

**Important Numbers** 



Office Hours: Monday – Friday 8:00 AM – 5:00PM

Manager Theresa Beaty (520) 722 - 9015 For TTY users 1-800-367-8939

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 April 2021



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 boletin traducido verbalmente.

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### Service Coordinator

I would like to wish everyone a Happy Month of April!





### Health Corner





## Important Vaccination Information from the CDC

Vaccinations are an important tool to help us get back to normal. Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Experts also think that getting a vaccine may help keep you from getting seriously ill even if you do get COVID-19. COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19.

According to the CDC, it typically takes a few weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. That means it is possible a person could still get COVID-19 just after vaccination. This is because the vaccine has not had enough time to provide protection.

Even after getting vaccinated it's important to continue: Wearing a mask, staying at least 6 feet apart from others who don't live with you, avoiding crowds, avoiding poorly ventilated spaces, washing your hands often, covering coughs and sneezes, cleaning and disinfecting frequently touched surfaces daily, and monitoring your health.

Although COVID-19 vaccines are effective at keeping you from getting sick, scientists are still learning how well vaccines prevent you from spreading the virus that causes COVID-19 to others, even if you do not get sick. For this reason, even after vaccination, we need to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Learn more: www.cdc.gov/coronavirus

Hello Residents,
We made it through
another month of COVID.
We have had the first round
of the vaccine here at
Strauss Manor.
The second round is schedule

The second round is scheduled for Thursday, April 8<sup>th</sup> from 9:30am-1:00pm.
Hopefully we can begin to

The rules will remain the same as the first time.

Please do not come down to the vaccine clinic until I call you on the phone.

You will need to fill out
the same flyer all over again
as you did the first time. I will
pass out the new flyers.
We will continue to work
together to get through this
pandemic, and to support
each other however we can.

Luz Servin
–Service Coordinator–



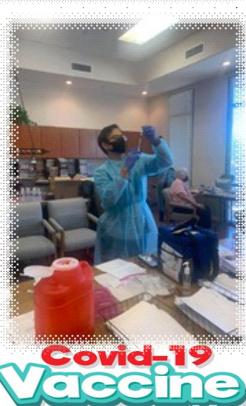


















## Celebrating 50 Years of B'nai B'rith Senior Housing

PAGE 4 • B'NAI B'RITH SENIOR HOUSING NETWORK • 2021 SPRING SENIORITY REPORT

### Happy 50th Birthday B'nai B'rith Senior Housing!

By Evan Carmen

This is an exciting year for the Center for Senior Services (CSS), celebrating our 50th anniversary! B'nai B'rith sponsors Department of Housing and Urban Development (HUD) affordable housing across the country and currently our network comprises 38 buildings and serves about 5,000 people, making us the largest national Jewish sponsor of subsidized housing in the United States. B'nai B'rith's housing footprint is across the country with buildings from New York to California, down to Florida and everywhere in between. We began providing HUDassisted senior housing in 1971, when we opened our first sponsored building B'nai B'rith Apartments in Wilkes-Barre. Pennsylvania.

Not bad for fifty years!

Our housing network isn't just about ribbon cutting ceremonies; it's so much more. Mark D. Olshan, associate executive vice president of B'nai B'rith International and director of the B'nai B'rith International Center for Senior Services, was responsible for expanding our annual Conference on Senior Housing and starting our onsite staff training for management professionals. These trainings are a great opportunity for the B'nai B'rith housing community to come together, network with each other, and hear from experts in the field on how to make our individual buildings the best they can be for our residents.

Mark is also responsible for starting the bi-annual Resident Leadership Retreat, operating since 1987. This retreat not only connects fellow resident leaders throughout the B'nai B'rith housing network but provides many tools to strengthen their communities back home. Residents participate in intensive, day-long workshops regarding resident councils and by-laws, address language and culture barriers, communicate with



management, publish a newsletter, spend time with campers doing intergenerational programing and more.

Since these programs' inception, Janel Doughten, associate director of the Center for Senior Services, has taken over coordinating them, adding to the content and therefore value to the participants. Under Janel and our late co-worker Gene Fogel's leadership, the annual staff training was expanded from just the managers to additional onsite staff including assistant managers, activity coordinators and service coordinators and is now called the B'nai B'rith Managers and Service Coordinators Training. The retreat was also expanded from three days to seven. These changes have provided for significantly more programing and training for additional staff and residents to bring back to their buildings. Due to the coronavirus pandemic, all training has moved to a virtual platform and has expanded to include a weekly Zoom meeting with the onsite building staff. Sharing ideas and best practices - especially during a nationwide emergency—is one of the main benefits of being part of our housing network.

