



Important Numbers



Office Hours:

Monday – Friday
8:00 AM – 5:00PM

Manager

Theresa Beaty
(520) 722 - 9015

Assistant Manager

Emely Servin
(520) 722 - 9687

Service Coordinator

Luz E. Servin
(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



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

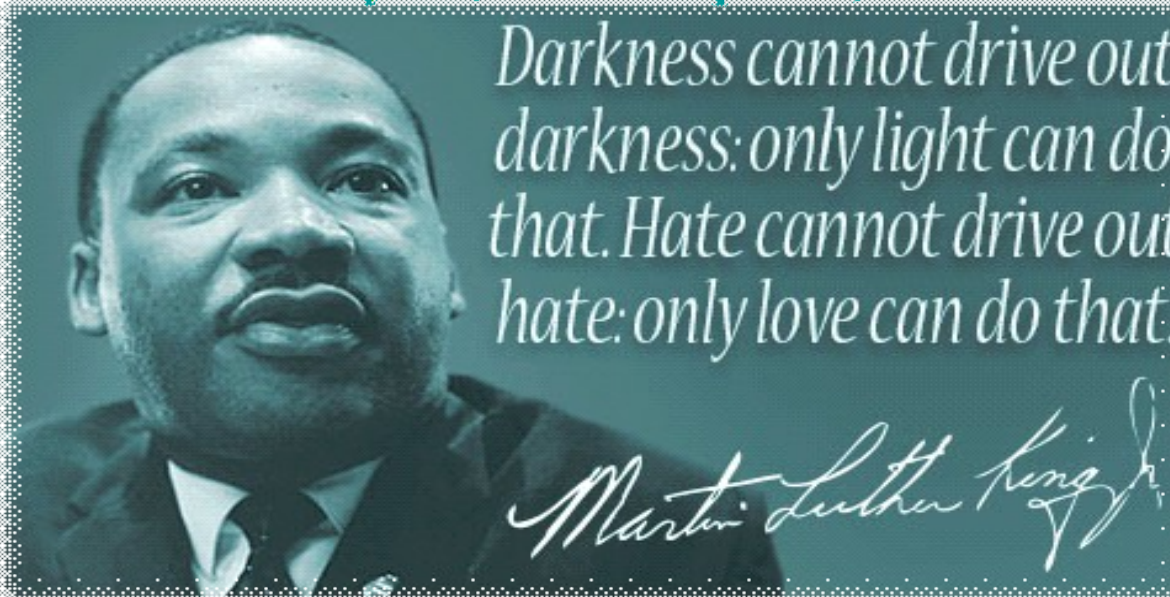


Strauss Manor Monthly Newsletter January 2021



DR. MARTIN LUTHER KING, JR

January 15, 1929 - April 4, 1968



**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).



From the desk of your
Service Coordinator



It's a New Year!

The old year passed and gone away.

The now and present is what means the most.

With the challenges of the pandemic continuing, this holiday season was certainly different. While our new normal will be slow to reload we are optimistic for what it will hold.

This New Year will still hold many of the challenges we have overcome this past year, but please be patient as I am sure it will throw in some new ones too. I hope you were able to celebrate with family and friends in some way, whether it was in person and distanced or via a Zoom or Face-time call. Although the holidays are over, we continue to count our blessings. We would like to thank our Tucson community for all the support we have received in donations during the pandemic. A BIG thanks to our community churches: Corpus Christi, Higher Ground Ministries and Desert Skies Methodist church. Our medical insurance agencies, United Health Care, Allwell and Senior Med Solutions for their ongoing support. Also a big thanks to the Tucson Electric Power Company for providing the printing of our monthly newsletters.

We are very grateful and appreciative for all the donations that we were able to use for many of our residents' and resident projects. A special shout out to our Board of Directors, our staff, our corporate office, Biltmore Properties they all have gone above and beyond and for their continual support through this pandemic. My resident volunteers for assisting with organizing and delivering meals, sewing face masks for all our residents, vendors, caregivers and for school children in our community.

