



# Strauss Manor Monthly Newsletter November 2020



## Important Numbers



### Office Hours:

Monday – Friday

8:00 AM – 5:00PM

### Manager

Theresa Beaty

(520) 722 - 9015

### Assistant Manager

Vacant

(520) 722 - 9687

### Service Coordinator

Luz E. Gallego

(520) 722 - 9963

### Housekeeping

Vacant

### 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  
Por favor, deje saber a Luz si necesita este boletín traducido verbalmente.

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).



## *Service Coordinator*

Happy November!

During these last few months of quarantining, face masks, and isolation, I have heard from numerous residents that they have too much free time and would like to help make a difference in our community by helping others. For example a few residents have been making face masks for school age children in our community, beanies/hats, afghans/quilts, for the children in our local hospitals and tote bags for children in foster care.



I collect all items and deliver them to the schools, hospitals and agencies. These are some of many ways that we can continue to make a positive difference in our communities while remaining safe at the same time. If you would like to participate in any of these projects, please call me or leave me a message, I will get back to you. Our common areas will remain closed, no calendar or in person events are scheduled at this time until further notice. We will have more information on how all this will look after the holidays. Please stay safe, wash your hands, keep a safe distance, limit travel, wear your mask and quarantine for 14 days if you decide to travel. While it has been 7 plus months since COVID-19 started, a positive thought is that our building has been kept safe. Thank you all for your cooperation in following the CDC guidelines. Keep checking on each other, stay well. Our Thanksgiving celebration will be different this year. We will have a walk-thru-and -pick -up traditional Thanksgiving meal, catered by Golden Corral and funded by our Board of Directors. A table will be set out by the Manor's kitchen in the hallway. The package meals will be ready to go. If you need your Thanksgiving meal delivered to your apartment, please call me in advance. I will be delivering the meals for you. If you would like to receive the weekly PCOA meals, please give me a call and I will add you to the list. The meals are delivered to the manor every Monday by 1:00pm.

Our offices will be closed on Wednesday, November 11<sup>th</sup> in observance of Veterans Day. A big THANK YOU to all who served our country. WE appreciate you for your service.

Our offices will also be closed on Thursday & Friday November 26<sup>th</sup> & 27<sup>th</sup> for the Thanksgiving holiday. May you have an awesome holiday season,




Luz Gallego-Service Coordinator





# 2020 PRESIDENTIAL ELECTION

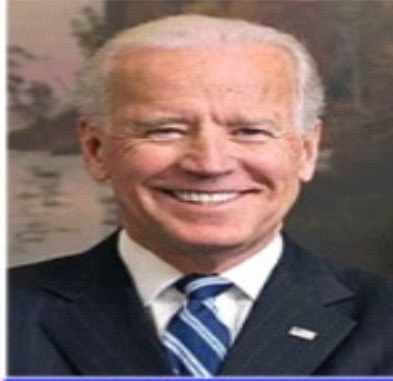





November 3, 2020

538 members of the Electoral College  
270 electoral votes needed to win

Opinion polls



Nominee	Donald Trump	Joe Biden
Party	Republican	Democratic
Home state	Florida <sup>[a]</sup>	Delaware
Running mate	Mike Pence	Kamala Harris

The 2020 United States presidential election is scheduled for Tuesday, November 3, 2020.

It will be the 59th quadrennial presidential election.

Voters will select presidential electors who in turn will vote on December 14, 2020, to either elect a new president and vice president or reelect the incumbents Donald Trump and Mike Pence respectively. The series of presidential primary elections and caucuses were held from February to August 2020.

This nominating process is an indirect election, where voters cast ballots selecting a slate of delegates to a political party's nominating convention, who then in turn elect their parties' nominees for president and vice president.

Considered a referendum on the Trump presidency, the major two-party candidates are Republican incumbent President Donald Trump and Democrat former Vice President Joe Biden.



We are happy to invite you  
to our resident walk-thru  
Thanksgiving Feast  
on Saturday, November 21<sup>st</sup>  
@ 11:30am.

Our event is catered by The Golden Corral  
and provided by our  
Board of Directors



### Thanksgiving Poem



May your stuffing be tasty. May your turkey plump.  
May your potatoes and gravy, have nary a lump.  
May your yams be delicious, and your pies take a prize,  
and may your Thanksgiving dinner stay off your thighs!

