



*Happy Anniversary!*

# Strauss Manor Monthly Newsletter September 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

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



*September 2006-September 2021*

*Photo Credit: David Bean*



*Photo Credit: Phil Chevanne*

**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**



Our September newsletter is dedicated to the  
Strauss Family in memory of  
Mr. & Mrs Strauss  
for the 15<sup>th</sup> year anniversary of  
B'nai B'rith Gerd & Inge Strauss Manor.

Welcome to September!

I'd like to keep you updated on a couple of things:

Masks will be required by ALL persons entering, volunteering, and participating inside Strauss Manor. We are following the CDC, Board of Directors, and our Property Management's recommendations, since we are in an area of substantial or high transmission. Since this pandemic, we have had to remain flexible to this ever-changing COVID environment. With the population that we serve being most vulnerable and most affected during this pandemic, we will always put the safety of those we serve in the forefront.

As things continue to change in the future, we will adjust and make changes to help serve you all. We have NO plans to change any of the scheduled programs, activities or services at this time. This is just a step in providing maximized protection for our residents, volunteers, guests and staff from the COVID-19 Delta variant and to prevent possibly spreading it to others. An additional reminder that ALL activities and programs require an advanced reservation/sign-up. These include Bingo, Exercise Class and Arts & Crafts. You DO need to sign-up in advance to participate, dropping in for programs is highly discouraged .

If you need my services (SC) or need to see Fernando (Insurance Representative) for any insurance related questions, you MUST call me for an appointment. I will add you on our schedule. Thank you for your patience and understanding. We want to keep Strauss Manor a place that is safe for all. Please continue to wear your masks, wash your hands frequently and follow the social distancing recommendations.

Although these times are different and we are not getting together as before, it's great seeing you now that we have minimal activities.

I look forward to seeing everyone at our Grab-N-Go luncheon on  
Friday, September 10<sup>th</sup> @ 11:30am.

Walmart Pharmacy will be here on Friday, September 17<sup>th</sup> @ 9:00am providing the following vaccines: Flu, Pneumonia, Shingles COVID-19, and the third COVID vaccine Booster. If you have any questions regarding any of the vaccines, please consult with your physician .

You must RSVP with me @ 722-9963

The offices will be closed on Monday, September 6<sup>th</sup> in observance of Labor Day.

Luz Servin ~ Service Coordinator



*September 2006-September 2021*  
*In dedication to Gerd & Inge Strauss*

*Fifteen years ago, September 2006, B'nai B'rith Gerd & Inge Strauss Manor opened their doors to the public. A not-for-profit HUD federal program that expressly addresses the need for affordable elderly housing for low-income seniors.*

*Founded by Gerd & Inge Strauss on the promise of compassion and devotion for every person they encountered. Since then, we have been blessed to meet and care for many seniors and their families who have become part of our community.*

*We cherish every person and family member we've had the pleasure of serving.*

*Over the last 15 years, our community has continued to grow with the help of many outside volunteers and community based contacts.*

*We've added new programs, events and classes to better meet the changing needs of our senior residents.*

*Strauss Manor -a name that reflects our commitment to live our promise every day for the next years and beyond.*



## Meeting the need/A great idea is born



## Introducing the concept/Planning begins



## Breaking new ground/Original construction begins

Gerd & Inge Strauss B'nai B'rith Manor on Pantano-Tucson



## Welcoming new residents/Comforts of home



Gerd & Inge Strauss  
Manor  
The Jewel in the desert  
for our seniors  
welcomes you!



**BLAST**  
from the **PAST**

1<sup>st</sup> Strauss Manor Staff

*Memories*



Manager  
Mary Velasco



Service Coordinator  
Luz Gallego



Maintenance  
Marco Quevedo



Carol Trombino  
& Petina We-na  
moved into  
Strauss Manor on  
September 29, 2006.  
They are the only two  
that have  
been here since our  
opening month!





