



Strauss Manor

Monthly Newsletter

March 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



Although clovers are most often found in nature with three leaves, rare four-leaf clovers do exist.

Finding one is thought to bring someone extreme luck.

It is believed that each leaf of a four-leaf clover represents something different: first is hope,

the second is faith, the third is love, and the fourth is happiness.



*Celebration will be held
on Friday, March 20th
@ 11:30am*



St Patrick's Day is celebrated annually on March 17th. A dish of corned beef and cabbage, while delicious, is more American than Irish.

The dish is a variation of a traditional Irish meal that included bacon.

But because early Irish-Americans were poor, beef was a cheaper alternative, and cabbage happened to be a springtime vegetable.

Many St. Patrick's Day celebrants enjoy corned beef and cabbage, and we know how much our residents enjoy this tradition every year!



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).

March Calendar of Events

Monday March 2nd Avon @ 9:00am

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

***Wednesday March 4th Oasis Rita Ranch Bible Study 6:00pm-8:30pm**

***Thursday March 5th Higher Ground Ministries Bible Study @ 9:00am**

Thursday March 5th Haircuts @ 10:00am

Thursday March 5th NAU Counseling Students Meeting @ 4:00pm

Saturday March 7th MPR Closed Private Party from 11:30am-5:00pm

Monday March 9th Food Boxes

Monday March 9th United Health Care OTC Catalog & Bingo @ 1:00pm Bingo @ 2:00pm

***Wednesday March 11th Oasis Rita Ranch Bible Study 6:00pm-8:30pm**

***Thursday March 12th Higher Ground Ministries Bible Study @ 9:00am**

Thursday March 12th NAU Counseling Students Meeting @ 4:00pm

Friday March 13th Fire Drill @ 3:00pm

Tuesday March 17th St. Patrick's Day

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

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

Wednesday March 18th Board Meeting @ 8:30am

and Board Liaisons Nicky & Vickie @ 11:00am

***Wednesday March 18th Oasis Rita Ranch Bible Study 6:00pm-8:30pm**

***Thursday March 19th Higher Ground Ministries Bible Study @ 9:00am**

Thursday March 19th NAU Counseling Students Meeting @ 4:00pm

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

Friday March 20th Resident Birthdays & St. Patrick's Day Pot Luck @ 11:30am

Saturday March 21st KU Kids Unlimited Studios @ 2:00pm

Monday March 23rd United Health Bingo @ 2:00pm

Wednesday March 25th Holistic Health Concepts Presentation @ 11:00am

***Wednesday March 25th Oasis Rita Ranch Bible Study 6:00pm-8:30pm**

***Thursday March 26th Higher Ground Ministries Bible Study @ 9:00am**

Thursday March 26th Resident High Tea @ 2:00pm

Entertainment by: The Saddle Brooke Silver Belles

Thursday March 26th NAU Counseling Students Meeting @ 4:00pm

Friday March 27th Sentimental Journey @ 2:00pm

Saturday March 28th DanceSequences @ 10:00am

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

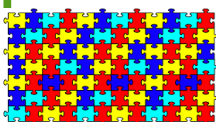
Thursdays Knitting/Crochet 4:00pm-6:00pm

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)



MARCH 2020 WELLNESS CENTER CALENDAR

TUESDAY, MARCH 3RD

12:00PM-12:30PM—ACTIVE CHAIR WORKOUT

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

THURSDAY, MARCH 5TH

12:00PM-12:30PM—CHAIR DANCE

2:00PM-2:30PM—RESISTANCE CHAIR

TUESDAY, MARCH 10TH

12:00PM-12:30PM—SHOULDER MOBILITY

2:00PM-2:30PM—HIP MOBILITY

THURSDAY, MARCH 12TH

12:00PM-12:30PM—TAI-CHI

2:00PM-2:30PM—CHAIR YOGA

TUESDAY, MARCH 17TH

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

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

THURSDAY, MARCH 19TH

12:00PM-12:30PM—TAI-CHI

2:00PM-2:30PM—WALKING GROUP

TUESDAY, MARCH 24TH

12:00PM-12:30PM—BREATH & TAI-CHI

2:00PM-2:30—SIT & BE FIT

THURSDAY, MARCH 26TH

12:00PM-12:30PM—BALANCE & BREATH

2:00PM-3:00PM—HIGH TEA/SADDLEBROOKE SILVERBELLES

TUESDAY, MARCH 31ST

12:00PM-12:30PM—SIT & BE FIT

2:00PM-2:30PM—RESISTANCE CHAIR



Happy St. Patrick's Day!!!

