



Strauss Manor Monthly Newsletter June 2021

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

=====
TDD Hearing Impaired
1-800-367-8939

=====
AFTER HOURS
Emergency
Jose Servin
(520) 272-3172

=====
If Life Threatening or
Emergency Call 911

=====
Strauss Manor
Website
straussmanor.org



=====
Pima Council on Aging
Information and Help
(520) 790 - 7262

=====
Wellness Director
Troy Pearson
=====
Board Liaisons
Nicky & Vicky

=====
Strauss Manor
370 N Pantano Rd.
Tucson, Az. 85710



**Our newsletter is printed courtesy of Tucson Electric Power
Professionally Managed by Biltmore Properties, Inc.**

Published for the Residents of B'nai B'rith Gerd & Inge Strauss Manor on Pantano
Por favor, deje saber a Luz si necesita este boletin 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 1.800.367.8939 or 711 for TTY users) located at 2330 W Mission Lane, suite 10 Phoenix, AZ 85021 has been designated to coordinate Limited English Proficiency and compliance with the nondiscrimination requirements contained in the Department of Housing and Urban Development's Section 504 (24CFR, part 8 dated June 2, 1988).



**From the
Desk of...**

**Your
Service Coordinator**

Happy
Father's
Day

**A SPECIAL FATHER'S DAY WISH
TO ALL THE FATHERS AND
GRANDFATHERS HERE
@ STRAUSS MANOR**



While our building still is not open for our regular scheduled programs and events, we are hopeful that we will be able to open in the near future. We are continuing to follow recommendations from the CDC, Pima Health Department, Biltmore Properties and our Board of Directors. Just as a reminder, we will continue planning our monthly “Grab~ N ~Go” luncheons (with social distancing) and take home activities such as crafts, coloring books, sewing/knitting/crochet supplies etc....We are trying to do as best as we can to serve you (our residents) in a safe and fair way. In the meantime, our DVD library is available if you wish to check out a movie. You can call me with your request and I'll make sure you receive it at your door. Troy has the movement challenge going, the weather is cool early mornings or in the evenings. You can take walks in or outside the building for exercise. Please continue to stay patient. That light at the end of the tunnel is getting brighter☺ Thank you for being part of our community.

~Luz Servin~ Service Coordinator

HAPPY FATHER'S
DAY!



**Father's Day
Grab~N~Go Luncheon!
Friday, June 18th
@ 11:30am**



Medicare Representatives
Fernando Díaz and Rafael Rascon
once again will be grilling our
hamburgers and hot dogs
for our
Father's Day Grab~N~Go
Luncheon,
followed by an ice cream truck
with a variety of
ice cream goodies:)

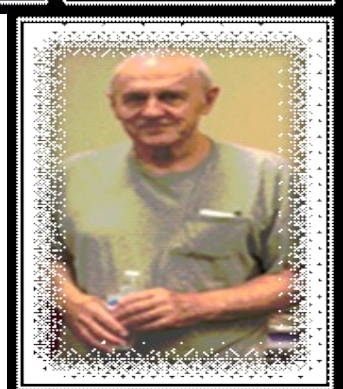


*If you would like to take a craft-kit home,
please call me @ 722-9963 ~Luz:)*



Take-Home Art Kit

PUZZLES ○ BOOKS ○ GAMES



The Helpers

This month, rather than to highlight one particular resident, I would like to draw attention to those who don't seek it out for themselves. These are just a few of our residents who love to help others.

One day an elephant saw a hummingbird lying on its back with its tiny feet up in the air. "What are you doing?" asked the elephant. The hummingbird replied, "I heard that the sky might fall today, and so I am ready to help hold it up, should it fall." The elephant laughed cruelly. "Do you really think," he said, "that those tiny feet could help hold up the sky?" The hummingbird kept his feet up in the air, intent on his purpose, as he replied, "Not alone. But each must do what he can. And this is what I can do." (Chinese Proverb)

The Elephant and the Hummingbird



Fernando Diaz, Medicare Agent is available on Tuesdays and Thursdays from 1:00pm-3:30pm to help you with any medical questions you may have. This is by appointment only, you can call me to schedule your appointment.

Thank you,
Luz:)



Father's Day Traditions Around The World!

Father's Day in the U.S. took about 60 years to be officially established. Former President Richard Nixon signed it into law in 1972. America, and many other countries, celebrate fathers each year on the third Sunday in June.

Father's Day traditions and dates vary around the world. Here's how some other nations celebrate dads each year:

Thailand: Father's Day in Thailand is celebrated on the birthday of King Bhumibol Adulyadej, Dec. 5. The King gives a speech and many Thais wear pink to honor him — the King was once seen wearing a pink blazer as he left the hospital. It is also a tradition for people to give Canna Lilies to fathers and grandfathers.