The items (Afghans, beanie hats, scarves etc...) our residents work on while sheltering in place are donated to our Tucson hospitals and hospices.

We continue to offer a variety of projects for you to work on while you shelter in place, consider taking a project home to try.

We continue to provide services such as the food and hygiene pantries, PCOA Meals and referrals, one on one appointments with our insurance representative Fernando Diaz from Senior Med Solutions, along with many other services you might need.

If you have any questions or might need any type of service, you can give me a call or leave a message if I'm not in the office. I will return your phone call.

Let's all think about our neighbors during this season, by giving someone a phone call or writing them a note letting them know you are thinking of them.

Some residents do not have any family in town, the only family they have is all of us here.. I wish you "ALL" happiness, health and hope for this New Year.

I look forward to when we can gather like before. 2021 will be a year of celebration, but we just have to wait a little bit longer. We will be closed on Friday, January 1, 2021 for New Year's and Monday, January 18, 2021 for Martin Luther King Jr. Day.

Take good care and stay strong and know we are here for you,

Luz Servin-Service Coordinator



Thank You!

Thank you to Home Instead for sponsoring
the Be a Santa to a Senior Program.
Our residents are so grateful for everyone's
generosity and caring spirits!





NEW YEAR'S RESOLUTIONS





'A lifesaver': US seniors turn to Zoom to connect with friends and family

As we all know the world is now coming to us from our computers. As the pandemic persists, older adults who are at higher risk of contracting COVID-19 are moving their lifestyles-from classes to coffee chats-online

The **Mirowitz Center** is a place where adults can engage and connect with a variety of programs via Zoom or telephone! To register, call ☎ 314-733-9813, e-mail Susan at skemppainen@mirowitzcenter.org or online at <https://schedulesplus.com/covplace/kiosk/dpschedules.do>

Virtual Tour of Grand Center, St. Louis - Gary Ratkin

Date/Time: 1/11/2021 10:00 AM to 11:00 AM (Monday), Cost: Free

On January 11, at 10 AM, join Gary Ratkin, a retired hematology oncologist, whose interest in architectural history led him to become a tour guide for Grand Center in 2012. Gary's virtual tour of Grand Center uses his photography, historical photographs and research material from the National Historic Register to explore the background, history and exciting new developments of the St. Louis cultural district. What will you discover that you've never seen before?!?

Author Your Own Happiness Project - Lisa Wallis

Date/Time: 1/11/2021 4:00 PM to 5:00 PM (2nd Mon every month), Cost: Free

Join facilitator Lisa Wallis, a social worker and librarian, for a new round of monthly meetings to enjoy and benefit daily from an increased sense of accomplishment and happiness. Meetings, which take place at 4 PM on the second Monday of each month, will reference Gretchen Rubin's book, *The Happiness Project, Or Why I spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle and Generally Have More Fun*. Purchase of the book is suggested. January 11, the topic is "Boost Energy." February 8, the topic will be "Remember Love." Register for one month at a time, enrollment is limited to 8 each month.

Maximizing Optimal Health and Resilience - Dr. Sheryl Spitzer-Resnick

Date/Time: 1/13/2021 2:00 PM to 3:00 PM (Wednesday), Cost: Free

On January 13, at 2 PM, Dr. Sheryl Spitzer-Resnick discusses how minimizing inflammation through diet, stress reduction and supplementation for nutrition deficiencies can help one to achieve optimal health and resilience. Dr. Spitzer-Resnick is a graduate of Harvard Medical School, who, after working in family medicine for 25 years, now specializes in natural hormone replacement, as well as integrative and functional medicine.

