



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



Strauss Manor Monthly Newsletter October 2021



Breast Cancer Awareness Month, also referred to in America as National Breast Cancer Awareness Month, is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure.

The campaign also offers information and support to those affected by breast cancer.

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 1.800.367.8939 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).



Luz Servin

-Service Coordinator-



It's fall color and pumpkin time!!!

As much as I enjoy the summer months with all the flowers and outdoor activities, I am very excited that the cool crisp fall days of October are here. How about you? Although we are not 100% open, I'm excited to announce that along with our monthly grab-n-go lunches we will also be having Coffee on the Go! Come down by the coffee room on Monday mornings and pick up your cup of coffee and goodies to go.



We are also excited to announce that Home-Instead Senior Care (Be A Santa To A Senior) program will be sponsoring our residents for the holidays. If you would like to participate please fill out the form on page 9 and return it to me by Monday, October 25.

We will continue to have Bingo twice a month and art's & craft class once a month. Please check the activities and the Wellness calendar for those of you who would like to participate in any of the classes and activities that are available.



COVID~19

Here are some truths to consider; none of the vaccines are 100% effective; even previously infected people can still become infected again, and natural immunity is only present in very, very few people. Additionally, anyone can spread the COVID virus whether you have been vaccinated, or previously had COVID, or have natural immunity. Also, because of pre-existing health issues, religious beliefs, personal fear or distrust of vaccinations, there may be some around you who may not be protected at all; you cannot know the true condition of those around you. We do not want to stop the few indoor activities that we have been able to resume, and we know that we cannot effectively prevent the COVID disease from being brought inside our building, we do feel compelled to implement preventative measures.

The following measures are fully supported by the CDC.

To help us keep the doors open to some activities, please put your mask on over both mouth and nose when you come into the building and maintain a respectful distance between yourself and others who do not live in your home. Enjoy whichever activity you come in for, and please heed any requests from our staff about these preventative measures. It is only with your help that we can protect one another and enjoy being with our friends again.



Take some time, enjoy the pumpkin weather and watch the leaves turn!



FLU & COVID-19 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 and COVID-19. Also, wearing a mask to prevent spreading your germs or getting others germs is recommended especially if you have a compromised immune system. There also are **flu antiviral drugs** by prescription that can be used to treat and prevent the flu.

- ♦ Avoid close contact. Stay 6 feet apart.
- ♦ Stay home when you are sick.
- ♦ Cover your mouth and nose.
- ♦ Wash your hands for 20 seconds.
- ♦ 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.



We have noticed many of you not wearing your masks properly. Please **DO NOT** Take your mask off when speaking to someone in the common areas. Please help keep everyone safe!

ATTENTION!



Please note: the COVID-19 booster vaccine clinic has been CANCELLED until further notice. I am awaiting word from Walmart about when I can reschedule as they have not gotten approval yet. I will send a flyer to everyone as soon as I have a new date.

Thank you for your patience!



A LITTLE HUMOR TO BRIGHTEN YOUR DAY!



Today, Dear Lord, I'm 80 and there is much I haven't done.
I hope, Dear Lord, **You'll let me live until I'm 81.**



But then if I haven't finished all I want to do, would
You please let me stay awhile **Until I'm 82?**



So many places I want to go, so very much to see,
Do you think that you could? **Manage to make it 83?**



The world is changing very fast; there is much in store;
I'd like to **live until I'm 84.**
And if I am still alive, **I would like to stay to 85.**



More planes will be up in the air, so I'd specially like to stick
And see what happens to the world
When I am 86.



I know Dear Lord; it is much to ask (it must be nice in heaven.)
But I would really like to stay ... **Until I'm 87.**



I know by then that I won't be fast and sometime I'll be late.
But it would be pleasant **to be around at 88.**



I will have seen so many things and had such a good time,
So, I'm sure that I'd be willing **to leave at 89 maybe.**



Just one more thing, I would like to say. Dear Lord, I thank you kindly,
But if it is okay with You **I'd love to live past 90!**

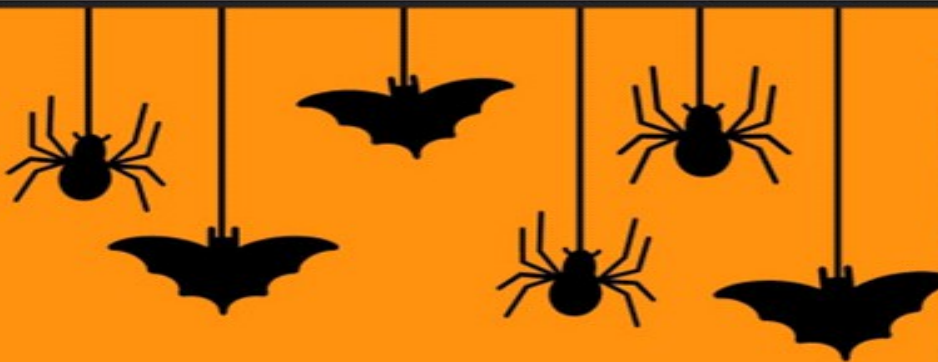


WOULD YOU RATHER?

