



Strauss Manor Monthly Newsletter July 2020

Important Numbers



Office Hours:

Monday – Friday

8:00 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

=====

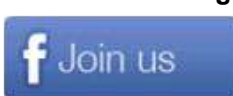
If Life Threatening or
Emergency Call 911

=====

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).

From
the desk
of
your

Service Coordinator

Happy Fourth of July!

We know these past few months have been difficult and we continue to look for new ways to stay connected.



Please remember that although I am not meeting personally with you for the time being, I am always just a phone call away!

Please feel free to call me at 722-9963.

Let me know how you're doing and if there is anything you need and I will try my best to assist you.

PCOA has a new meals program similar to Meals on Wheels and most residents can qualify. Some of you have already signed up. For those of you that have not signed up for the meals and are interested, please let me know.

They will provide 5 prepared meals for the week which will be delivered to our building every Monday between 3-4pm.

Please know that we miss you, hope you're all well, and keeping safe.

Luz Gallego
Service Coordinator

****A special thanks to our Board of Directors, staff, United Health Care, PCOA, Knights of Columbus, Desert Skies United Methodist Church and our Tucson community for all your support!****

*Have a Safe
and Happy
Independence
Day!*



How do cotton-based face covering prevent the spread of the corona virus and help protect my community?

COVID-19 spreads mainly among people who are in close contact with each other.

The virus spreads through respiratory droplets, which are produced when you talk, sneeze or cough. Even a person who has the disease but shows no symptoms can spread the disease. When we all work together to stop the spread, our communities can become healthier.

Wearing a cloth face covering prevents the spread of these droplets from your nose or mouth to others. By blocking these droplets, you are reducing the risk of spreading the virus to others and taking an important step to help keep your community and co-workers safe.

With using the face mask, do I still have to practice social distancing?

Yes, face coverings are an important tool to help complement other actions you are already taking to protect your community and workplace. Everyone should follow the CDC recommendations to prevent the spread of COVID-19, such as practicing social distancing, washing your hands frequently and thoroughly, disinfecting commonly used services, and avoiding touching your face.

When you have to leave your home for essential travel/appointments, please make sure to wear your face mask to help protect your community and your workplace.



STOP

Feeling Sick?

Stay home when you are sick!



FEVER



COUGH



SHORTNESS OF BREATH



JULY 2020

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



Even though we're mostly housebound, you can still find ways to incorporate movement into your day. Try to think of physical activity as a lifestyle choice, rather than as a designated event. This may help sustain you in times like these, when your schedule has been upended.

Use your chores. Household tasks like scrubbing, sweeping, dusting, and vacuuming can all add up when done at a brisk pace. They also work the muscles in your arms and legs.

Exercise during commercial breaks. Many of us are watching more TV. Make the commercials and credits count by adding in some squats, jumping jacks, push-ups, or lunges.

Take advantage of pauses during the day. Take advantage of times when you're waiting for something to finish or start. You can fire off some arm exercises or practice some yoga poses while the dinner is in the oven or during those 15 minutes before a Zoom meeting.

Move around the house more. Walk around while you're making calls. Take an extra lap or two around the house if you have to put something away. If you have stairs, go up and down them a few times throughout the day.

Sanitized exercise kits with light dumbbells and rubber tubing and exercise charts can be delivered to your door by calling Troy at (520) 327-0922. Leave your full name, apartment number and phone number.

Sanitized custom exercise kits available too!!!



HEALTH AND WELLNESS

Beat the Heat: 8 Summer Safety Tips for Seniors



Cookouts. Festivals. Gardening. Parades. Summer is a wonderful time for outdoor fun and enjoyment, but for seniors, the heat and sun that come with the season can be dangerous if certain precautions aren't taken. In fact, a recent University of Chicago Medical Center study found that 40 percent of heat-related fatalities in the U.S. were among people over 65.

Here are eight tips to help ensure you and your senior loved one stays safe during the summer months.

1. **Keep Hydrated.** Seniors are more prone to dehydration because they aren't able to conserve as much water as they could when they were younger and their sense of thirst becomes less acute as they age. Seniors should drink at least 8 glasses of water or sports drinks daily and avoid alcohol and caffeinated drinks, which are dehydrating.
2. **Stay cool.** High temperatures can be life threatening, especially for seniors. If your loved one's home isn't air conditioned, encourage them to visit a friend or relative's home during high temps. Senior centers, shopping malls, movie theatres and libraries are also good options to stay cool.
3. **Dress appropriately.** A senior's summer wardrobe should be full of light-colored, loose-fitting clothing. Choose cotton and other natural fabrics that are more lightweight and breathable than synthetic fabrics like nylon and polyester. Wearing a wide brimmed hat will help keep the sun off your face and neck.
4. **Wear sunscreen.** Apply a sunscreen of SPF 30 or higher at least 15-30 minutes before sun exposure. Look for a sunscreen that blocks both UVA and UVB rays. Reapply frequently if engaging in water activities.
5. **Preserve your vision.** Sun exposure can irritate seniors' eyes and cause vision damage. Sunglasses should always be worn when exposed to the sun.
6. **Avoid sun during peak hours.** Plan outdoor exercise or activities either first thing in the morning (before 10 a.m.) or later in the evening (after 4 p.m.) when the sun isn't as hot. Remember to hydrate even more than usual when exercising.
7. **Watch for heat stroke.** Heat stroke is a life threatening condition. Look for heat stroke symptoms, which include high body temperature, dizziness, headache, confusion, and nausea. Seek immediate medical attention if these signs are present.
8. **Use bug spray.** The elderly are more susceptible to West Nile virus, so be sure to protect yourself with bug spray, especially at night.

By following just a few common sense precautions, you and your senior loved one are sure to have a safe and enjoyable summer.