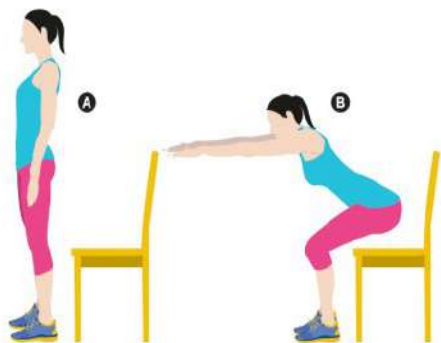
**MARCH 2020
B'NAI B'RITH
GERD & INGE STRAUSS MANOR
WELLNESS CENTER**



TROY J PEARSON - WELLNESS DIRECTOR

Performing chair squats with good form can help build strength and muscle in the thighs, hips and glutes. To begin, stand in front of a chair with your feet shoulder width apart.

Bend your knees, putting weight on your heels, then stick your hip and arms straight out to gain better balance. Sit down until you make contact with the chair. As soon as you feel the chair, slowly stand back up. Try to do so without rocking or swaying. Repeat for 10 to 15 repetitions. To modify the exercise to make it easier, you can place your hands on your thighs, or if you want the exercise to be a little more challenging, perform it while holding light dumbbells in your hands.





Word Search

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

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

Created by Sue Lindlauf
Grand Forks Herald 2013

1. HOLIDAY
2. SAINT
3. PATRICK
4. IRISH

5. GREEN
6. SHAMROCK
7. FOUR
8. LEAF

9. CLOVER
10. LUCK
11. POT
12. GOLD

13. LEPRECHAUN
14. RAINBOW
15. MARCH
16. SEVENTEEN

facebook

Please visit our Facebook page where I posts all our events, newsletters, etc., so please check it out and link it to your page if you have one. You do not need a Facebook account in order to view our page and we have a link on the computers in the computer room if you want to view it there. Also tell your friends and family so they can keep up with the happenings at Strauss Manor.

Thank you,
Luz:)

Please join us in the multipurpose room on Monday, March 9th @1:00pm Bill Brunell & Fernando Diaz from United Health will be here to discuss the benefits of over the counter products that are offered by the United Health plans. You should either be getting a catalog or a debit card to purchase these items. Please come if you would like help ordering or have any questions about the benefit or the plans.

 **United
Healthcare**

Please remember to see me if you get any mail you do not understand or need help with; especially from AHCCCS, DES or Social Security as there may be a deadline and I do not want anyone to lose their benefits. I can help set up on-line accounts which can make the process for re certification and printing new award letters or current benefit statements much easier.



Haircuts by Nora
Thursday, March 5th, @ 10:00am
Sign up sheet is in the coffee room.



If anyone runs low on food or other items during the month, I have an emergency food and personal hygiene pantry. You can call for an appointment at 722-9963. All distributions are kept confidential.



See what's
coming up in

March

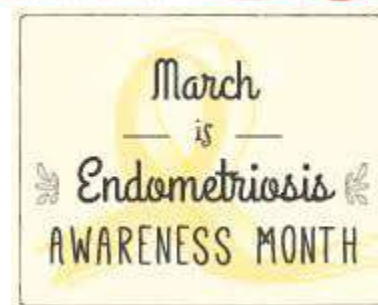


WORLD
WILDLIFE DAY
3 MARCH



March is National Nutrition Month

Eat Right!



Happy
SPRING



KU KIDS STUDIOS
Saturday,
March 21st
@ 4:00pm

SADDLEBROOKE SILVERBELLES

2:00pm
Thursday, March 26th
(during high tea)



Sentimental Journey

2:00pm
Friday, March 27th

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.



DANCE *sequences*

10:00am
Saturday, March 28th

**ADVANCING SOCIETAL INCLUSION
THROUGH DANCE**

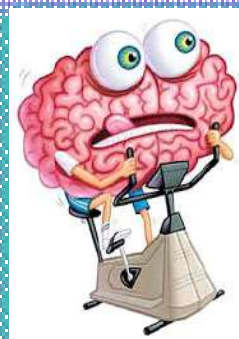
WWW.DANCESEQUENCES.ORG





HIGH TEA
THURSDAY,
MARCH 26TH
@ 2:00PM

W/ENTERTAINMENT BY THE
SADDLEBROOKE
SILVERBELLES



Holistic
Healing
Concepts

Give your Memory
A workout
Wednesday, March
25th @ 11:00am

Manager's Corner

Reminders:

- Lost and found is located in the office. If you lose or find items such as keys, glasses, jewelry, etc. please come to the office.
- The building has cable T. V. available in the large multi-purpose room downstairs, the lounge upstairs, and the laundry room for your enjoyment.

