



Strauss Manor

Monthly Newsletter

July 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

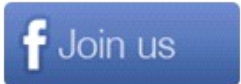
AFTER HOURS

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.

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**From the desk of your
Service Coordinator**

HAPPY FOURTH OF JULY!

Exciting news.... We are happy to announce that we are bringing back some "indoor" activities this month along with some outdoor activities too. We have really missed seeing everyone and can't wait to see you again. We will be starting slowly with scheduling indoor activities. Just a reminder, we will continue to social distance and wear our face masks in the building. It is our hope to bring back our normal programs, classes, events, in-services etc...

At this time we are unable to open the coffee-room and our computer library, but hope this will change soon.

We will continue to add more each month if we see that it is safe to resume an activity or event. Please be patient as we navigate our return to a new normal. We have a couple of activities scheduled on our calendar.

We will begin with Exercise classes, Bingo and Arts & Crafts. The exercise classes will be limited to 6 residents at a time. All other events are also limited. You must RSVP for all activities with Troy and I.

We are also planning to rebuild our community garden. Funding for our garden this year will be provided by United Health Care. Come help us get our courtyards "spruced" for the summer! If anyone is interested in participating, please give me call.

I'd like to take this opportunity to thank you for your continued support over the last year. With the vaccinating of residents and staff we're excited for the changes that are already happening. As such, we're excited to share that we've opened up the MPR for scheduled activities only and the laundry room is back to normal hours, thanks to the CDC updated guidelines. We will also continue to have our Grab- N- Go lunches for a little while longer. If you have any questions, do not hesitate to reach out!

Luz Servin-Service Coordinator-



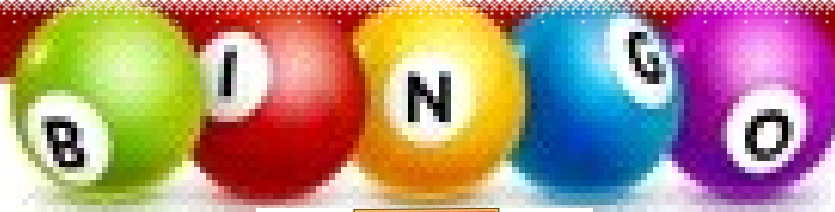
**"America was not built
on fear. America was
built on courage, on
imagination, and an
unbeatable
determination to do the
job at hand."**

**PRESIDENT
HARRY S. TRUMAN**

BINGO
is BACK!

SOCIAL DISTANCING
BINGO

Twice a Month



**If you would like to attend Bingo,
please RSVP by calling my office.**

(Phone number: 722-9963.)

**The first 12 resident to RSVP
will get to play on July 13th .**

**The remaining residents on the sign
up list will play on
the following date.**

BINGO DATES

Tuesdays, July 13th and 27th.

Time:10:30am

BINGO



Wednesday, July 14th,
@2:00pm

RSVP
W/Luz:)
722-9963



Will be provided!

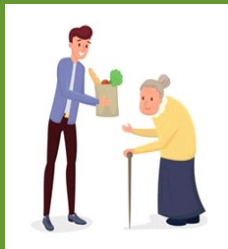


Senior Companion Program



What is the Senior Companion Program?

Get the scoop on this volunteer program, how it reduces isolation for older adults, and how you can join!



If you would like to serve your community and be a lifeline to homebound older adults, please call 520-305-3453 to learn more about becoming a Senior Companion Volunteer!

Volunteers needed to reduce isolation for older adults ...

Eligible* Volunteers receive:

- \$3.00/hr. tax-exempt stipend
- Mileage reimbursement
- Paid holidays
- Accrued paid time off
- Supplemental auto insurance
- Samsung tablet while serving
- Tablet training

*Volunteers 55 and older who can serve a minimum of 15 hours a week, must income qualify and pass a background check

For more information, call PCOA 520-305-3453



MAY WE THINK
OF FREEDOM,
NOT AS THE RIGHT TO DO
AS WE PLEASE, BUT AS THE
opportunity
TO DO WHAT IS RIGHT.