ROAD TO WELLNESS

Social isolation: The COVID-19 pandemic's hidden health risk for older adults, and how to manage it. Even before the pandemic began, national studies indicated that nearly a quarter of older Americans were socially isolated and about one-third of those experienced loneliness. With COVID-19, the same stay-at-home recommendations meant to protect older adults can also leave them feeling isolated and lonely. Frequent and meaningful social interactions and stimulation are especially important for older adults – to keep cognitive function from declining, and ward off depression and anxiety. Remaining at home also makes it harder to engage in healthy lifestyle choices, including physical activity and eating well. Without exercise, muscles can weaken, leaving older adults more prone to falling. Inactivity and poor eating habits can also lead to weight gain and other chronic conditions. Here are some steps you can take to stay active and engaged:

Plan your day: Beside your regular daily routine, plan specific times for online classes, calls with friends, reading, puzzles, cooking, gardening, home repairs, etc. that will keep your brain and body active.

Stay physically active: Find exercises that can be done at home or in the immediate neighborhood, like walking.

Don't be afraid to leave home, but do so wisely: New CDC guidelines emphasize what older adults can do to stay safe when leaving home. Practice preventative actions: cloth face covering, tissues and hand sanitizer; and avoid close contact with others who are not wearing face masks when possible.

Think of others: Regularly reach out to others who may need to hear a friendly voice on the phone. This social contact will help both the caller and the one being called.

DON'T DELAY MEDICAL CARE DURING THE PANDEMIC If you are due for your annual doctor's visit, need a vaccine or are having symptoms you are unsure of, please don't delay care.



We've Still Got You Covered!

We have a huge selection of hand sewn masks with many different patterns, colors and sizes.

Cover your face, not your personality:)

BOREDOM BUSTERS

THIS YEAR

2021

I resolve to:

1. start
2. plan
3. have
4. build
5. write
6. read
7. make
8. do
9. give
10. visit
11. learn
12. eat

and leave behind you the old that were filled with pages of worries and begin the New Year with happiness, cheer and smiles. Be grateful for each day.

As we leave 2020 behind, here's some humor:

- * The dumbest thing I ever bought was a 2020 planner.
- * 2019-Stay away from negative people. 2020-Stay away from positive people.
- * Old folks are sneaking out of the house & their kids are yelling at them to stay indoors!
- * This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I came into my house & told my cat. We laughed a lot.
- * Does anyone know if we can take showers yet or should we just keep washing our hands?
- * I hope the weather is good tomorrow for my trip to the Backyard. I'm getting tired of the Living Room.
- * Never in a million years could I have imagined I would go up to a bank teller wearing a mask & ask for money.

Don't Forget to Register

Choose one of the 3 options below:

1 ONLINE at: www.tmcaz.com, click on **CLASSES & EVENTS** Directions: on the left side, click on **LOCATION** and choose: **TMC Online** (for any virtual listing) and search **TMC for Seniors** for the activity kits, then click the **SUBMIT** button. You can scroll down to find individual classes – listed by date and choose a class by clicking on the title. Once you've selected a class, click on the **ADD TO CART** button to add it to your list. Then click on the **EVENT CART** button and enter your registration information. You can register guests for each class, but will only have to enter YOUR information once at the top of this page. When you've filled in the required information, click the **REGISTER** button to finalize registration. If there is a charge for any class, you must complete the payment process to be registered for the class.

Please note: You can also search for a class by its name under "Select Event" instead of by location.

2 EMAIL at: seniorservices@tmcaz.com with your name, phone number, and the list of the classes you want to attend.

3 PHONE at: (520) 324-1960, leave a message with your name, contact info, and the classes/events you want to attend.

Most presentations will be available online using our TMC HealthCare YouTube page or TMC for Seniors Facebook page. You will not need an account on YouTube, you can access the online presentation at: www.youtube.com/c/TMCHealthCare/Live and the feed will start automatically when the presentation begins. Most presentations will be available on our YouTube channel afterwards to watch at a later time.