Our offices will be closed on  
Thursday & Friday,  
November 26<sup>th</sup> & 27<sup>th</sup>  
For the  
Thanksgiving Holiday





Knitters/Crochets and Sewers  
We are seeking volunteers to  
make lap throws/quilts/bibs etc...  
These items will be donated  
to our Tucson community.

If you need any  
supplies,  
please call Luz  
@ 722-9963

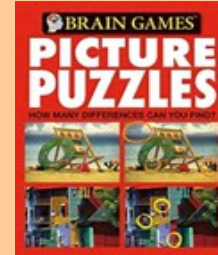


FILE OF LIFE	
KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF	MO. YR.
Name:	
Address:	
Doctor:	Phone #:
Preferred Hospital:	
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	
Name:	Phone #:

**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  
up-dated or if you don't have one come see me.**



I still have coloring, puzzle,  
seek and find books along with  
crayons, color pencils and  
markers available. If you  
would like any of these supplies  
call me, Luz:)



If you signed up for meals through PCOA,  
they are being delivered on Mondays by 1:00pm.  
I will be calling you individually to pick  
up your meals at the Manor's kitchen.  
If you would like to sign up to  
receive these meals, please call me at 722-9963.

## Manager's Corner

**Residents: Have you changed your phone number?**  
**Please let the office know if you have a new number so we may reach you.**  
**It is very important that all our numbers are up-to-date.**  
**Also, if your emergency contact person(s) has moved or changed**  
**their number(s), please let the office know immediately.**

**Thank you,  
Theresa**



# THANKS!

I APPRECIATE YOU!

Thanks a Million!

Thank you!

Gracias!

MEDICARE



HEALTH INSURANCE

to our Tucson Community,  
Board of Directors, Staff  
and resident volunteers!

## Why it's important to compare plans for 2021

Fall Medicare Open Enrollment/Annual Election Period 10/15/20-12/7/20

Even if you're happy with your current plan, It's important to check for any changes next year, and compare with other available options.

You may even find plans that save you money! With plan premiums at historic lows, now is the time to explore your options and find the best fit for your needs and budget.

If you are on a United Healthcare plan or would like information about their plans, this is your opportunity to review your current Medicare coverage against options available for 2021 to decide if you would like to make changes.

Fernando Diaz is here on Thursdays from 2:00pm-3:30pm  
to tell you about any plan changes for 2021  
and answer any questions you may have.

He is stationed right outside the service coordinator's office



UnitedHealthcare®

A BIG Thanks to:

Fernando Diaz, Rafael Rascon  
and David De La Torre from  
United Health Care

for all the assistance they continually  
provide to our residents.

There are no words that can  
adequately express our gratitude  
for all that you are doing during this difficult  
time.



\*\*\*\*\*

I am so grateful to all my resident volunteers for your

help and dedication. You make it so much easier to run these programs so thanks to:

Dwanna Guffey, Sheila Dambitis, Connie Hernandez, Carolyn Graf, Margaret Hensley,  
Teresa Crocco, Nancy Rupp and Art Knickerbocker

and **all the residents who offer help**

during this pandemic and look out for each other as well.