Russia: Men, not just fathers, are celebrated in Russia on Defender of the Fatherland Day. The Feb. 23 holiday started as a military commemoration. Soldiers are still honored in parades throughout the country. Women give the important men in their lives — not just dads — gifts.

Brazil: Father's day in Brazil celebrates St. Joachim, Mary's father, on Aug. 2. St. Joachim is patron saint of fathers and grandfathers.

Germany: In Germany, Father's Day, or Vatertag, is a federal holiday celebrated on the 40th day of Easter, Ascension Day. Men in Germany traditionally celebrate by pulling wagons loaded with beer and liquor into the woods. Instead of hiking and drinking, some men celebrate by going on bar crawls.

Nepal: The Nepalese celebration of Father's Day is called Gokarna Aunsi, which literally translates as "cow earned no moon night." Sons touch their foreheads to their father's feet and daughters touch their foreheads to their father's hands. Children also give gifts to their fathers.

People also gather at the Gokarna Temple to pray for the fathers who have passed away.

Italy, Spain and Portugal: In these countries, Father's Day coincides with the Feast of St. Joseph on March 19. Religious families typically go to church. Kids also make cards or buy gifts for their dads.



Dad

He never looks for praises

He's never one to boast

He just goes on quietly working

For those he loves the most

His dreams are seldom spoken

His wants are very few

And most of all the time his worries

Will go unspoken too

He's there...A firm foundation

Through all the storms of life

A sturdy hand to hold to

In times of stress and strife

A true friend we can turn to

When times are good or bad

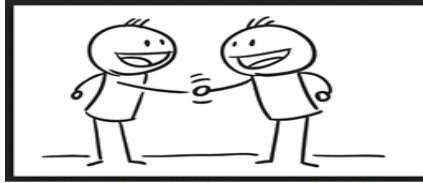
One of our greatest blessings,

The man that we call dad.



ROAD TO WELLNESS

Article credit: Colleen Morton, R.N. Castle Rock, Colorado



The history of the handshake can be traced back thousands of years. It was considered a symbol of peace. It showed that neither person had a weapon in their hand. The pumping of your hands up and down could dislodge any hidden knives or other weapons. Have you ever wondered why you shake with your right hand? This action showed, besides not having a weapon in your hand, that the person you were meeting wasn't going to grab a sword and attack you. In Greek history, gravestones would often depict the deceased person shaking hands with family members, showing a final farewell or was symbolic of a family bond.

In America, it is thought that the Quakers aided in the increasing popularity of a handshake. They felt it was a more democratic form of greeting compared to traditions of bows, curtsies or hat doffing. In the business world, a handshake has been considered a form of non-verbal communication. A firm handshake, along with direct eye contact, signifies confidence during a job interview. A handshake at the end of a business meeting can "seal the deal." Let's not forget about "high fives" and fist bumps to name a few of the more modern variations of the handshake.

The future of the handshake is now in question. We have all showed that with less hand to hand contact there is a reduced amount of cold and flu illnesses being passed around. Mostly that's because we know our hands often carry the very viruses that spread those illnesses. The average person touches his or face up to about 20 times an hour. We scratch our noses, touch our hair and place our head on our hands, which transfers anything from our hands to our face. Viruses need a place to enter our bodies, and unfortunately there are quite a few entry places on our faces. With the recent pandemic, we are now looking at handshakes from a different perspective. Replaced with waves and elbow bumps, only time will tell if there are new traditions out there just waiting to be had. In the meantime, if you keep washing your hands after any hand-to-hand contact, you have done your part to reduce the spread of colds and flu and whatever else lurks out there. Twenty seconds with water, friction and soap when possible, or a dime-sized glob of waterless hand cleaner rubbed completely away, will do the trick.

Manager's Corner

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

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

As stated in your lease, you are expected to keep your apartment clean, sanitary and uncluttered. Please report any maintenance repairs to the office immediately. If you can't reach the office or if it's after hours, please call the maintenance phone 272-3172 for building maintenance emergencies.

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

Thank you,
Theresa & Emely

Paul Newman

The **bold** words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

BUTCH **CASSIDY** AND THE
SUNDANCE KID

THE **COLOR** OF **MONEY**

COOL HAND **LUKE**

FAT **MAN** AND

LITTLE BOY

THE **HUSTLER**

NEWMAN'S OWN

NOBODY'S FOOL

RACE CAR **DRIVER**

ROAD TO **PERDITION**

THE **STING**

THE TOWERING **INFERNO**

THE **VERDICT**

JUNE 2021

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



TROY J PEARSON—WELLNESS DIRECTOR

JUNE WALKING/MOVEMENT CHALLENGE

I left a calendar on your door to track your estimated daily walking time or rolling time if you have a scooter or wheelchair for the month of June. 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. All calendars that are returned to me will receive a \$5 GIFT CARD to FRY'S or SPROUTS.