PETER MARSHALL

**INDEPENDENCE DAY, ALSO CALLED
FOURTH OF JULY OR JULY 4TH,
IN THE UNITED STATES,
THE ANNUAL CELEBRATION OF NATIONHOOD. ...
IT COMMEMORATES THE PASSAGE OF THE
DECLARATION OF INDEPENDENCE
BY THE CONTINENTAL CONGRESS ON JULY 4, 1776.
INDEPENDENCE DAY IS CELEBRATED ON
SUNDAY, JULY 4, 2021 IN THE UNITED STATES.**



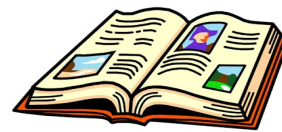
4th JULY
INDEPENDENCE DAY

WHAT'S BEEN HAPPENING

By Strauss Manor Residents



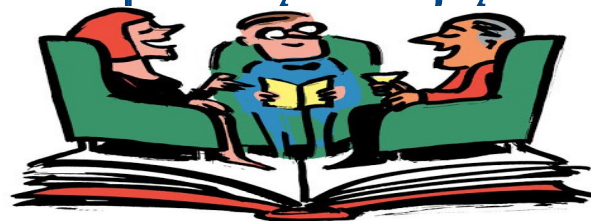
THE STORIES OF OUR LIVES



Our Board of Directors came up with this project during the pandemic in order to give our residents a chance to share their stories. We the staff and board would like to share the book with all of our residents.

Everyone will receive a copy of "The Story of our lives"

Thanks to the residents that participated in this book. We hope everyone enjoys it!



COVID-19 Vaccinations

Still need to get a COVID-19 vaccine? Vaccinations have opened up to all who are 18 and older. There are more options available in Pima County. Some require appointments and others are walk-ins. **Here is a list of places you can call if you, a caregiver or family member would like to get vaccinated.**
Walgreens- Speedway/Pantano.....204-1009
CVS- Broadway/Jessica.....296-6222
Fry's-Speedway/Pantano.....885-3540
Pima County Health Dept. for TMC or TCC...222-0119
Please call Luz at 722-9963 if you need help or have any questions.



You should not attend an activity if you are feeling ill, have a fever, recently had a fever, if you have a cough or flu like symptoms. If you have been in contact with someone who has had COVID-19 we ask that you do not participate in the activity at this time and seek medical attention if you have symptoms.

Please, Join Us!

Call Luz to be placed on the list 722-9963
No-Cost Federally-Funded Service
No cost for: Phone, Delivery, Installation, &
Service
(Landline Not Required)
(Specify which time you would like to attend)

Wednesday July 28th, 2021
Multipurpose Room
Session 1: 10:00 am
Session 2: 12:00 pm



What is CaptionCall?

Make your next phone call with confidence knowing you'll understand every word with the CaptionCall service. CaptionCall phones work just like a regular phone with the advantage of real-time captions. It's easy to use and available at no cost for qualified people with hearing loss who need captions to use the phone effectively. Free delivery and free installation are included and no Medicare or insurance is required.



CaptionCall.com

TO USE CAPTIONCALL, YOU MUST HAVE HEARING LOSS THAT NECESSITATES THE USE OF CAPTIONED PHONE SERVICE. CaptionCall is available in the United States ONLY. FEDERAL LAW PROHIBITS ANYONE BUT REGISTERED USERS WITH HEARING LOSS FROM USING INTERNET PROTOCOL (IP) CAPTIONED TELEPHONES WITH THE CAPTIONS TURNED ON. IP Captioned Telephone Service may use a live operator. The operator generates captions of what the other party says. These captions are then sent to your phone. There is a cost for each minute of captions generated, paid from a federally administered fund. No costs are passed along to individuals who qualify for the service. The CaptionCall phone remains property of CaptionCall in order to provide ongoing support, service, and upgrades. ©2020 CaptionCall, LLC. All rights reserved. Patent information: www.CaptionCall.com/patents. CaptionCall and the spiral mark are registered trademarks of CaptionCall, LLC.



Above is Bob Hope's secret weapon for his 1969 Christmas USO tour, Raquel Welch.

Did you know that Bob Hope entertained the US troops from 1941 to 1990? I think many remember him as a comedian back in vaudeville for his start and next a stage performer followed by a movie star. However, he has endeared himself to Americans through the years performing in over 60 USO shows with his last at the age of 87. While he wrote several books, I have noted a few of his more notable quotes below - some full of heartfelt warmth and some full of humor which these days both are equally important.

- * I don't feel old. I don't feel anything till noon. That's when it's time for my nap.
- * I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful.
- * I do benefits for all religions - I'd hate to blow the hereafter on a technicality.
- * If you haven't got any charity in your heart, you have the worst kind of heart trouble.
- * You know you are getting old when the candles cost more than the cake.
- * A sense of humor is good for you. Have you ever heard of a laughing hyena with heartburn?

- * When we recall the past, we usually find that it is the simplest things - not the great occasions - that in retrospect give off the greatest glow of happiness.