My sincerest thanks to all! - Luz

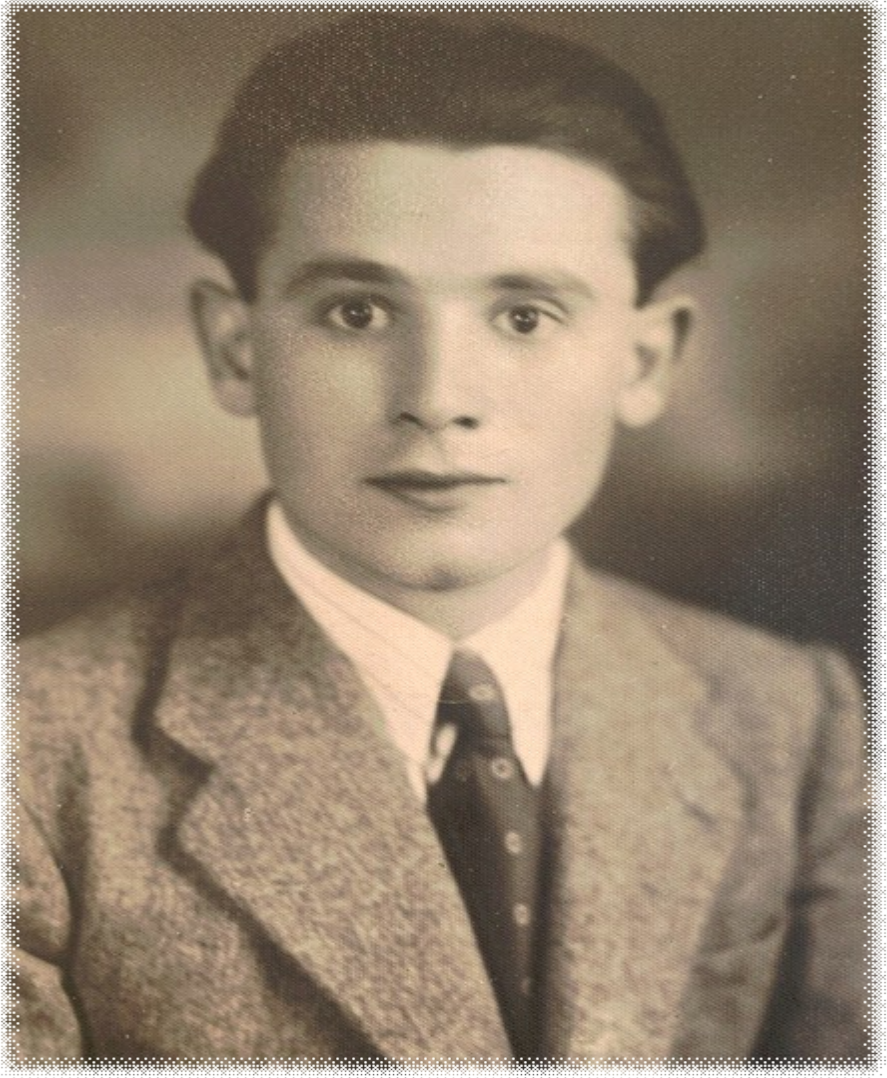


# In Loving Memory



Mike Bodnar

February 28<sup>th</sup> 1920-October 22<sup>nd</sup> 2020



Happy 100<sup>th</sup> Birthday  
Mr. Mike Bodnar

*"I live at Buckingham Palace"*  
*-Mike Bodnar"*



NOVEMBER 2020

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



## **VIRTUAL WELLNESS CENTER**

Even though the Wellness Center is closed:

### **THE VIRTUAL WELLNESS CENTER IS OPEN!!!**

- **FITNESS BY PHONE:** Call (520) 327-0922 for a Wellness Consultation to discuss strategies to stay active and manage special needs including: arthritis, osteoporosis, high-blood pressure, lower-back pain, flexibility, balance, joint mobility, etc. After the Wellness Consultation, a detailed and easy to follow exercise routine will be delivered to your door!!!
- **EQUIPMENT CHECK OUT:** Residents can check out equipment from the Wellness Center just like checking out a book from the library!!!
- **TREKKING POLES:** Improve your balance and reduce impact on your joints!!!
- **RESISTANCE CHAIRS:** Resistance chair with 2 easy to follow exercise DVDs!!!
- **DUMBBELLS:** 1-10 lb dumbbells for low-impact exercises for your entire body!!!
  - **RUBBER TUBING:** Varying resistance from light to heavy for dynamic, low-impact exercises for your entire body!!!
  - **DVDs:** Tai-Chi, Chair Yoga, Stretching, Aerobics, Sit & Be Fit and many others available for residents to use at home!!!







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

PURPOSEFUL

SWEATERS

BLUSTERY

GOLDEN

LEAVES

SEASON

PUMPKIN

SCHEDULES

HOME

MAGNIFICENT

CONNECTION

COMFORT

APPLES

FAMILIAR

CONTENTMENT

ROUTINE

INSPIRED

NATURE

INTENTION

LANDSCAPE



# EMERGENCY PANTRIES



& Hygiene Pantry

If anyone runs low on food or other items during the month, the Emergency Pantries are available for you.

I have various items such as, tuna, soups, crackers, milk, eggs, frozen vegetables, beans, rice, potatoes, microwavable meals, fresh chicken, ground beef, hot dogs, ground coffee as well as instant 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 ) my phone # 722-9963

For those of you who 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.