HELPFUL TIPS WHILE WALKING/MOVING

- **STAY HYDRATED:** Drink fluids before, during and after you walk.
- **START EARLY:** Beat the heat and walk in the cooler mornings or walk the air-conditioned hallways.
 - **PROPER FOOTWEAR:** Wear comfortable shoes.
 - **TREKKING POLES:** Improve your balance and reduce impact.

Please call The WELLNESS CENTER at 520-327-0922 for questions or a replacement calendar.

Like and follow B'NAI B'RITH STRAUSS MANOR on [facebook](#) to view EXERCISE OF THE WEEK video that can easily be performed in your apartment.





FEMA

To help ease the burden for grieving families, the Federal Emergency Management Agency (FEMA) will provide financial assistance of up to \$9,000 per funeral for COVID-19-related funeral expenses incurred after January 20, 2020. You can learn more about eligibility and required documentation on the [FEMA website](#).

FEMA has already begun accepting applications. To apply you must call FEMA's COVID-19 Funeral Assistance Line at 844-684-6333 (TTY: 800-462-7585). The line will be open Monday - Friday, 6 AM - 6 PM Arizona Time.

AVAILABLE THROUGH FEMA

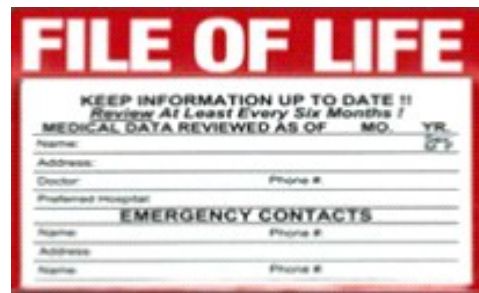
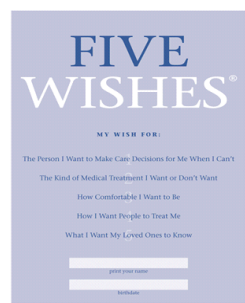
COVID-19 FUNERAL ASSISTANCE

Applications accepted beginning April 12, 2021

COVID-19 Funeral Assistance Line Number
844-684-6333 | TTY: 800-462-7585

Hours of Operation:
Monday - Friday

8 a.m. to 8 p.m. Central Time



Five Wishes Booklets and **File of Life** Pouch Available

Five wishes is a legal document that helps adults express how they want to be cared for in case they become seriously ill and can't speak for themselves. It is written in everyday language and covers medical, legal, personal, spiritual and family matters. It brings the peace of mind that comes from knowing your wishes will be known and respected. It is also a gift for family members who now won't have to guess or second guess what you want. I also have the File Of Life magnetic pouch. It is very important to keep the File of Life on your refrigerator.

The paramedics always look there when responding to an emergency.

Please look at your File of Life to see if it needs to be up-dated or if you don't have one call me @ 722-9963 for either the Five Wishes or File of Life or if you need both.

Luz:)

Resident Activities June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>JUNE IS BRAIN INJURY AWARENESS MONTH</p>	<p>1</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>2</p>	<p>3</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>4</p>	<p>5</p> 
<p>6</p>	<p>7</p> <p>PCOA MEALS from 12:30-1:30pm</p> 	<p>8  Food Box</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>9</p> 	<p>10</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>11</p>  <p>Cataract Awareness Month</p> <p>June</p>	<p>12</p>
<p>13</p>	<p>14</p>  <p>Flag Day</p>	<p>15</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>16</p>	<p>17</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>18 11:30am</p>  <p>FATHER'S DAY</p> <p>LUNCHEON & Ice Cream</p>	<p>19</p>  <p>JUNETEENTH</p> <p>JUNE 19</p>
<p>20</p>  <p>HAPPY Father's DAY</p>	<p>21</p> <p>Happy First Day of Summer!</p> <p>PCOA MEALS from 12:30-1:30pm</p>	<p>22</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>23</p>	<p>24</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>25</p>	<p>26</p>
<p>27</p>  <p>JUNE is National PTSD AWARENESS MONTH</p>	<p>28</p>	<p>29</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>30</p> <p>PCOA Meals: 1st & 3rd Monday of the month</p>		<p>JUNE NATIONAL SAFETY MONTH</p>  <p>Don't use cell phones while driving Wear your seatbelt Never share or take more prescription drugs than necessary</p>	
<p>Fernando Diaz, (Insurance Representative) is here on Tuesdays and Thursdays from 1:00pm-3:30pm for any questions you may have.</p>						