



# Strauss Manor

## Monthly Newsletter

### February 2021

#### 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](http://straussmanor.org)



Pima Council on Aging  
Information and Help

(520) 790 - 7262

#### Wellness Director

Troy Pearson

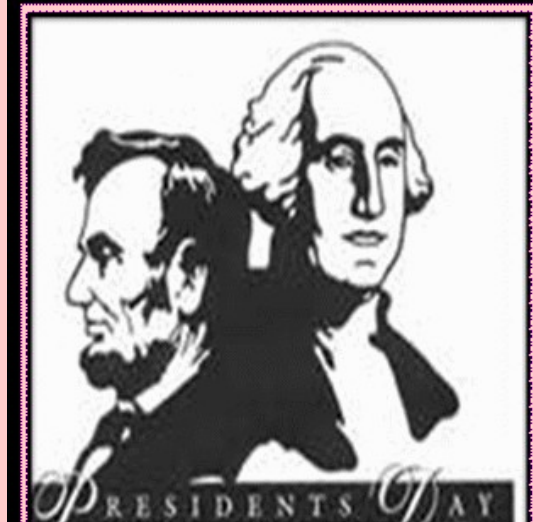
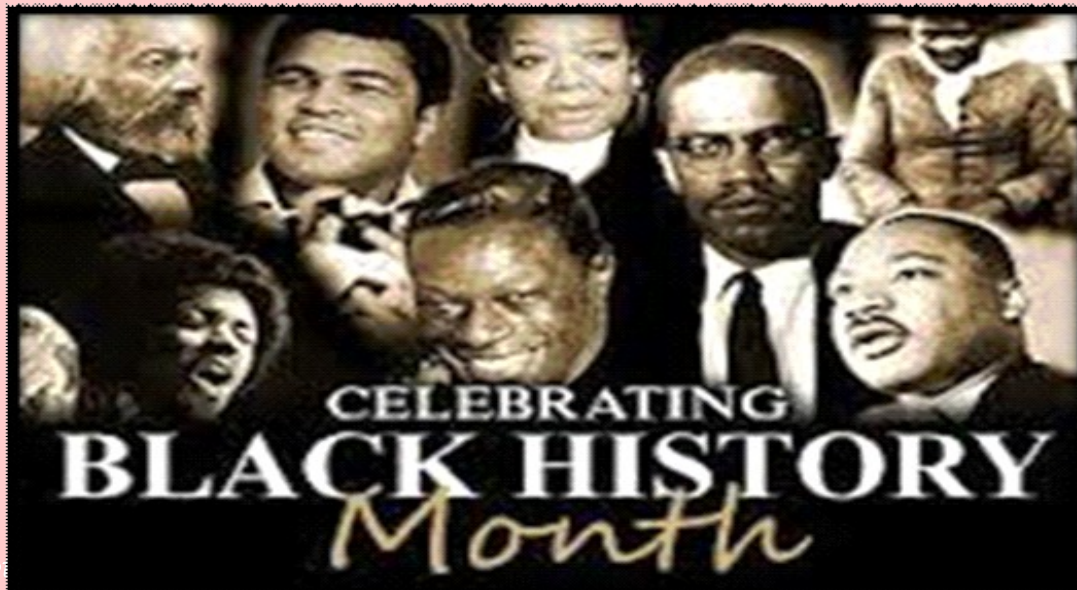
Board Liaisons

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).

## Happy Heart Month!

Let's talk about teas for your heart. As you sit at home on a cold day, sometimes you need something to literally warm you up.

Tea is always a good option.

Most have no calories.

There are herbal and caffeine free options, and many flavors to choose from.

There are over 1500 different varieties of tea, but they all come from one plant – the Camellia Sinensis.

The difference among the teas are the processing, growing conditions and geography.

The main groups are: white, green, oolong and black, with more types acknowledged by tea aficionados.

White tea is the least processed and made from the buds or immature leaves which are steamed and dried.

Green tea is produced from freshly harvested leaves

which are immediately steamed to prevent oxygen exposure.