Carol  
Trombino  
&  
Petina



Manuela  
Clarke

2006  
Residents



Ruth  
Warren



Ruth  
Dempsey

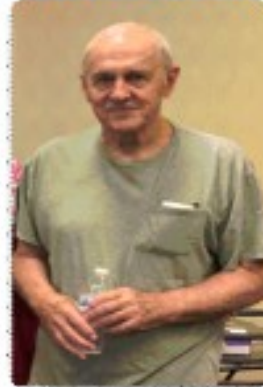


Claudia  
Ellis



Caroline  
Stephens

2007  
Residents



Art  
Knickerbocker



Maria  
Hernandez



Memories  
are timeless treasures  
of the Heart

NEIGHBORHOOD  
NETWORKS CENTER



Strauss Manor's Neighborhood Network Center

Inauguration 2007

Kathy McElvain, Michael Strauss,  
Patty Vallance and Gerd Strauss

NEIGHBORHOOD  
NETWORKS CENTER



Gerd Strauss, Michael Strauss, and Jay Sherman

# Strauss Manor's

# TIMELINE



2<sup>nd</sup> Halloween celebration 2007



First resident coffee 2006

TEP's Resident Valentine's Day 2008



2013



Tucson Electric Power employees' first year of sponsoring our residents for Christmas-2007

## Sweet Memories



TEP's 2<sup>nd</sup> Resident Christmas 2008



Our Intergenerational program 2014



Resident Christmas sponsored by Twilight Wish Foundation 2015



Strauss Manor Staff 2021

# FLU PREVENTION

As the holidays approach, with cooler weather and lots of shared food, it is a good time to think about cold and flu prevention.

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** by prescription that can be used to treat and prevent the flu.

- **Avoid close contact.**
- **Stay home when you are sick.**
- **Cover your mouth and nose.**
- **Clean your hands.**
- **Avoid touching your eyes, nose or mouth.**
- **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



## Diagnosing the Flu

It is very difficult to distinguish the flu from other infections on the basis of symptoms alone. A doctor's exam may be needed to tell whether you have developed the flu or a complication of the flu. There are tests that can determine if you have the flu as long you are tested within the first 2 or 3 days of illness.

If you develop flu-like symptoms and are concerned about your illness, especially if you are at high risk for complications of the flu, you should consult your healthcare provider. Those at high risk for complications include **people 65 years or older, people with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.**



**Friday, September 17th @ 9:00am**

**These are the vaccines they will be providing:  
Flu \* Pneumonia \* Shingles \* COVID-19 \* and  
the third COVID-19 Booster Vaccine.  
(Moderna and Pfizer)**

**If you have any questions regarding any of the vaccines,  
Please consult your physician.**

**You will need to RSVP w/Luz:)**

**520-722-9963**





# REMEMBERING SEPT. 11, 2001

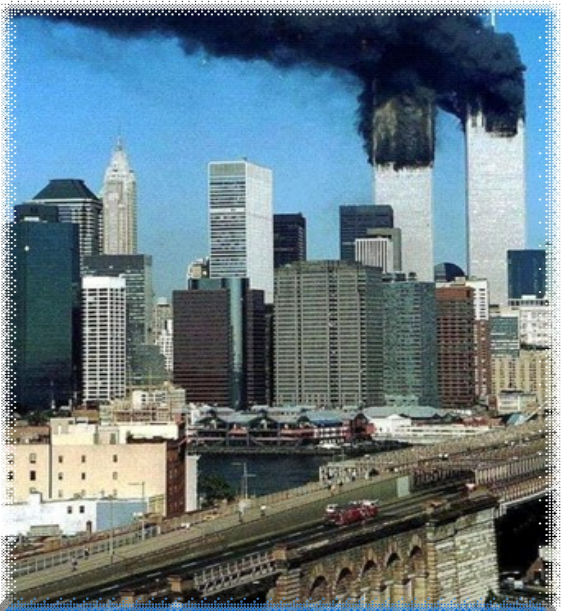
September 11, 2001 is a day that many will never forget. After the terrorist attacks on our World Trade Center and the Pentagon, many Americans' lives were changed forever. Let's remember that day, fill our hearts with strength and pay tribute to those who lost their lives on 9/11.

*"If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate."*

~Sandy Dahl, wife of pilot of flight 93 Jason Dahl

*"September 11 is one of our worst days but brought out the best in us. It unified us as a country and showed our charitable instincts and reminded us of what we stood for and stand for."*

~Senator Lamar Alexander



In the bottom of this photo, you can see Ladder 118 crossing over the Brooklyn Bridge on their way to the World Trade Center. This is their last known photo. Every single firefighter on that truck perished just a few minutes later. We vowed to never forget.