During the year CSS will be highlighting our housing community through our media platforms. Expect video conversations between B'nai B'rith staff and volunteers discussing our organization's rich history with affordable housing and the Resident Leadership Retreat. We intend on spotlighting our sponsored properties with fun facts and pictures, and interviews of our building's board members and staff. Some of our staff and volunteers have been with the buildings since their creation. Also, it's possible current B'nai B'rith residents could make an appearance to say hello and share their experiences.

Clearly there is lots to talk about and we are excited to share!

I have been privileged working at B'nai B'rith for the past four years, however my colleagues Mark and Janel have worked at the organization for 37 and 28 years, respectively. They rightfully talk about our senior housing program with pride. I hope during CSS' 100th anniversary we will be able to highlight even more accomplishments in the name of affordable senior housing.

#### SPECIAL EDITION

### **Original Resident: Carol Trombino**

By Gracie Cohen

This issue, we are featuring a resident who has lived in a B'nai B'rith Senior Housing building since its grand opening. We're deeming this resident an original resident. In this special edition Seniority Report, meet Carol Trombino and her chihuahua Petina Weena of Gerd & Inge Strauss B'nai B'rith Manor on Pantano in Tucson, Arizona. Carol, who is 80, moved into the building with Petina Weena in September of 2006. We chatted on the phone and she also wrote a



Carol Trombino and Petina Weena, original residents of B'nai B'rith Strauss Manor since September 2006.

letter about her experience. Get to know more about Carol below:

When Carol first moved in, the people she met were very friendly and even willing to help her rearrange her furniture. Carol's experience living at Strauss Manor shines light on the quality of B'nai B'rith's senior housing as a whole.

"I would like people to know, where else could they go and live the way they live here, where everything is taken care of? It's not just the affordable rent, but I feel so safe and secure. I was one of the first people to live in the building, and I've never had a problem staff couldn't resolve," she said.

What does she like most about living at Strauss Manor? Her list includes: how well the building is kept, how the staff are great and pay attention to you, and how friendly the residents are.

#### Read her letter for more of her insight into living at B'nai B'rith Strauss Manor:

Dear B'nai B'rith Senior Housing Network,

My chihuahua Petina and I have been living at B'nai B'rith Strauss Manor for 14-plus years, with pleasure, and hope for another 50!

Petina and I were the first residents to receive an apartment in September 2006, when the building opened its doors.

Our building is so well kept by Jose Servin, our maintenance technician, and Theresa Beaty, our manager, who both care very much about its upkeep.

Luz Servin, our service coordinator, will help you with any problem that may come your way.

I thank God that I am able to live with the caring and pleasant people who work at Strauss Manor.

Since COVID-19 safety precautions have limited much of the in-person activities, the building has not been the same. It's too quiet! I truly can't wait to see the residents talking, doing activities together and having fun at Strauss Manor—my lovely home— again.

Thank you, Carol Trombino

#### HOW WELL DO YOU KNOW THE MOVIES?

Test your movie quote knowledge by pairing the iconic movie quotes below with the movies they came from. Just draw a line from the quote on the left to the correlating movie title on the right. Then you can check your answers on the back page, but no peeking!

- "Here's looking at you, kid."
- "You're gonna need a bigger boat."
- "There's no crying in baseball."
- "You can't handle the truth!"
- "Here's Johnny!"
- "I'll have what she's having."
- "Nobody puts Baby in a corner."
- "You complete me."
- "I'll be back."
- "I have a feeling we're not in Kansas anymore."
- "What we've got here is a failure to communicate."
- "Seize the day, boys. Make your lives extraordinary."

The Terminator, 1984

When Harry Met Sally, 1989

Casablanca, 1942

Jaws, 1975

A League of Their Own, 1992

A Few Good Men, 1992

Cool Hand Luke, 1967

The Shining, 1980

Dead Poets Society, 1989

Dirty Dancing, 1987

Jerry Mcguire, 1996

The Wizard of Oz, 1939



I would like to recognize a few of our resident volunteers who put their own time aside to help our residents in need.

There is no kinder act than helping someone less fortunate then yourself.