What are abusive Robocalls? Abusive robocalls are autodialed or prerecorded calls to cell phone or text messages without consent. The Telephone Consumer Protection Act prohibits abusive means of contacting consumers such as telemarketing calls to those on the National Do-Not-Call registry. The National Do-Not-Call Registry is a way to opt out of unwanted telemarketing calls. This does not completely eliminate scam calls, but it does help to cut them down.



More information about ways to detect scams and financial protection can be found at [consumerfinance.gov](http://consumerfinance.gov), [consumerfinance.gov/coronavirus](http://consumerfinance.gov/coronavirus), by calling (855) 411-2372, or TTY/TTD (855) 729-2372. Another important resource is Money Smart for Older Adults, which can be accessed at <https://www.fdic.gov/consumers/consumer/moneysmart/olderadult.html> or by calling 877-275-3342. Please be vigilant and spread the word!



# How to Avoid Being a Victim of a CoronaviruScam

## How to Avoid CoronaviruScams

**Beware of scammers preying on fears surrounding the COVID-19 crisis.**

If a “relative” of some African royalty emails you and offers to “help” with that stimulus check, DO NOT hit reply. While that is common sense to most, there are some less obvious scams being attempted by cyber criminals during the current COVID-19 pandemic. Many potential scammers are buying up corona- and COVID-related urls in an attempt to trick people into thinking they are legit.

Law-enforcement agencies around the country are warning consumers not to be taken in by a growing criminal underground that wants to make big bucks off the coronavirus pandemic.

The Federal Trade Commission (FTC) recently [reported that COVID-19-fraud complaints had doubled](#) in the last few weeks, with consumers losing a reported \$4.7m+ (with a median loss of ~\$600).


**Here are some tips and resources from the FTC to help consumers identify and avoid potential scams.**

(While these tips are aimed at avoiding CoronaviruScams, they are applicable in almost all circumstances.)


- **Don't respond to texts, emails or calls about checks from the government.** The [details are still coming together](#) for the stimulus programs and the government is not going to call you, you need to be proactive in your application for assistance.
- **Ignore online offers for vaccinations and home test kits.** There are no products proven to treat or prevent COVID-19 at this time.
- **Hang up on robocalls.** Scammers are using [illegal robocalls](#) to pitch everything from low-priced health insurance to work-at-home schemes.
- **Be very leery of emails claiming to be from the CDC or WHO.** Use sites like [coronavirus.gov](#) and [usa.gov/coronavirus](#) to get the latest information. And [don't click on links from sources you don't know](#).
- **Do your homework when it comes to donations.** Never donate in cash, by gift card, or by wiring money.
- **Subscribe to alerts for consumers and businesses** to keep up with the latest **scams**. Like the [FTC Facebook page](#); Follow [@FTC](#) for the latest tweets from the FTC.

## KEEP CALM and Avoid Coronavirus Scams


Here are **5 things** you can do to avoid a Coronavirus scam:




**Ignore offers for vaccinations and home test kits.**  
Scammers are selling products to treat or prevent COVID-19 without proof that they work.




**Hang up on robocalls.**  
Scammers use illegal sales call to get your money and your personal information.




**Watch out for phishing emails and text messages.**  
Don't click on links in emails or texts you didn't expect.



**Research before you donate.**  
Don't let anyone rush you into making a donation. Get tips on donating wisely at [ftc.gov/charity](#).



**Stay in the know.**  
Go to [ftc.gov/coronavirus](#) for the latest information on scams. Sign up to get FTC's alerts at [ftc.gov/subscribe](#).



Federal Trade Commission

If you see a scam, report it to:  
[ftc.gov/complaint](#)



# Sheet Pan Salmon with Potatoes and Broccolini

1 pound small Yukon Gold potatoes, halved  
½ cup olive oil, divided  
1½ teaspoon kosher salt, divided  
¾ teaspoon black pepper, divided  
4 6-oz. salmon fillets  
1 pound Broccolini, trimmed

2 tablespoons fresh lemon juice (from 1 lemon)  
1 shallot, finely chopped  
1½ teaspoon Dijon mustard



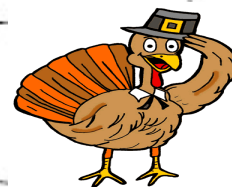
## How to Make It

**Step 1-** Preheat oven to 450°F. Toss potatoes with 2 tablespoons oil, ½ teaspoon salt, and ¾ teaspoon pepper on a rimmed baking sheet. Roast for 15 minutes.

