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

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
December 2021

Happy Hanukkah

Christmas/Hanukkah Grab-n-Go Meal Friday, December 17th, @ 11:30am

Merry Christmas

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).
Happy Holidays!!

We finally made it to December and 2022 is just right around the corner. May this holiday season be filled with the simple pleasures of cards and calls from friends and family, while this season continues to look different than years past, we still can make it a special one.

Here’s some simple, but nice ideas:

* Write a letter to your grandkids with memories of how you spent holidays as a child.

* Connect with your children and pass on a family recipe.

* Pull out the photo albums and share a story of a fun trip that you took with your family or a friend.

* Call a grandkid nightly and read a bedtime story.

* Start a pen pal with a grandkid, family member or friend.

* Send a note to a health care worker or first responder.

* Reach out to another senior who might be alone this season.

Make this a season of giving and gratitude; the smallest acts of kindness can be our biggest blessings and gifts. This year again we have missed each and every one of you. We are blessed to work for the greatest generation. While this year was not the year we thought it would be, we still tried to make a difference and provide new activities for you in a safe way. We loved seeing your smiling faces at the Grab~N~Go luncheons or the knocks on your door when meals are being delivered. Your letters and cards lifted us up each week. As the New Year approaches, we will continue to find new ways to bring activities, and ways to connect. We are here for you. The Staff and I would like to wish you all a healthy and happy holidays. We have hopes and wishes for 2022 for a year of recovery and reconnections.

Luz Servin

-Service Coordinator-
Help us celebrate the holiday season by decorating your door! Walk the halls to get in the holiday spirit and to decide on your favorites! Let me know your vote by Friday, December 17. Winners will be announced on Monday, December 22 through a flier. First, second and third place winners will receive a gift card.

Please join us for our holiday Grab~N~Go luncheon Friday, December 17th, @ 11:30am. Our luncheon is catered by Golden Corral and sponsored by our Board of Directors.

~Menu~
Sliced Brisket
Mashed Potatoes and Gravy
Cornbread Stuffing
Sweet Potato Casserole
Green Beans
Home Style Yeast Roll w/Honey Butter
Slice of Pecan Pie

Good Luck and Happy Decorating!
Residents that requested a Christmas gift through the Home Instead (Be a Santa to a Senior program) will receive their gifts on Friday, December 17th after the Grab~N~Go Christmas/Hanukkah luncheon.
Kids Unlimited Studios will be performing on Wednesday, December 22nd @ 5:00pm in the multi purpose Room (masks are required).
Reminder to all residents: As stated in the EIV & You Brochure given to residents at application, move in, and every certification, when changes occur in your household income or family composition, immediately contact your property manager to determine if this will affect your rental assistance. This includes Social Security, SSI, Wages, Unemployment, Pensions, and all other income.

EIV is a web-based computer system containing employment and income information on individuals participating in HUD’s rental assistance programs. This information assists HUD in making sure “the right benefits go to the right persons”.

When you receive your new Social Security letter in the mail with the 2022 Cost of Living (COLA) increase for social security and/or SSI, please bring it to the office so we can make a copy for your file and use for 2022 Certifications.

Please contact us if you have any questions.

Thank you,
Theresa & Emely
We are excited to announce that we will be opening the Library/Computer Lab during office hours in the near future. This is by appointment only. Our DVD library will also be available to check out DVD/movies. We will have laptops available. If you do not have a wireless device and would like to use one, you will be able to reserve one for check out. You can call me to RSVP or for more information.

Thank you,

LUZ:)
Let it snow!

BLIZZARD
COAT
COLD
DECEMBER
EARMUFFS
FEBRUARY
FIREPLACE
FLURRIES
FROZEN
GLOVES
HOT CHOCOLATE
ICE
ICE SKATES
ICICLE
JANUARY
MITTENS
SCARF
SHOVEL
SLED
SLUSH
SNOWBALL
SNOWFLAKE
SNOWMAN
SWEATER
WINTER
'Tis the Season to do some Christmas shopping:)  

Debbie from Paparazzi Jewelry will be here on Saturday, December 4th from 10:00am-1:00pm in the MPR. 

Barb from Avon will be here on Wednesday, December 8th from 10:00am-1:00pm in the MPR. 

- Must wear a mask. 
- Avoid close contact. Stay 6 feet apart.
4 Tips to Stay healthy During The Holidays

1. Stay hydrated
Drinking water is one way you can stay healthy during the holidays. “Senior citizens, especially, need to drink plenty of fluids, as not drinking enough water could cause hospitalization,” Fuchs says. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.

2. Follow dietary restrictions
Some seniors must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren’t any healthy options available. “When people get stressed, they tend to overeat and don’t stick to their diets,” Golden says. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

3. Drink in moderation
“Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects,” Golden says. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.

4. Keep exercising
The holidays are synonymous with cold weather and snow. To stick to an exercise schedule, bundle up for a walk around the block. If it’s too cold outside, drive to an indoor shopping mall and walk a few laps while window-shopping.
WELLNESS CENTER CALENDAR

DECEMBER 2021

THURSDAY – 12/02
1:00PM—JOYFUL MOVEMENTS

TUESDAY – 12/07
NOON—CHAIR DANCE
2:00PM—CHAIR TAI-CHI

THURSDAY - 12/09
NOON—ACTIVE CHAIR WORKOUT
2:00PM—BALANCE & BREATH

TUESDAY – 12/14
NOON—LOW-IMPACT UPPER BODY
2:00PM—LOW-IMPACT LOWER BODY

THURSDAY – 12/16
NOON—AEROBICS
2:00PM—CHAIR YOGA

TUESDAY – 12/21
NOON—UPPER BODY STRETCH
2:00PM—LOWER BODY STRETCH

THURSDAY – 12/23
NOON—TAI-CHI
2:00PM—ACTIVE CHAIR WORKOUT

TUESDAY– 12/28
NOON—RESISTANCE CHAIR
2:00PM—SIT & BE FIT

THURSDAY—12/30
NOON—BREATH & TAI-CHI
2:00PM—CHAIR STRETCH & STRENGTH
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Masks and Social distancing are required to all activities and events.