Please let us know if you have any questions.

Thank you,
Theresa & Sully



RESIDENT FEBRUARY
BIRTHDAYS AND
VALENTINES DAY
CELEBRATION



Happy 100th Birthday
Mr. Mike Bodnar



Service Coordinator Page

Happy St. Patrick's Day!!!

There are a few presentations scheduled in our calendar.

Make sure you check the dates and
time of the events you wish to attend.

Stop by my Office to complete the Arizona 140ET Form
for the \$25 Tax Credit if you haven't already.

If you prefer to complete it yourself,
please come by to pick up the form.

Our Pantries will ALWAYS be open for an emergency
during business hours.

Please let me know if you need anything.

All donations will be kept confidential.

We will be celebrating Resident birthdays and St. Patrick's Day

on Friday, March 20th @ 11:30am

with our traditional corn beef and cabbage meal.

I will be passing out a ticket when you come in to the MPR.

There will be a door prize for the resident that has the lucky ticket
number.

Thank you to our Board of Directors for providing our resident
events funding, to Care-More Touch for providing our monthly

birthday cakes and United Health Care

for always coming through with our Bingo prizes.

All activities and events are subject to change/or cancellation.

I will try my very best to give 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

Resident Activities March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 900am AVON 2:00pm  4:00PM Sing-A-Long 	3 8:30am-11:00am Care More Touch Nurse Practitioner  3:00pm Sewing Class	4  *6:00pm-8:30pm Oasis of Rita Ranch Bible Study	5 *9:00am Higher Ground Ministries Bible Study 10:00am Hair Cuts  4:00pm-6:00pm Knitting/ Crochet 4:00pm NAU Counseling Students	6  3:00pm Art Class 	7 1100am-5:00pm PRIVATE PARTY  7:00pm
8 	9 Food Box 1:00pm United health Health Plans 2:00pm United Health  4:00PM Sing-A-Long 	10   3:00pm Sewing Class	11  4:00pm-6:00pm Knitting/ Crochet *6:00pm-8:30pm Oasis of Rita Ranch Bible Study	12 *9:00am Higher Ground Ministries Bible Study 4:00pm-6:00pm Knitting/ Crochet 4:00pm NAU Counseling Students Mtg	13 3:00m Fire Drill Art class will Continue after Fire Drill  3:00pm Art Class 	14   7:00pm
15 	16 2:00pm  4:00PM Sing-A-Long 	17 Happy St. Patrick's Day 8:30am-11:00am Care More Touch Nurse Practitioner  3:00pm Sewing Class 6:00pm Symphony on Screen	18 8:30am Board Meeting 11:00am Board Liaisons Nicky & Vicky  *6:00pm-8:30pm Oasis of Rita Ranch Bible Study	19 *9:00am Higher Ground Ministries Bible Study 4:00pm-6:00pm Knitting/ Crochet 4:00pm NAU Counseling Students * 6:30pm Higher Ground Ministries Music Praise & worship	20 11:30am Resident Birthday/ St Patrick's Day Pot Luck  3:00pm Art Class 	21 4:00pm KU KIDS Unlimited  7:00pm
22 	23 2:00pm United Health  4:00PM Sing-A-Long 	24   3:00pm Sewing Class	25 11:00am Holistic Healing Concepts Give your Brain a Memory Workout *6:00pm-8:30pm Oasis of Rita Ranch Bible Study	26 *9:00am Higher Ground Ministries Bible Study 2:00pm High Tea Saddle Brooke Silver Belles 4:00pm-6:00pm Knitting/ Crochet 4:00pm NAU Counseling Students	27 2:00pm  Music Wellness Activities For Elder Groups  3:00pm Art Class	28 10:00am Dance sequences  7:00pm
29 	30 2:00pm  4:00PM Sing-A-Long 	31   3:00pm Sewing Class	<p style="text-align: center;">* Activities not funded by HUD, all are welcome, participation is voluntary.</p> <p style="text-align: center;">May your blessings outnumber the shamrocks that grow, And may trouble avoid you wherever you go. —An Irish Toast</p>			