Bob Hope passed away in 2003 at the age of 100. Whether you are a fan of Bob Hope or not, this is just a good reminder that empathy and humor can help you get through the tough times.

Happy 4th of July!

**Just a reminder,
we will continue to
social distance and
wear our face masks
in the building.**



*If you've bought a fabric face mask or received one for "free,"
here's what you should know:*

That fabric has a story.

It may have been chosen for a quilt that was never made, or perhaps it's remnants of a homemade Easter dress. It could've been passed from owner to owner or even bought with express intent to make a cool mask. Either way, the sewist assessed its "mask worthiness" and thought it'd be perfect.

The sewist who made it is tired.

She's been sewing for days; she's tired of the monotony. She's pricked her fingers with pins and sliced her knuckles with rotary blades. Yet she continues to make masks...for you.

It's worth every penny.

Whether you bought it for \$5 or \$15, you paid fair market value for someone's materials, time and talent. If you received it for free, it has already been paid for with the maker's charity and hope.

The sewist made it to help you, but it's helping her too.

She's decided the best way to work through this situation is to help those who protect all of us.

The maker is being flooded with requests.

People who haven't spoken to her in years are calling to chat and "ask for a mask." She's being offered money to make more than she can handle; sometimes it's enough, sometimes it's not. If she's got too many to make, she won't turn you down because she really wants to help you.

It will make her smile when she sees you wearing it.

She'll remember the fabric, the batch, she may even tell you it was one of her favorites. She'll smile knowing she did this small little thing that's helping you in such a big way. She'll smile knowing that in the most difficult of times, she has a skill that so many will value.

It should give you hope for a better world.

In a situation where members of our community are struggling, others have risen up, offered their time and talents to provide what they can. It means there's hope for humanity supporting one another and that people truly do care for one another.

COMMUNITY GARDEN



If you are interested in participating in our community Garden, please call me @ 722-9963 Luz:)

Call me if you're Interested:)

Take Home Art Kits



Friendship Line with The Institute on Aging

The Institute on Aging's 24-hour, toll-free, Friendship Line is designed to support people the age of 60 and older and adults living with disabilities. Their trained volunteers specialize in active listening and friendly conversation with depressed older adults. It operates both as a crisis intervention hotline and a warm friendly voice for non-emergency emotional support calls. They provide emotional support, elder abuse reporting, well-being checks, grief support, suicide intervention and resources and referrals for isolated adults.

1-800-971-0016

BRAIN TEASERS

Are you great at puzzles? Give these riddles a try!

1. How can you tell which rabbits are the oldest in a group?
2. What's a rabbit's favorite game?
3. How do trees access the Internet?
4. How do you properly identify a dogwood tree?
5. Why can't the flower ride its bike?
6. Which vegetable did Noah leave off the ark?
7. Why did the grape go out with a prune?
8. Why do trees hate tests?

1. Look for the grey hares 2. Hopscotch 3. They log on 4. By its bark! 5. Because it lost its petals 6. Leeks! 7. He couldn't find a date. 8. They get stumped by the questions.