Oolong tea is exposed to oxygen for a short time for some oxidation while black tea is fully oxidized.

The results of different degrees of oxidation affects the health-promoting components which makes each type unique compared to one another. Both green and black teas are rich in compounds called flavonoids that help reduce inflammation, which is a cause of heart disease. However, studies showing drinking tea has a positive result cannot actually prove this as there are so many other factors involved.

There is also research showing drinking these teas have been linked to lower cholesterol and improved blood vessel function. Tea also contains caffeine, white having the least, black having the most, but, in general, it still has less caffeine than coffee. Herbal teas do not contain caffeine and are not made from the Camellia Sinensis plant, but rather other herbs and leaves.

They are often a good choice before bedtime or for those avoiding caffeine.

My favorite tea I often crave on a cold day is chamomile.

Chamomile is the common name for several daisy-like plants of the family Asteraceae.

Two of the species are commonly used to make herbal infusions for traditional medicine, and there is some evidence that chamomile has an effect on health.

Chamomile tea has no caffeine, and I like to add a little bit of honey.

The next time it rains or it's cold, pick your favorite tea and make a cup while you look out the window at the beautiful Arizona landscape and feel warm inside!

May you have a beautiful awesome February,

Luz E. Servin~Service Coordinator

LOVE is not something you look for,  
love is something you BECOME.



-Article credit: Colleen Morton, R.N.

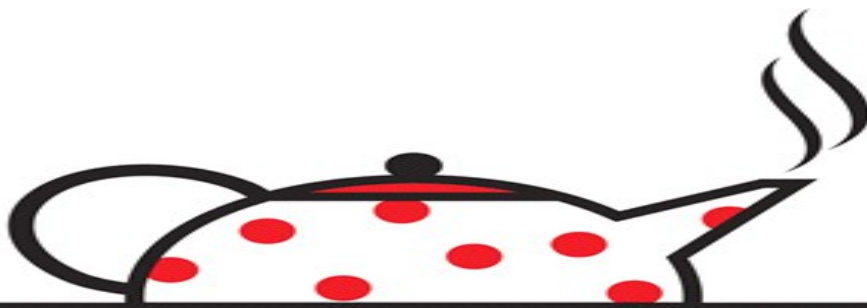


# Happy Valentine's Day

Candle Light  
Cards  
Chocolate  
Cupid  
Date  
Dinner  
First Kiss  
Memories  
Movie  
Pink  
Poem  
Proposal  
Red  
Romance  
Roses  
St. Valentine  
Sweetarts  
Teddy Bear  
True Love



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



Valentines Walk-thru High Tea

Friday, February 12<sup>th</sup>

@ 9:00am

Pick up your Tea & Goody Bag

After picking up your

Pancake Breakfast



# Presidents Day

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

AMERICAN  
 CONSTITUTION  
 FEBRUARY  
 GOVERNMENT  
 PATRIOTISM

BILL OF RIGHTS  
 DEMOCRACY  
 FLAG  
 HISTORICAL  
 REDCOATS

COLONISTS  
 ELECTION  
 FOREFATHER  
 LINCOLN  
 REVOLUTION

Your life  
 is an occasion.  
 Rise to it.

—Suzanne Weyn





With February being the month of love and romance, I thought I share some favorite romance movies and quotes. If you haven't watched these, you might want to check them out. Who doesn't love curling up on the couch and getting lost in a good romance movie? Ok guys, maybe not you. There has been some good romance comedies or sport movies with a little romance thrown in. I would love to hear from you. Let me know what your favorites are. We have a big selections of romance DVD's if you are interested in enjoying a good romantic movie and popcorn during this month of February. ~Luz:)



***The Notebook.*** "If you're a bird, I'm a bird!" Ryan Gosling's character to Rachel McAdams in *The Notebook*

#### ***Jerry Maguire***

"You had me at Hello" from Renee Zellweger's character to Tom Cruise in *Jerry Maguire*.