Every resident volunteer I have is a role model who brings up the spirits of many of my residents, including myself.

Everyone one of you are special and I love what you are doing and continue to do for our Strauss Manor residents.

## Managers Corner

### Reminder:



Please dispose of all syringes in the <u>sharps</u> containers on the wall in each trash room.

Thank you, Theresa Beaty SHARPS DISPOSAL













## Easter Word Search



# April is National Humor

AUGHTER
is the best The Sest T

**Doctor**: What's the condition of the boy who

swallowed the quarter?

Nurse: No change yet.

Prepare to Wiggle your Giggle!

\*If you're happy and you know it its your meds

\*How am I supposed to trust you when you keep running away every time I untie you

\*Sony I'm late... I didn't want to come.

\*To me "drinking responsibly" means don't spill it.

\*I'm great in bed. I can sleep for days.

\*Does running late count as exercise? \*4 out of 3 people struggle with math

\*My heart says chocolate and wine but my jeans say, for the love of God woman, eat salad!

\*The best thing about the good old days was that I wasn't good and wasn't old

\*My relationship with whiskey is on the rocks.

\*Does running from my responsibilities count as cardio?
\*A little gray hair is a small price to pay for all this wisdom.
\*Never laugh at your wife's choices. You are one of them.

\*Retired, under new management "see spouse for details"

\*Thought growing old would take longer

\*Today I was a hero! I rescued some beer that was trapped in a bottle.

\*I'm so busy I don't know whether I found a rope or lost my horse.









I went to the doctor and he said I had acute appendicitis, and I said compared to who?

Benefits of Laughing: Reduces heart disease, natural pain killer, improves breathing, helps you lose weight, gives good sleep, decrease stress, makes you look young, boosts relationships.

There is no reason not to laugh!



### **EMERGENCY PANTRIES**

toothbrush, small snacks etc.

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, beans, rice, 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,



### BEWARE OF SCAMMERS!

Arizona officials are warning
Arizona seniors about scams related to the coronavirus.
"Fake miracle cures and events,
shopping thieves, door-to-door sanitization services,
robocalls, official-looking phishing emails,
and government impostor scams"
are all on the rise, the release says.

These scams look to gain access to seniors' financial information.

Please stay alert and look out for one another during this difficult time.





### Of these scams below:

- \*Shopping Thieves
- \*Door-to-Door Services
- \*Miracle Products and COVID-19 Vaccines
- \*Government Impostor Money Scams
- \*Phone Scams, Robocalls,
- \*Text Messages, Phishing Emails





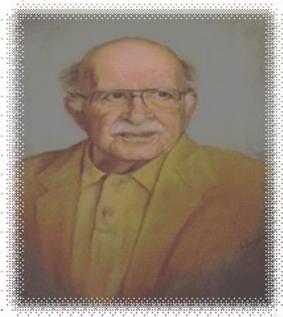
### Holocaust Remembrance Day is April 8, 2021

The United States Congress established the Days of Remembrance as the nation's annual commemoration of the Holocaust and created the United States Holocaust Memorial Museum as a permanent living memorial to the victims. Observances and remembrance activities can occur during the week of of Remembrance that runs from the Sunday before Holocaust Remembrance Day (Yom Hashoah) through the following Sunday.



Holocaust survivor, Gerd Strauss founded B'nai B'rith Covenant House 1 & 11 and the Gerd & Inge Strauss Manor on Pantano.

He was an active member of the Holocaust Survivors group in Tucson where he taught thousands of students about the Holocaust.







'I want to go on living even after my death! And that's why I am so grateful to God for having given me this gift, which I can use to develop myself and to express all that's in me. When I write I can shake off all my cares; my sorrow disappears; my spirits are revived.'

Anne Frank, written in her diary, 5 April 1944

Silence is the most powerful scream.

Anonymous

I don't think of all the misery, but of the

BEAUTY

that still remains.

-Anne Frank



One of the Jewish religion's most sacred and widely observed holidays, Passover (Hebrew: Pesach) commemorates the story of the Israelites' departure from ancient Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers and Deuteronomy, among other texts. Jews observe the week long festival with a number of important Rituals, including traditional Passover meals known as Seders, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale.