BOREDOM BUSTERS

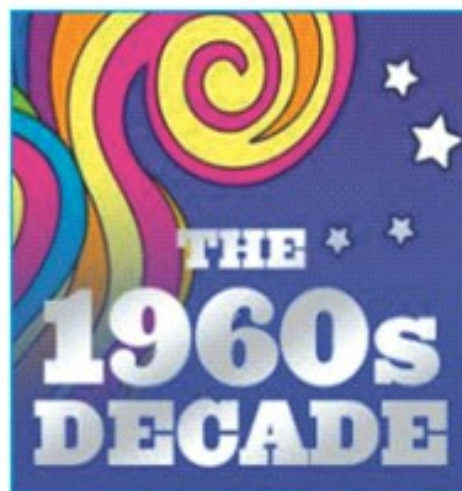
1960s Trivia



Questions from the era of
Beatlemania, Barbie Dolls &
Bell Bottoms

answers on page 11

1. Who was the first African-American named Supreme Court Justice in 1967?
2. In 1963, Jack Ruby was convicted of murdering which other accused assassin?
3. Israeli forces defeated Arab forces in this extremely short but decisive war that took place in June 1967? What was the name of that war?
4. What was the name of the conflict in 1961 in which CIA-trained forces tried, but failed to invade Cuba and overthrow Fidel Castro?
5. Who was assassinated in November 1963?
6. What new type of telephone was invented in 1963?
7. Who delivered the famous "I have a dream" speech?
8. What iconic anti-war novel did Joseph Heller publish in 1961?
9. Which film won the Oscar for Best Picture in 1960?
10. What famous band arrived from England to the U.S. in February 1964?
11. What 60s artist was famous for his renderings of every day objects such as soup cans?
12. What was the famous boxer's name before he changed it to Muhammed Ali?
13. Who famously sang Happy Birthday to President John F. Kennedy in 1962?
14. Who did John F. Kennedy defeat in the US Presidential election in 1960?
15. In 1963, what was the average cost of a gallon of gas?
16. What type of airplane appears in Dr. Strangelove?
17. What movie starred a computer named H.A.L.?
18. In what year did the Woodstock Festival take place?
19. Which actor won the Oscar for Best Actor for his role in the 1962 film To Kill a Mockingbird?
20. Who played the role of Norman Bates in the 1960 horror movie Psycho?
21. In 1962, this company opened its first store.
22. This astronaut became the first American to orbit the earth in 1962.
23. Which famous American penitentiary closed in 1963?
24. Which safety device did Allen Breed invent in 1968?
25. In 1965 which fashion item made its first appearance?
26. Which song gave Elvis Presley his first US No.1 of the 60's?



**Congratulations to Margaret Hensley & Rita Fessenden.
They are the winners for
Troy's June Walking/Movement Challenge**



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 and update the call box.

It is very important that all our numbers are up-to-date.

If your emergency contact person(s) has moved or changed their phone number(s), please let the office know immediately.

Also, if you report a new maintenance work order to Theresa or Emely, please do not report it to both or leave messages on both the office phone numbers. We are receiving many multiple requests for the same new maintenance work order (s) and would appreciate your help.

**Thank you,
Theresa & Emely**

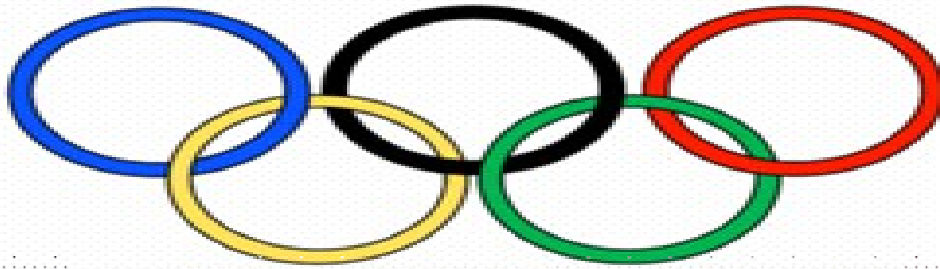


Trivia answers from page 10

- | | | |
|----------------------------|----------------------------------|---------------------|
| 1. Thurgood Marshall | 10. The Beatles | 19. Gregory Peck |
| 2. Lee Harvey Oswald | 11. Andy Warhol | 20. Anthony Perkins |
| 3. The Six-Day War | 12. Cassius Marcellus Clay Jr | 21. Woolco |
| 4. The Bay of Pigs | 13. Marilyn Monroe | 22. John Glenn |
| 5. John F. Kennedy | 14. Vice President Richard Nixon | 23. Alcatraz Island |
| 6. Tone Dialing Phones | 15. \$.31 | 24. Air Bag System |
| 7. Martin Luther King, Jr. | 16. B-52 Bombers | 25. Minidress |
| 8. Catch-22 | 17. 2001 | 26. Stuck on You |
| 9. Ben-Hur | 18. 1969 | |



Senior Summer Olympics



Summer Senior Olympics

July 29th 2021

@ 12:30pm

**Come join our
Senior Olympics
event!**

**Food, Prizes, Medals and
Giveaways:)**

**We will be competing with
other HUD Senior buildings.**

**Contact Troy or Luz
to RSVP:)**

We hope to see you there!

Events include:

***Olympic Ring Toss**

***Paper Airplane**

***Javelin Toss**

**Thank you,
Luz & Troy**

Sponsored by United Health Care

**UHC will provide t-shirts, list of games, balloons,
prizes, medals and giveaways!**



**Go For The
GOLD!!**



JULY 2021

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



TROY J PEARSON—WELLNESS DIRECTOR



WELCOME BACK!!!



CLASSES RESUMING TUESDAY, JULY 6TH!!!

Residents wishing to attend class **MUST** reserve a spot on the sign-up sheet that will be outside the Wellness Center door. Classes are limited to 6 residents so we can maintain social-distancing. Classes will be resuming on a normal schedule on **TUESDAYS** and **THURSDAYS** at **NOON** and **2:00pm**. **MASKS ARE REQUIRED**

30 minute One-On-One sessions available with Troy J Pearson—Wellness Director on a limited basis by calling 520-327-0922.