***Pride & Prejudice*** "You have bewitched me, body and soul, and I love... I love... I love you" by Mr. Darcy (Matthew Macfadyen) to Elizabeth (Keira Knightley) in *Pride & Prejudice*.

#### ***Gone with the Wind.***

"You should be kissed and often and by someone who knows how" by Rhett Butler to Scarlett O'Hara in *Gone with the Wind*.



#### ***Pretty Woman.***

"Big mistake. Big. Huge. I have to go shopping now" by Julia Robert's character to a store clerk in *Pretty Woman*.

#### ***P.S. I Love You.*** Favorite quote from that movie

is "If you can promise me anything, promise me that whenever you're sad, or unsure, or you lose complete faith, that you'll try to see yourself through my eyes" by Harry Connick Jr.'s Character to Hillary Swank in *P.S*







## Know what else is in February?

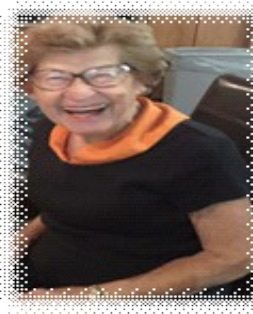
Super Bowl LV, the 55th Super Bowl of National Football League (NFL).  
Test your knowledge with the trivia below. You can find the answers on Page



1. Who holds the record for most Super Bowl appearances as a coach -- 10 overall, and seven as a head coach?
2. When was the first Super Bowl game played?
3. How many Super Bowls have gone to overtime?
4. How long is the longest field goal ever in a Super Bowl?
5. Which team has lost the most Super Bowls?
6. Which team has the longest Super Bowl winning streak?
7. Which player has been to the Super Bowl 9 times?
8. Who was the MVP of the 1st Super Bowl?
9. What trophy is awarded to the winners of the Super Bowl?
10. Which quarterback threw the most passes in a Super Bowl game?



We couldn't do what we do if it weren't for our resident volunteers who show up on Mondays to help me with organizing and distributing the PCOA meals for our residents. I am thankful for **Carolyn Graf, Connie Hernandez, Margaret Hensley, Teresa Crocco and Nancy Rupp** as well as the rest of the volunteers who faithfully come and check with me to see what they can help with. This program has brightened the holidays for many and sustain our residents each day.



*No one is more cherished in this world than someone who lightens the burden of another. Thank you. ~Author Unknown*





## COVID-19 Vaccines

I am working with local pharmacies to try and get an on-site clinic for the COVID-19 vaccines. Pima County has been slow in getting the necessary amount of vaccines. In the meantime, if you can get registered through the Pima County website or call, make an appointment and get yourself there, it may be quicker than waiting for a clinic. The groups they are serving can change on a daily basis, but 65+ group (1b & c) should be next once the vaccines are available. If you have any questions, please call me @722-9963.



Current vaccination sites:

Tucson Medical Center drive-through and walk-through

Banner-North at Cancer Center drive-through

Banner-South Kino Hospital drive-through only

Tucson Convention Center walk through only

University of Arizona Campus drive-through and walk-through

***You must register and have an appointment!***

Verification: Must take ID that shows date of birth.

Registration: Online at [www.pima.gov/covid19vaccineregistration](http://www.pima.gov/covid19vaccineregistration)

You will need medical insurance card for registration.

**An email address is required to register**

Telephone assistance for non-Banner registration:

520-222-0119

Hours: Monday-Friday, 8:30 a.m. - 4:30 p.m.



Since the CDC does not yet know whether getting a COVID-19 vaccine will prevent you from spreading the virus that causes COVID-19 to other people, even if you don't get sick yourself; they recommend everyone to continue using all the tools available to help stop this pandemic.

To protect yourself and others, follow these recommendations:

- Wear a mask over your nose and mouth
- Stay at least 6 feet away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often
- Cover your cough or sneeze
- Stay home if you are feeling sick



**Stay safe, Luz Servin-Service Coordinator 722-9963**

## MINI BROWNIE TREATS

### Ingredients:

1 package fudge brownie mix (13-inch x 9-inch pan size)  
48 striped or milk chocolate kisses

### Directions:

1. Prepare brownie mix according to package directions for fudge-like brownies. Fill paper-lined miniature muffin cups two-thirds full.