1. Go to a corn maze or haunted house?
2. See the leaves change in Colorado or the leaves change in New England?
3. See a ghost or scary clown in your closet?
4. Extend summer and go to the beach or go on a fall camping trip in the mountains?
5. Carve a pumpkin or eat the pumpkin seeds?
6. Find a needle in a haystack or bob for apples?
7. Harvest pumpkins or corn?
8. Be scary or sweet?
9. Eat s'mores or apple crisp?
10. Drink hot coffee or apple cider?
11. Watch bonfires or football?
12. See a scary movie or read a spooky story?
13. Eat candy corn or black licorice?
14. Dress up as an angel or devil?
15. Go trick or treating or hand out candy?



Come on down by the
coffee room for some coffee
and goodies on the go!
Mondays @ 9:00am



TTKSIESL _____

SISNRKCE _____

ITOETOS OPP _____

EERSES NPATEU URTTEB PSCU _____

MSM& _____

DYCNA NROC _____

BTTSRAURS _____

REHYSEH ARB _____

WITX _____

ITK TAK _____

ESWSHD HFSI _____

What kind of witch
cooks the best?
A Sandwich!



Why didn't Dracula
have any friends?
He was a pain in
the neck!



What do you call a
skeleton that lies on its
grave?
Lazy bones!



What is the problem
with two twin witches?
You never know which
witch is which!



What do you call a witch
who likes the beach but
is scared of the water?
A chicken sand witch

Answers on page 8

Halloween Word Search



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

BOO
GAMES
HALLOWEEN
PARTY
SPOOKY
WITCH

CANDY
GHOSTS
MASK
PUMPKINS
TRICK

COSTUMES
GOBLIN
MUMMY
SKELETON
TREAT

**Medicare's Open Enrollment period is October 15th-December 7th**

when ALL people with Medicare can change their

Medicare health plan and prescription drug coverage for 2022.

If you are enrolled in AHCCCS you can change your Medicare Advantage plan once a quarter for the first three quarters.

Fernando Diaz will here on Thursday, Oct 1st @ 1:00pm.

w/the new Medicare benefits for 2022 that will be available beginning in October.

People with Medicare can call 1-800-633-4227 or www.medicare.gov

for plan information also. If a person is satisfied that their current plan will meet their needs for next year, they don't need to do anything.

Please call Luz @ 722-9963 if you have any questions.



If you would like to sign up to receive meals through PCOA, please call me at 722-9963.



If anyone runs low on food or other items during the month, I have an **emergency food and hygiene pantry**, so please call @ 722-9963 and let me know. The pantries are open only during business hours.

MANAGER' CORNER

Reminder...smoking is not allowed anywhere inside the facility including the apartments, patio, balconies, common areas, community rooms, laundry rooms, kitchen/activity room, or parking lot. Residents, family members, friends, and/or guests are not allowed to smoke in any of these areas. Smoking includes tobacco smoke, and electronic smoking devices. Electronic smoking devices include, but are not limited to electronic cigarettes, electronic hookahs, and other similar devices. **The outside courtyard patio is the only designated smoking area limited to tobacco smoke and electronic smoking devices.** Please refer to your signed House Rules and let us know if you have any questions.



NO SMOKING!
INCLUDING ELECTRONIC CIGARETTES

IN A
WORLD
WHERE YOU CAN BE
ANYTHING
BE KIND

Thank you,
Theresa & Emely



Halloween Grab~N~Go Luncheon
Friday, October 29 @ 11:30 am
Followed by a Trick ~or~ Treat Candy Bag



What kind of TV do you
find inside a haunted
house?

A wide screen TV



Why did Dracula go to
the library?

He wanted a good book to
sink his teeth into!

Happy

HALLOWEEN



Skittles
Snickers
Tootsie Pop
Reese's Peanut Butter Cups
M&M's
Candy Corn
Starburst
Hershey Bar
Twix
Kit Kat
Sweeten's Fudge

Answers to page 5



Would you like to receive a
Holiday Gift?

Be Santa to a Senior Program

Please bring me your gift form for the Be Santa to a Senior program
if you would like to receive a Christmas/Chanukah gift this year.

All gifts will be bought through **AMAZON** this year and have a limit of \$15-\$20.

Home Instead Senior Care is sponsoring this program to try to make sure
that every senior gets a gift during the holiday season.

Gifts are NOT guaranteed!

All residents can participate in this program by filling out the gift
form below.

Please get them to me by Monday, October 25th

Please call me at 722-9963 if you have any questions.