All residents participating in the **JUNE MOVEMENT CHALLENGE** must turn in their logs by Friday, July 9th.

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.



Resident Activities July 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

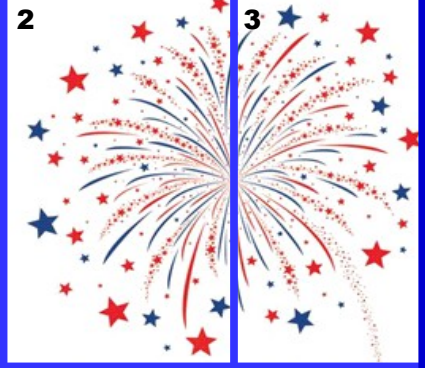
Saturday

A BIG thanks to Fernando Diaz, Rafael Rascon and Amy Reynolds from United Health Care for sponsoring our Father's Day cook out!

PCOA Meals: 1st & 3rd Monday of the month



1 Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz

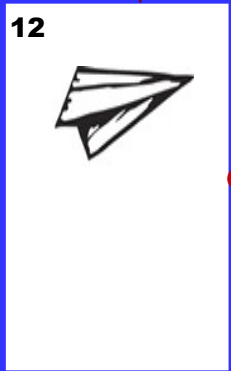


5 OFFICES CLOSED In Observance of Independence Day PCOA MEALS will be delivered on Tuesday 1:30-2:30pm →

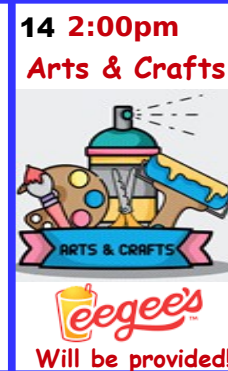
6 12:00pm Chair Yoga Medicare/DES 1:00pm-3:30pm W/Fernando Diaz 2:00pm Tai-Chi



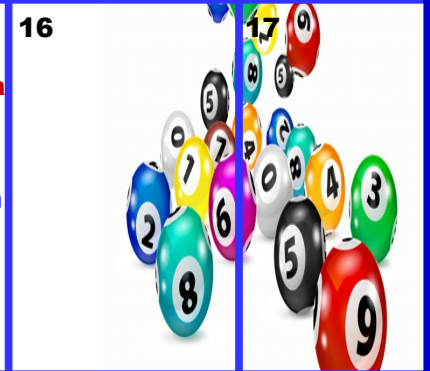
8 12:00pm Lower Body Stretch Medicare/DES 1:00pm-3:30pm W/Fernando Diaz 2:00pm Upper Body Stretch



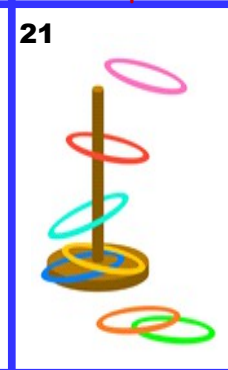
13 10:30am BINGO 12:00pm Chair Stretch & Strength Medicare/DES 1:00pm-3:30pm 2:00pm Sit & Be Fit



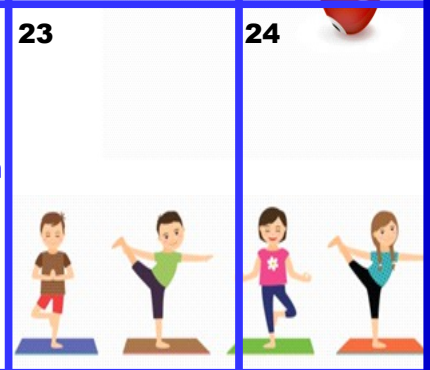
15 12:00pm Balance & Breath Medicare/DES 1:00pm-3:30pm 2:00pm Tai-Chi & Breath



20 12:00pm Low Impact Upper Body Exercise Medicare/DES 1:00pm-3:30pm 2:00pm Low Impact Lower Body Exercise



22 12:00pm Tai-Chi Medicare/DES 1:00pm-3:30pm W/Fernando Diaz 2:00pm Sit & Be Fit



27 10:30am BINGO 12:00pm Chair Dance Medicare/DES 1:00pm-3:30pm 2:00pm Aerobics

28 CaptionCall Life is Calling Multipurpose Room Session 1: 10:00 am Session 2: 12:00 pm RSVP W/LUZ:)