2. Bake at 350° for 18-21 minutes or until a toothpick inserted near the center comes out clean.

3. Immediately top each with a chocolate kiss. Cool for 10 minutes before removing from pans to wire racks to cool completely.

TOTAL TIME: Prep: 15 min. Bake: 20 min. + cooling YIELD: 48 servings

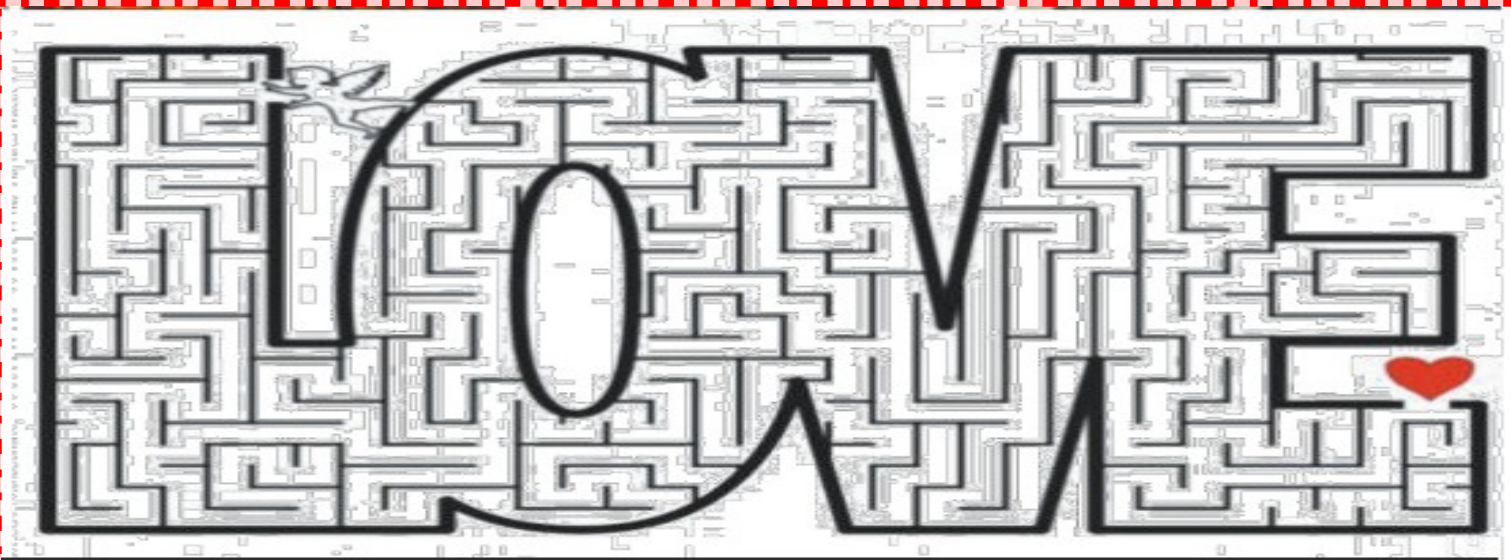


Friday, February 12<sup>th</sup>

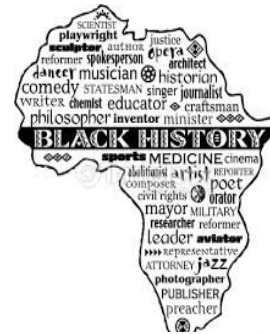
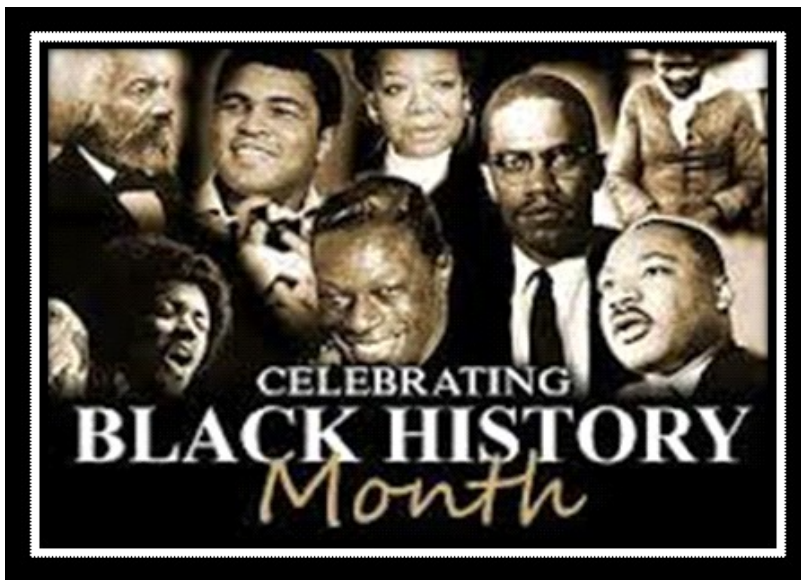
@ 9:00am

Valentines Day/President's Day/  
Black History month/ Resident Birthdays

Celebration w/a  
Walk-Thru Pancake  
and more Breakfast!  
(provided by IHOP  
and our  
Board of Directors)  
Don't forget to pick up  
your goody tea bag!







Black History Month is observed in the month of February. Black History Month, also known as African-American History Month in America, is an annual observance in the United States, Canada, and the United Kingdom for remembrance of important people and events in the history of the African diaspora.

The African diaspora refers to the communities throughout the world that are descended from the historic movement of peoples from Africa, predominantly to the Americas, Europe, Asia, and the Middle East, among other areas around the globe.

The expansion of Black History Week to Black History Month was first proposed by the leaders of the Black United Students at Kent State University in February 1969. The first celebration of the Black History Month took place at Kent State one year later, in February 1970.



THE GRAND ESSENTIALS OF HAPPINESS ARE: SOMETHING TO DO, SOMETHING TO LOVE, SOMETHING TO GIVE, AND SOMETHING TO HOPE FOR.  
 AFTER ALLAN CHAMBERS



### GOOD ADVICE

"Life is not the way it's supposed to be..  
 It's the way it is..  
 The way we cope with it,  
 is what makes the difference."

