is important to know who your neighbors are and have a **buddy system** where you can look out for each other. Many of you are already doing this and we always appreciate concerns if you have not seen or heard from your neighbor or friends in the building.

Please do not hesitate to tell staff if you are concern and cannot contact Someone.

My office is currently **OPEN by APPOINTMENT ONLY**, so please **call me @ 722-9963** if you need anything including pantry items.

There are no presentations scheduled on our calendar due to the Corona Virus pandemic.

**My office hours are (8:00am-4:00pm)**

Although we were unable to gather to celebrate birthdays, holidays or attend any of our regular programming, please know that as soon as this pandemic is over we will all celebrate together:)

Some of you have borrowed sewing machines to be productive in your apartments. If you need material let me know. I also have games, puzzles and DVDs' you can check out. I will have a list of movies available for check out. Give me a call, if I'm not at my desk, you can leave me a message and I will get back to you.

I will continue to assist with the Arizona State Tax Credit 140ET forms. To qualify for this credit, your income cannot exceed \$12,500 if you are single or \$25,000 for a couple.

I've been missing the interaction with you during this difficult time but know that I am a phone call away from any questions or concerns you may have. I may not have the answer, but I will be more than happy to refer you to the appropriate place for your needs.

Please be safe.

Luz Gallego  
Service Coordinator



# April 2020

Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



5



6



7



8



10



11



12



13



Food Box

14



15



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17



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19



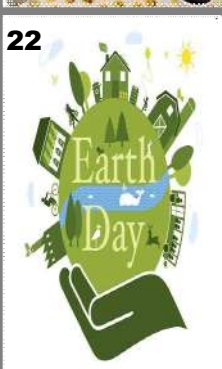
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