*September 11<sup>th</sup> is a special day for symbolism and remembrance on who we are and what we stand for as a country. Remembering 20 years ago, on this day, all of our heroes and their families. Unlike on September 11<sup>th</sup>, where we are all brought together for one cause, COVID-19 has done the opposite. It has physically and mentally separated us all from what we hold most dear and taken away aspects of life that are most important; being with family and friends, our independence, causing significant isolation and losing many that we love and cherish.*

*But these times relate to each other more than we realize; watching our country come together as heroes in very aspect of our lives, taking the time to remember our values and those that we love, while dealing with the daily changes in our lives. It is in times like this that we see the true heart of our country and people. It has been a long 20 years since 9/11 and it is proof that life can continue on and we will stand together in this global pandemic, as there will be light at the end of the tunnel just like after September 11<sup>th</sup>, 2001.*



*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.*



# National Service Coordinator Day



**Congress Recognizes Service Coordinators and the American Association of Service Coordinators**  
On September 17<sup>th</sup> 2014 Congressman Steve Stivers (OH-15)  
And Congresswoman Joyce Beatty (OH-3)

Introduced a bipartisan resolution in the House of Representatives designating September 19, 2014 as National Service Coordinator Day to recognize the value of Service Coordinators in subsidized and other affordable housing communities for their work to promote and support economic self-sufficiency and independence for low-income families, older Americans, and persons with disabilities. Older Americans who are assisted by service coordinators experience benefits in their health outcomes and have the ability to age in place as they become frailer, thereby delaying or preventing the transfer to a more expensive nursing home setting.

Affordable housing developers have benefited by having a Service Coordinator on staff. Coordinators can intervene rapidly to address resident crisis and issues that otherwise might lead to evictions, can reduce damages to the property, and can provide a sense of community and safe and stable housing.

Residents in subsidized and affordable housing communities having a Service Coordinator report higher satisfaction with their living environment and a heightened desire to be productive members of their communities.

## Labor Day Word Search

See if you can find the hidden words associated with Labor Day.

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

BARBECUE  
BREAK  
COMMUNITY  
COOKOUT  
HOLIDAY  
JOB  
LABOR  
MCGUIRE  
MONDAY  
MOVEMENT  
ORGANIZE  
PARADE  
PARTY  
PICNIC  
RIGHTS  
RALLY  
SECURITY  
SEPTEMBER  
STRIKE  
SUMMER  
TRADE  
TRIP  
UNION  
VACATION  
WEEKEND  
WORKERS

## HAPPY LABOR DAY



Artist



Doctor



Nurse



Mechanic



Farmer



Reporter

**Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers.**

**It was created by the labor movement in the late 19th century and became a federal holiday in 1894.**

**It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.**

## Test your skills on this Labor Day Quiz!

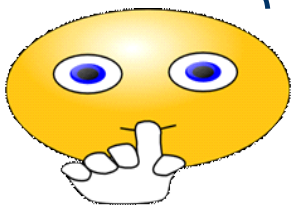
Find the answers on Page 14

1. The idea of having a parade to celebrate the unions in New York City in 1882. This idea spread, and by 1887, Labor Day was a state holiday in Oregon, Massachusetts, New York, New Jersey and \_\_\_\_\_.
2. In 1894, an act was signed to establish the first Monday in September as Labor Day by President \_\_\_\_\_.
3. Labor Day is often referred to as the end of summer. Traditionally, it was often said that now you could no longer wear \_\_\_\_\_ as it was just not fashionable because it was what the upper class wore at their summer homes.
4. There are currently how many workers in the US in Labor Unions: (select one)  
a) 5.5 million b) 14.6 million c) 23.2 million.
5. What other neighboring country celebrates Labour Day on the first Monday in September?



## Manager's Corner

*Please enjoy our beautiful patios/courtyards areas.  
In consideration of others, please observe  
“quiet hours” after 9:00pm on weeknights  
and after 10:00pm on week-ends.  
Quiet hours prior to 8:00am.*



**Shhhhh!**

*Thank you,  
Theresa & Emely*

**Some of us are having a little lie down**

**SEPTEMBER 2021**

**B'NAI B'RITH**

**GERD & INGE STRAUSS MANOR**

**WELLNESS CENTER**



**TROY J PEARSON—WELLNESS DIRECTOR**

## **Key Benefits of Exercise for Seniors**

Some of the key benefits of exercise for seniors are:

- **Improved healing and function** – Regular exercise by seniors may decrease the time it takes for a wound to heal by 25%. Also, a healthy, strong body can better fight off infection and makes recovery from illness or injury easier.
- **Prevention of disease or chronic conditions** – According to the National Institute of aging exercising as a senior may delay or even prevent diseases like diabetes, cancer, stroke, heart disease and osteoporosis, just to name a few.
- **Increased balance and stability** – Falls are the number one injury among seniors, and regular exercise can help prevent them. Falling leads to injuries like broken hips or other bones, and exercise is a key component to improve functional reach and balance.
- **Improved quality of life and increased life expectancy** – New studies have found that seniors who exercise improve not only their physical fitness but experienced psychological benefits as well. Exercise can help alleviate symptoms of depression and improve the mood in general. The increased mobility that comes from regular, moderate exercise can help a senior maintain his or her independence if it is done on a long-term basis. Consistency is more important than intensity.