# 2021 B

Easter Sunday is a religious holiday to some and a family holiday for others, but how did the bunny get involved? Bunnies, eggs, Easter gifts and fluffy, yellow chicks all stem from pagan roots. These tropes were incorporated into the celebration of Easter separately from the Christian tradition of honoring the day Jesus Christ rose from the dead. The origin of the Easter Bunny can be traced back to 13th-century. Spring symbolized new life and rebirth; eggs were an ancient symbol of fertility. The first Easter Bunny legend was documented in the 1500s. These legends were brought to the United States in the 1700s, when German immigrants settled in Pennsylvania Dutch country. The tradition of making nests for the rabbit to lay its eggs in soon followed. Eventually, nests became decorated baskets with colorful eggs, candy, treats and other small gifts.

Earth Day, April 22, 2021 theme is "Save the Species". Since the first year Earth Day was celebrated in 1970. There has been a documented loss of 40% of the world's wild animal Population. Besides the more visibly exotic African animals under threat, bees and other insects responsible for pollinating the world's plant population continue to be decimated by the Use of insecticides.

## ARBOR DAY

On Arbor Day, people are encouraged to care for their natural environment. It's a time for people to get their hands in the dirt and plant and/or care for trees, bushes and plants.



April 2021 Stress

**Stress:** it's all about how you handle it. When not managed properly. stress is responsible for a host of problems, from gastric issues like indigestion to depression and eating disorders. April is Stress Wareness Month, the perfect time to reflect on how we can better manage stress in our daily lives in order to stay healthy mentally, emotionally and physically.

While a little stress is normal, chronic, long-term stress is not and it can have quite a negative impact on health. Here are some tips and stress management habits we've collected to help manage stress:

**GET SOME SLEEP:** Be sure you're getting the right amount of sleep. You can't manage stress (or anything else) if you're exhausted. Being rested and refreshed will make you more effective at whatever you do, so get that shut-eye.

**KEEP A JOURNAL**: The simple act of putting words on paper gives them power and weight. Creating a record of positive thoughts, things you're thankful for, and small victories will help to cement those memories in your brain, causing a shift toward more positive thinking, a major stress-reliever.

**TAKE A BREAK**: Whether you meditate, take a nap, or binge-watch your favorite Netflix offering, take time out to do absolutely nothing. Take your mind off the tasks at hand for a while and regroup; you'll find that returning to a chore is easier when you've had a positive, stress-free period of time to prepare.

**TAKE A WALK**: Sometimes a breath of fresh air really is all you need. A change of scenery and a nice breeze can clear your head so that you can return to your task with renewed energy and perhaps even a better perspective.

**CLEAR THE CLUTTER**: An untidy physical environment can contribute to stress. Take time each day to keep clutter at bay, putting things in their proper places. This can be helpful for our mental environment as well: keep negative thoughts and worry at a distance and focus on the task at hand to become more productive.

### APRIL 2021

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



### SPRING INTO ACTION AND GET FREE GROCERIES!!!

I left a calendar on your door to track your estimated daily walking time.

Simply keep track of your total daily walking time and write it down on the corresponding day on the calendar. Keep track with your watch, electronic device or you can simply estimate. Keep track of ALL your walking time—a walk to the store, a walk around the property or even a walk down to your mailbox.

Please call if you need a replacement calendar.

### ALL WALKING TIME COUNTS!!!

We are keeping track of total walking time. We are NOT tracking total steps or total distance. Trekking poles, dumbbells, rubber tubing, ankle weights, exercise DVDs and other equipment are available to check-out from the

Wellness Center by calling 520-327-0922.

Like and follow B'nai B'rith Strauss Manor on facebook to view EXERCISE OF

THE WEEK videos that can easily be done in your apartment.





"Here's looking at you, kid." -Casablanca, 1942 | "You're gonna need a bigger boat." -Jaws, 1975 | "There's no crying in baseball." -A League of Their Own, 1992 | "You can't handle the truth!" -A Few Good Men, 1992 "Here's Johnny!" -The Shining, 1980 | "I'll have what she's having." -When Harry Met Sally, 1989 | "Nobody puts Baby in a corner." -Dirty Dancing, 1987 | "You complete me." -Jerry Mcguire, 1996 | "I'll be back." -The Terminator, 1984 | "I have a feeling we're not in Kansas anymore." -The Wizard of Oz, 1939 | "What we've got here is a failure to communicate." -Cool Hand Luke, 1967 | "Seize the day, boys. Make your lives extraordinary." -Dead Poets Society, 1989