**FOOD
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.

Four Early Signs of Dementia: Recognizing Cognitive Decline

According to the World Health Organization (WHO), around 50 million people are living with dementia and nearly 10 million new cases are diagnosed every year. This article will highlight warning signs associated with dementia in the early stage.

Memory Changes Memory trouble tends to be subtle and involves short-term memory. An individual might be able to recall events that happened years ago but have difficulty remembering what they did that morning.

Changes in Mood / Loss of Interest A noticeable or sudden change in mood could be an early sign. If your loved one is typically very engaged and active but is suddenly too depressed to participate in activities, it may be time to seek help.

Repetitiveness Repeating daily tasks, such as watering the plants, is common for those with dementia. Early symptoms also include repetition in conversation, such as asking questions multiple times.

Poor Judgment Poor judgment associated with dementia is not just one poor decision, but a pattern of poor decisions and actions. Some examples include poor judgment related to finances, personal grooming, hygiene, social situations and driving.

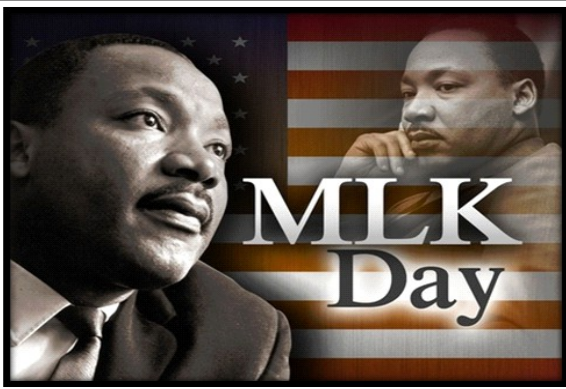
Hygiene Pantry



In-Home Services:

Services for people who need assistance with bathing, dressing and light housekeeping to remain safely in their homes are continuing as usual and in accordance with participants' wishes about having someone come into their homes. Our ability to enroll new participants in these programs is currently limited, but if you or someone you know is in need please call our Helpline at (520)790-7262 to discuss eligibility and other options.





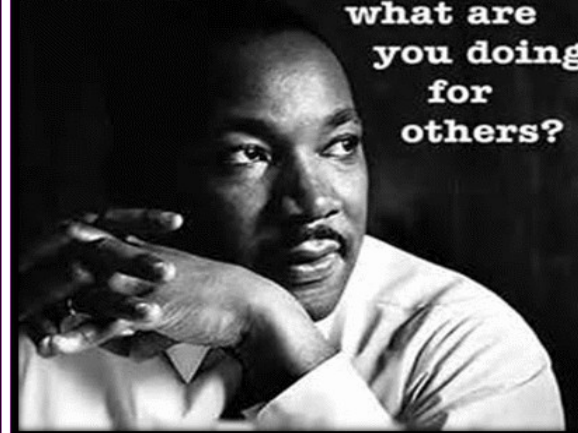
"I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

Martin Luther King, Jr.



Life's most persistent and urgent question is,

**what are
you doing
for
others?**



Martin Luther King, Jr. Day (Birthday of Martin Luther King, Jr.)

Is an American federal holiday marking the birthday of Martin Luther King, Jr. It is observed on the third Monday of January each year, which is around the time of King's birthday, January 15. The floating holiday is similar to holidays set under the Uniform Monday Holiday Act. King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after his assassination in 1968. President Ronald Reagan signed the holiday into law in 1983, and it was first observed three years later. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.

Are you having feelings of loneliness,
worry, or just feeling low?

YOU ARE NOT ALONE

CALL OUR WARM HELPLINE

1-833-REACH AZ

Oprima Ext. 2 para español

1-833-732-2429 | MONDAY - FRIDAY 9AM-5PM

REACH OUT!

TALK WITH OUR
COMMUNITY SUPPORT TEAM
or sign up for us to call you!



¿Tiene sentimientos de soledad, preocupación o
simplemente se siente deprimido?