Stay Cool~ Luz Gallego-Service Coordinator~





CELEBRATING THE FOURTH OF JULY

In the United States, **Independence Day** is a federal holiday traditionally observed with parades, concerts, picnic food, and fireworks.

THE DECLARATION OF INDEPENDENCE

The Declaration of Independence is one of the most important documents in the history of the United States. It was an official act taken by all 13 American colonies in declaring independence from British rule.

The document was originally written by Thomas Jefferson, but Benjamin Franklin, John Adams, and Jefferson then worked together to make changes. The final draft of the Declaration of Independence was adopted on July 4, 1776, but the actual signing of the final document took place on August 2, 1776.

FOURTH OF JULY HISTORY

July 4, 1776: Thomas Jefferson noted in his “Weather Memorandum Book” that the weather was cloudy, the temperature 76°F.

July 4, 1826: Both John Adams and Thomas Jefferson—signers of the Declaration of Independence who each later became president—died on the 50th anniversary of the adoption of the declaration!

July 4, 1884: The Statue of Liberty was formally presented to the U.S. by France.

July 4, 1911: It was a hot Fourth of July in New England. All-time state records were set in Nashua, New Hampshire (106°F), and Vernon, Vermont (105°F).





Fun Facts About Our Nation!

1. Benjamin Franklin wanted the turkey to be the national bird, but was outvoted by John Adams & Thomas Jefferson choosing the bald eagle.
2. Over an estimated 150 million hot dogs will be consumed on July 4th. That's roughly one dog for every two people in the U.S.
3. Over \$211 million has been spent on the importation of fireworks from China.
4. The first 4th of July party held at the White House was in 1801.
5. The 4th of July was not declared a national holiday until 1941.
6. More than 70 million Americans will BBQ on the 4th.
7. The stars on the original American flag were arranged in a circle to ensure the colonies were equal.
8. Presidents John Adams, Thomas Jefferson & James Monroe all died on July 4th.



Manager's Corner

Residents, please read the following list of housekeeping items below to avoid having an inspection violation:

- *Remove furniture, or other items that block the entry hallway, windows and doors or pull cords.*
- *Clean grease/food crumbs on the kitchen stove, cabinets and floor.*
- *Remove paper or other items that are less than 18 inches from your oven door when it's open and any flammable items on the stove top.*
- *Remove furniture, newspapers, or any other items that make it hard to move around your apartment. No clutter.*
- *No malfunctioning or overloaded extension cords. Cords must not present a trip hazard. Surge protectors are recommended.*

As stated in your lease, you are expected to keep your apartment clean, sanitary and uncluttered.

Please report any maintenance repairs to the office immediately. If you can't reach the office or if after hours, please call the maintenance phone 272-3172 for building maintenance emergencies.

Please refer your signed Lease/House Rules and let us know if you have any questions.

Thank you,

Theresa & Sully

JULY 4TH
WE WILL BE
CLOSED



4TH OF JULY

WORD SEARCH

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

America

Blue

Britain

Celebrate

Declaration

Fireworks

Flag

Fourth

Freedom

Holiday

Independence

July

Liberty

Parade

Picnic

Red

Sparklers

Stars

Stripes

Summer

United

White

HAPPY 4th OF JULY

Fruit & Jell-O Cups



INGREDIENTS:

- 2 - Strawberry Jell-O Packets
- 2 - Berry Blue Jell-O Packets
- Cool Whip
- Blueberries
- Strawberries, chopped

Strawberries, chopped

DIRECTIONS:

- Follow the Jello-O directions on the packets.
- Evenly divide the Jell-O mixture among the cups.

If you're using strawberry jello, place chopped strawberry pieces in each glass.

If you're using berry blue Jell-O, place blueberries in each glass.

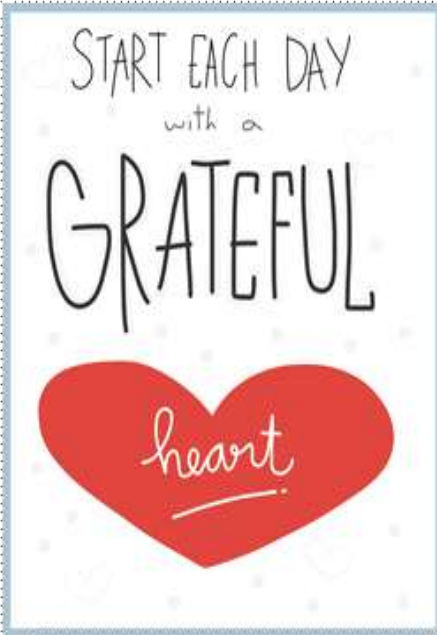


- Place the cups in the refrigerator to set.
- Place a layer of cool whip on top of the Jell-O.



Top each Jell-O cup with either chopped strawberries or blueberries.





ATTITUDE

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company...a church...a school...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our ATTITUDES."

CHARLES SWINDOLL



Flip YOUR attitude and SHOW some GRATITUDE!



<p>First I complained about...</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Then I realized I SHOULD BE GRATEFUL FOR...</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

Gratitude Exercises



Journal About Gratitude

Take a few minutes every evening to write down five good things about your day. The entries don't have to be major events—they might be as simple as a good meal, talking to a friend, or getting through a difficult time.



Write a letter:

Think about someone who has had a major impact on your life, someone who you would like to thank, or someone you appreciate having in your life.

Say "Thank You":

Keep your eyes open throughout the day for reasons to say "thanks". Try to recognize the small actions people do every day that might be overlooked such as a resident who always goes the extra mile, or a friend who always seems willing to listen.



Take a Gratitude Walk:

Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, And touch) to find new things may not have noticed.



In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to.

~David Hollis~