Luz:)

Holiday Gift Program (Be Santa to a senior)
(Gifts are not guaranteed)



I would like to receive a gift from this program and this is my information:

Name: _____ Apt #: _____

Age & Gender (optional-just to help them select a gift): _____

Gift you would like to receive, please give a second choice if possible:

If you would like some type of clothing, please give the size, color & any specifics
that would help the person buying your gift make a good selection for you:

Would you like your gift wrapped in Chanukah appropriate paper? _____

Please return this form to Luz or to Luz's mail door slot by **Monday, October 25th**.





Kindness From a Distance
Share kindness,
lift spirits, warm hearts,
and teach compassion.
I'm so proud of my resident
volunteers, they've been
keeping busy throughout the
pandemic with knitting and
crocheting children's hats.
This year the hats were
donated to the children's
hospital in New Brunswick, NJ.
The staff was very appreciative!



A BIG Thanks to Francine McGetrick from PCOA for delivering the items for us!






For many Americans, the second Monday in October is a celebration of Italian heritage and Christopher Columbus's 1492 voyage to the Americas. But a growing number of cities, states and universities are abandoning ship and replacing Columbus Day with Indigenous Peoples Day, Also known as Native Americans Day

Some states are replacing Columbus Day with Indigenous Peoples Day

A growing number of cities, states and universities are replacing Columbus Day with Indigenous Peoples Day, also known as Native Americans Day. USA TODAY

Riddle of the Month

How do 
the athletes stay
cool during a
game??

 (answer on a
following page)



Sweet treat for movie night!

Sweet and spicy honey popcorn is easy to make.

Mix together 2 tablespoons of butter, 2 tablespoons of honey, 1/4 teaspoon of cinnamon, and a 1/4 teaspoon of salt.

Add a pinch of cayenne pepper for a spicy edge.

Microwave the mix for 20 seconds then stir.

Drizzle on popcorn while it is still hot.

OCTOBER 2021

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



TROY J PEARSON—WELLNESS DIRECTOR



EXERCISE YOUR BONES

Osteoporosis by definition means “porous bone.” It’s when the body loses too much, or makes too little, bone. Osteoporotic bones are those that have lost density or mass and contain abnormal tissue structure. When osteoporosis occurs, bones become weak and are more likely to break from a fall. In some of the more serious cases, simple minor bumps or even sneezing can result in bone fractures.

Once people reach a certain age, it becomes time to start putting thought into exercises for osteoporosis. Just like there are techniques and workouts designed to increase strength and build muscle, there are also exercises for seniors that focus on strengthening bones and improving balance to prevent falls.

There are a variety of exercises for osteoporosis that are simple enough for people to do at any age, but are especially beneficial for seniors. Many beneficial exercises are performed in regular classes or you can schedule and individualized session by calling the Wellness Center at (520) 327-0922.

Riddle of the month

answer:

“They sit near
the fans!”



Answer for page 11

WELLNESS CENTER CALENDAR

OCTOBER 2021



TUESDAY- 10/05

Noon - Active Chair Workout

2:00pm – Sit & Be Fit

THURSDAY- 10/07

1:00pm – Joyful Movements

TUESDAY - 10/12

Noon – Tai-Chi

2:00pm – Chair Dance

THURSDAY – 10/14

1:00pm – Senior Fun Games w/ medals and prizes

TUESDAY – 10/19

Noon – Aerobics

2:00pm – Chair Yoga

THURSDAY – 10/21

Noon – Resistance Chair

2:00pm – Chair Stretch and Strength

TUESDAY – 10/26

Noon – Lower Body Stretch

2:00pm – Upper Body Stretch

THURSDAY– 10/28

Noon – Tai-Chi

2:00pm – Balance & Breath



Resident Activities October 2021

Sunday

Monday

Tuesday

Wednesday

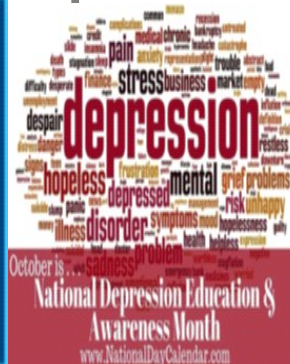
Thursday

Friday

Saturday



Disability
Awareness Month



3

4 9:00am



2:00pm



5 10:00am
United Health
Care
Medicare/Open
Enrollment
For New
Benefits
For 2022
presentation

6

7 2:00pm
Joyful
Movements
W/
Dance-
sequences



8

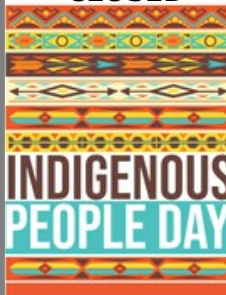


9

10



11 OFFICES
CLOSED



12 FOOD BOX



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

13



14

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

15 11:00am
DRUM
CIRCLE

Sponsored by:
Bright Health



16



17



18 9:00am



2:00pm



19
Medicare/DES
1:00pm-3:30pm
W/Fernando
Diaz

20

2:00pm
Arts & Crafts



21

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

22



23

24



25 9:00am



26
Medicare/DES
1:00pm-3:30pm
W/Fernando
Diaz

27



28

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



30