It is never too late for seniors to start engaging in a regular exercise routine. The key is to find something you enjoy doing, and start at a level that is easy to maintain.



# Resident Activities September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>I ♥ Service Coordinators!</b>  <b>September 19, 2021</b>            Celebrate with me  <b>National Service Coordinator Day</b></p>	<p>  <b>SEPTEMBER</b>            is Blood Cancer Awareness Month.</p>	<p><b>1</b>    <b>National Sewing Machine Day</b></p>	<p><b>2 12:00pm</b>  <b>Sit &amp; Be Fit</b>            Medicare/DES            1:00pm-3:30pm            W/Fernando Diaz  <b>2:00pm</b>  <b>Active Chair Workout</b></p>	<p><b>3</b></p>	<p><b>4</b>              Your <b>ATTITUDE</b>  <i>determines your</i>  <b>DIRECTION</b>  </p>	
<p><b>5</b></p>	<p><b>6</b>    <b>Labor Day</b>  <i>take the day off!</i></p>	<p><b>7 12:00pm</b>  <b>Chair Dance</b>            PCOA MEALS            from            1:30-2:30pm            Medicare/DES            1:00pm-3:30pm            W/Fernando  <b>2:00pm</b>  <b>Tai Chi</b></p>	<p><b>8</b></p>	<p><b>9 12:00pm</b>  <b>Aerobics</b>            Medicare/DES            1:00pm-3:30pm            W/Fernando Diaz  <b>2:00pm</b>  <b>Resistance Chair</b></p>	<p><b>10</b>  <b>11:30am</b>  <b>Grab 'N' Go Luncheon</b></p>	<p><b>11</b>    <b>REMEMBERING 9/11</b></p>
<p><b>13</b>    <b>Grandpa Grandma</b></p>	<p><b>14</b>  <b>Food Box</b>                Together, all the way.  <b>Cigna</b>  <b>12:30pm</b>  <b>Senior Fitness Competition</b>            Medicare/DES            1:00pm-3:30pm</p>	<p><b>15 MEXICAN</b>    <b>INDEPENDENCE</b></p>	<p><b>16 12:00pm</b>  <b>Chair Yoga</b>            Medicare/DES            1:00pm-3:30pm            W/Fernando Diaz  <b>2:00pm</b>  <b>Chair Tai Chi</b></p>	<p><b>17 9:00am</b>    <b>Flu Shots</b>    <b>PLEASE RSVP w/Luz</b></p>	<p><b>18</b></p>	
<p><b>19</b>    <b>KEEP CALM</b>            AND LET THE <b>SERVICE COORDINATOR</b>            HANDLE IT</p>	<p><b>20</b>            PCOA MEALS            from            1:30-2:30pm  </p>	<p><b>21 12:00pm</b>  <b>Low Impact Upper Body</b>            Medicare/DES            1:00pm-3:30pm            W/Fernando Diaz  <b>2:00pm</b>  <b>Low Impact Lower Body</b></p>	<p><b>22 2:00pm</b>  <b>Arts &amp; Crafts</b>  </p>	<p><b>23 12:00pm</b>  <b>Balance &amp; Breathe</b>            Medicare/DES            1:00pm-3:30pm            W/Fernando Diaz  <b>2:00pm</b>  <b>Sit &amp; Be Fit</b></p>	<p><b>24</b>  <b>BE ACTIVE</b>  <b>BE HEALTHY</b>  <b>BE Happy</b></p>	<p><b>25</b>    <b>SELF CARE September</b></p>
<p><b>National Good Neighbor Day</b>  </p>	<p><b>27</b></p>	<p><b>28 12:00pm</b>  <b>Chair Dance</b>            Medicare/DES            1:00pm-3:30pm            W/Fernando Diaz  <b>2:00pm</b>  <b>Chair Dance</b></p>	<p><b>29</b></p>	<p><b>30 12:00pm</b>  <b>Chair Dance</b>            Medicare/DES            1:00pm-3:30pm            W/Fernando Diaz  <b>2:00pm</b>  <b>Active Chair Workout</b></p>	<p><b>Answers to Quiz on Page 11</b>            1. Colorado 2. Cleveland (could be enough spaces for Grover Cleveland) 3. White 4. 14.6 million 5. Canada (the hint is Labour – not a misspelling).</p>	