NO ESTA SOLO
LLAMA A NUESTRA LÍNEA DE AYUDA

1-833-REACH AZ

Oprima Ext. 2 para español

1-833-732-2429 | LUNES - VIERNES 9AM-5PM

¡COMMUNICATE!

HABLA CON NUESTRO
EQUIPO DE APOYO
o regístrate para recibir una llamada



ASU Office of
Community Health
Engagement and Resiliency
Arizona State University

IN PARTNERSHIP WITH



THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE
Center on Aging



THE UNIVERSITY OF ARIZONA
Mel & Enid Zuckerman
College of Public Health



THE UNIVERSITY OF ARIZONA
SCHOOL OF SOCIAL & BEHAVIORAL SCIENCES
Mexican American
Studies

ASU Office of
Community Health
Engagement and Resiliency
Arizona State University

EN ALIANZA CON



THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE
Center on Aging



THE UNIVERSITY OF ARIZONA
Mel & Enid Zuckerman
College of Public Health



THE UNIVERSITY OF ARIZONA
SCHOOL OF SOCIAL & BEHAVIORAL SCIENCES
Mexican American
Studies

The purpose of the Warm Helpline is to be a connection to resources and to combat social isolation and loneliness. The Warm Helpline is available to all residents of Pima County, Monday-Friday, 9am-5pm. If you think you can use this program, especially since the beginning of COVID-19, please don't hesitate to call.

1-833-732-2429

FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF MO. YR.

Name: CT

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
updated or if
you don't have one come see me.

~Luz

Manager's Corner

*We are trying to prevent our recycling from being stopped due to high
Charges for non-recycling items being put in the recycling bin. Also,
please remember trash bags cannot be in the recycling bin.*

***Please comply with the notices posted for items
that can be placed in the recycling bins.***

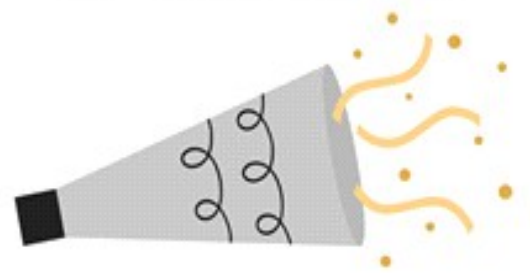
We appreciate everyone's cooperation.

Thank you,

Theresa Beaty



HAPPY NEW YEAR!



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

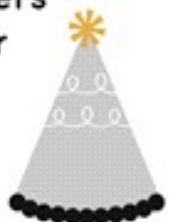
Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers



JANUARY 2021

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



TROY J PEARSON—WELLNESS DIRECTOR

happy new year

Research has shown that exercise is not only good for your physical health, but also supports emotional and mental health. During the COVID-19 pandemic, exercise can help relieve emotional stress.

Here are some exercise ideas to help lift your mood:

- **Walking, bicycling, or dancing. Endurance activities increase your breathing, get your heart pumping, and boost chemicals in your body that may improve mood.**
- **Yoga. This mind and body practice typically combines physical postures, breathing exercises, and relaxation.**
- **Tai chi. This "moving meditation" involves shifting the body slowly, gently, and precisely, while breathing deeply.**
- **YOGA AND TAI-CHI DVDS ARE AVAILABLE FOR RESIDENTS TO CHECK-OUT AND EXERCISE AT HOME!!!**
- **CALL (520) 327-0922 TO CHECK OUT A DVD TODAY!!!**



In Loving Memory



This has been a year of many changes in our resident population. We have lost several residents this past year and I would like to honor their memory:



Thomas (Tom) Greenwood
11/25/44-5/27/2020



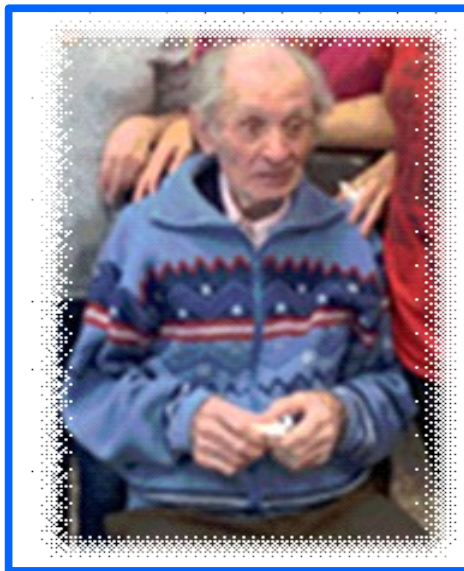
Carol Taylor
3/16/1942- 6/16/2020



Susan Ronstadt
7/11/1941-7/2/2020



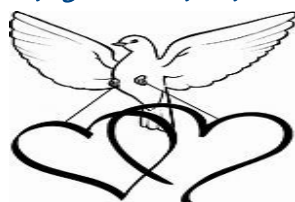
Donna Marie Stulgion
8/31/28 - 9/8/2020



Mike Bodnar
2/28/1920 - 10/22/2020



Timothy (Tim) Pease
4/17/1951-11/28/2020



“Some people come into our lives and quickly go.
Some stay for a while and leave footprints on our heart”

Resident Activities January 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

140ET forms for a
\$25 tax credit are coming!!

I will make copies of the tax credit form, along with some samples, and leave them on the table in the lobby. Please call her to discuss whether you qualify to get a \$25 check from the state. The quickest way to get it back is to have it directly deposited into your checking or savings account. *If you do not get your refund back within six weeks of sending it in, please call me so she can help you call the state revenue office to inquire about it.* -Luz☺

1 OFFICES
CLOSED

2

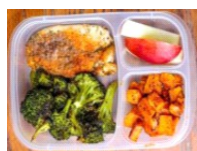
GOODBYE
2020
SAY HELLO TO
2021

3



4

PCOA MEALS
from
1:30-2:30pm



5



6

7 2021
Benefit Highlights
Medicare
Information
Booth
from
2:00pm-3:30pm
W/Fernando
Diaz

8

9



10



11

PCOA MEALS
from
1:30-2:30pm



12



13



14 2021
Benefit Highlights
Medicare
Information
Booth
from
2:00pm-3:30pm
W/Fernando
Diaz

15



16



17



18 OFFICES
CLOSED

Dr. Martin Luther King Jr.
HOLIDAY



REMEMBER! CELEBRATE! ACT!

19



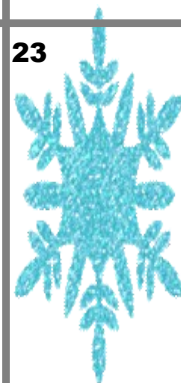
20



21 2021
Benefit Highlights
Medicare
Information
Booth
from
2:00pm-3:30pm
W/Fernando
Diaz

22

23

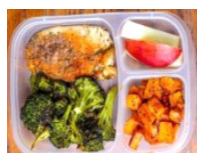


24



25

PCOA MEALS
from
1:30-2:30pm



31



Today will never come again,
Be a blessing, be a friend.
Encourage someone,
take time to care.
Let your words heal,
and not wound.

29

30

Gratitude
is the best
Attitude



ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something physically active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech 2 hours before bedtime

12 Connect with someone near you - share a smile or chat

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

15 Eat healthy food which really nourishes you today

16 Get outside and notice five things that are beautiful

17 Contribute positively to a good cause or your community

18 Focus on what's good, even if today feels tough

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

22 Try out something new to get out of your comfort zone

23 Plan something fun and invite others to join you

24 Put away digital devices and focus on being in the moment

25 Decide to lift people up rather than put them down

26 Say hello to a neighbour and get to know them better

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Use one of your personal strengths in a new way

30 Count how many people you can smile at today

31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Happier · Kinder · Together