**Step 2-** Meanwhile, rub salmon with 1 tablespoon oil and season with ½ teaspoon each salt and pepper. Add salmon to baking sheet and roast until potatoes are tender, 5 more minutes.

**Step 3 -** Turn potatoes, add Broccolini to baking sheet, and drizzle with 1 tablespoon oil. Heat broiler and broil all until salmon and Broccolini are browned, 2 to 3 minutes.

**Step 4 -** Whisk lemon juice, shallot, and mustard with remaining ¼ cup oil and ¼ teaspoon salt and drizzle over salmon and vegetables.



## Seven-Layer Mediterranean

- 1 carton (8 ounces) hummus
  - 1 cup reduced-fat sour cream
  - 1 jar (8 ounces) roasted sweet red peppers, drained and chopped
  - ¼ cup crumbled feta cheese
  - ¼ cup chopped red onion
  - 12 Greek olives, pitted and chopped
  - 2 tablespoons chopped fresh parsley
- Baked pita chips

## Directions

Spread hummus into a 9-in. pie plate. Top with sour cream, red peppers, cheese, onion and olives. Sprinkle with parsley. Refrigerate until serving. Serve with pita chips.







# ACTION CALENDAR: NEW WAYS NOVEMBER 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Give yourself a boost. Try a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Find out something new about someone you care about	9 Plan a new activity or idea you want to try out this week	10 When you feel you can't do something, add the word "yet"	11 Be curious. Learn about a new topic or an inspiring idea	12 Overcome a frustration by trying out a new approach	13 Choose a different route and see what you notice on the way	14 Find a new way to help or support a cause you care about
15 Go outside and do something playful - walk, run, explore, relax	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Tune in to a different radio station or TV channel	27 Enjoy new music today. Play, sing, dance or listen	28 Join a friend doing their hobby and find out why they love it
29 Discover your artistic side. Design your own Christmas cards!	30 Look for reasons to be hopeful, even in difficult times					

## ACTION FOR HAPPINESS



"You never know what you can do until you try" ~ C. S. Lewis



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/new-ways-november](http://www.actionforhappiness.org/new-ways-november)

Keep Calm · Stay Wise · Be Kind



# Resident Activities November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div></div>	<div>2</div> <div>PCOA MEALS from 1:30-2:30pm</div> <div></div>	<div>3</div> <div></div>	<div>4</div> <div></div>	<div>5</div> <div>2021 Benefit Highlights Medicare Information Booth from 2:00pm-3:30pm W/Fernando Diaz</div>	<div>6</div> <div></div>	<div>7</div> <div></div>
<div>8</div> <div></div>	<div>9</div> <div>Food Box</div> <div></div> <div>PCOA MEALS from 1:30-2:30pm</div> <div></div>	<div>10</div> <div></div>	<div>11</div> <div>OFFICES CLOSED</div> <div></div>	<div>12</div> <div>2021 Benefit Highlights Medicare Information Booth from 2:00pm-3:30pm W/Fernando Diaz</div>	<div>13</div> <div></div>	<div>14</div> <div></div>
<div>15</div> <div></div>	<div>16</div> <div>PCOA MEALS from 1:30-2:30pm</div> <div></div>	<div>17</div> <div></div>	<div>18</div> <div></div>	<div>19</div> <div>2021 Benefit Highlights Medicare Information Booth from 2:00pm-3:30pm W/Fernando Diaz</div>	<div>20</div> <div></div>	<div>21</div> <div>11:30am Resident Thanksgiving/ Walk-Thru Thanksgiving Meal</div> <div></div>
<div>22</div> <div></div>	<div>23</div> <div>PCOA MEALS from 1:30-2:30pm</div> <div></div>	<div>24</div> <div></div>	<div>25</div> <div></div>	<div>26-27</div> <div>Offices Closed For the Thanksgiving Holiday</div>		<div>28</div> <div>grateful thankful blessed</div> <div></div>
<div>29</div> <div></div>	<div>30</div> <div>PCOA MEALS from 1:30-2:30pm</div> <div></div>	<div>November is Alzheimer's Awareness Month</div> <div></div>		<div>November Lung Cancer Awareness Month</div> <div></div> <div>November is National Family Caregivers Month</div> <div>With Awareness, There is Hope</div> <div>GiftsForAwareness.com</div>	<div>NOVEMBER IS NATIONAL DIABETES MONTH</div> <div></div>	