"Not everyone can do great things. But we can all do small things with great love!" Mother Teresa

**Remember the five simple rules to be happy:**

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.



## Super Bowl Trivia Answers from Page



1. Bill Belichick
2. January 15, 1967. No network footage exists of Super Bowl I. Apparently it was taped over for a soap opera.
3. Just one. The New England Patriots came back to beat the Atlanta Falcons in overtime, winning 34-28, after having been down 28-3 midway through the third quarter.
4. The Buffalo Bills' Steve Christie set a Super Bowl record by kicking a 54-yard field goal.
5. Broncos and Patriots each at 5.
6. The record for consecutive wins is two and is shared by seven franchises: the Green Bay Packers (1966–1967), the Miami Dolphins (1972–1973), the Pittsburgh Steelers (1974–1975 and 1978–1979, the only team to accomplish this feat twice and the only team with four wins in six consecutive seasons), the San Francisco 49ers (1988–1989), the Dallas Cowboys (1992–1993), the Denver Broncos (1997–1998), and the New England Patriots (2003–2004).
7. Tom Brady
8. Bart Starr was MVP of the first two Super Bowls, regular season MVP in 1966, NFL Man of the Year, Professional Player of the Decade, and the first winner of the Byron White Award. Starr led the Green Bay Packers to 5 NFL titles and 2 Super Bowl wins. He later served as head coach of the Packers (1975-83).
9. The Vince Lombardi Trophy
10. Tom Brady attempted 62 passes in Super Bowl LI against the Atlanta Falcons.



## Manager's Corner

Please do not ask Jose to complete work orders unless it is an after-hours emergency. All work orders must be logged through the office. Please call the office regarding any work orders (we cannot take them as we are walking through the building). Please report all maintenance items immediately, do not wait until inspection.



Theresa Beaty  
Manager





## EMERGENCY PANTRIES

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 few items such as coloring pages, markers, hand sanitizer, toothpaste, toothbrush, small snacks etc.



**FOOD  
pantry**

**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. PCOA's 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.



**Heather Dong**  
**09/07/1951- 01/04/2021**



**FEBRUARY 2021**

**B'NAI B'RITH**

**GERD & INGE STRAUSS MANOR**

**WELLNESS CENTER**



## **VIRTUAL WELLNESS CENTER**

**Even though the Wellness Center is closed again:**

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

### ***EXERCISE AT HOME MADE EASY!!!***

- **FITNESS BY PHONE:** Call *(520) 327-0922* for a Wellness Consultation to discuss strategies to stay active and manage special needs including: arthritis, osteoporosis, 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!!!



# Resident Activities February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HISTORY MONTH</b> 	<b>1</b> <b>PCOA MEALS</b> from 1:30-2:30pm 	<b>2</b> 	<b>3</b> 	<b>4</b> 2021 Benefit Highlights Medicare Information Booth from 2:00pm-3:30pm W/Fernando Diaz	<b>5</b> 	<b>6</b>  <b>RANDOM ACTS OF KINDNESS DAY!</b>
<b>7</b>  <b>SUPER BOWL</b>	<b>8</b> 	<b>9</b> 	<b>10</b> 	<b>11</b> 2021 Benefit Highlights Medicare Information Booth from 2:00pm-3:30pm W/Fernando Diaz	<b>12</b> <b>9:00am</b> <b>Valentines Day</b> <b>Walk-Thru</b> <b>Pancake Breakfast</b> <b>And Tea Grab Bag</b> <b>to go:)</b> 	<b>13</b> February 14th is <b>National Donor</b> <b>Day</b>  Give Love Give Life
<b>14</b> 	<b>15 OFFICES CLOSED</b>  <b>Happy Presidents Day</b>	<b>16</b> <b>PCOA MEALS</b> from 1:30-2:30pm 	<b>17</b> 	<b>18</b> 2021 Benefit Highlights Medicare Information Booth from 2:00pm-3:30pm W/Fernando Diaz	<b>19</b> 	<b>20</b> 
<b>21</b> 	<b>22</b> 	<b>23</b> 	<b>24</b> 	<b>25</b> 2021 Benefit Highlights Medicare Information Booth from 2:00pm-3:30pm W/Fernando Diaz	<b>26</b> 	<b>27</b> 
<b>28</b> 		 -Suzanne Weyn				( a little late but here they are) Congratulations to the winners of the Christmas Door Decorating Contest: Carol Trombino Nancy Moore Margaret Hensley Caroline Stephens & Connie Hernandez If you would like to decorate your doors for Valentines' just give me a call, if I'm not in my office, leave me a message:) 1 <sup>st</sup> 2 <sup>nd</sup> & 3 <sup>rd</sup> prizes to the winners:) 



# ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Send someone a message to say how much they mean to you

2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone else

4 Organise a virtual 'tea break' with colleagues or friends

5 Show an active interest by asking questions when talking to others

6 Get back in touch with an old friend you've not seen for a while

7 Make an effort to have a friendly chat with a neighbour

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for the good in people, even when they frustrate you

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Send a friendly message of support to a local business

14 Tell your loved ones why they are special to you

15 Smile at the people you see and brighten their day

16 Check in on someone who may be struggling and offer to help

17 Respond kindly to everyone you talk to today, including yourself

18 Appreciate the good qualities of someone in your life

19 Share a video or message you find inspiring or helpful

20 Make a plan to connect with others and do something fun

21 Actively listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about their strengths that you value most

25 Thank three people you feel grateful to and tell them why

26 Give positive comments to as many people as possible today

27 Call a friend to catch up and really listen to them

28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



www.actionforhappiness.org

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

Happier · Kinder · Together