



Strauss Manor

Monthly Newsletter

December 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



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).

From the desk of your Service Coordinator



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-

"Count your blessings instead of your crosses.

Count your gains instead of your losses.

Count your joys instead of your woes.

Count your friends instead of your foes.

Count your courage instead of your fears.

Count your full times instead of your lean.

Count your health instead of your wealth.

Love your neighbor as much as yourself.

~Irish New Year toast

Deck the Halls!

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.



THANKS!

I APPRECIATE YOU!

Thanks a Million!

Thank you!

Gracias!



THRIVENT
FINANCIAL®

B'nai B'rith Strauss Manor
Board of Directors



Tucson Electric Power
Building a Bright Tomorrow™

Biltmore Properties Inc.

THANK YOU



CELEBRATING SENIORS AND
MAKING DREAMS COME TRUE



Thank
you!

Thank
you!

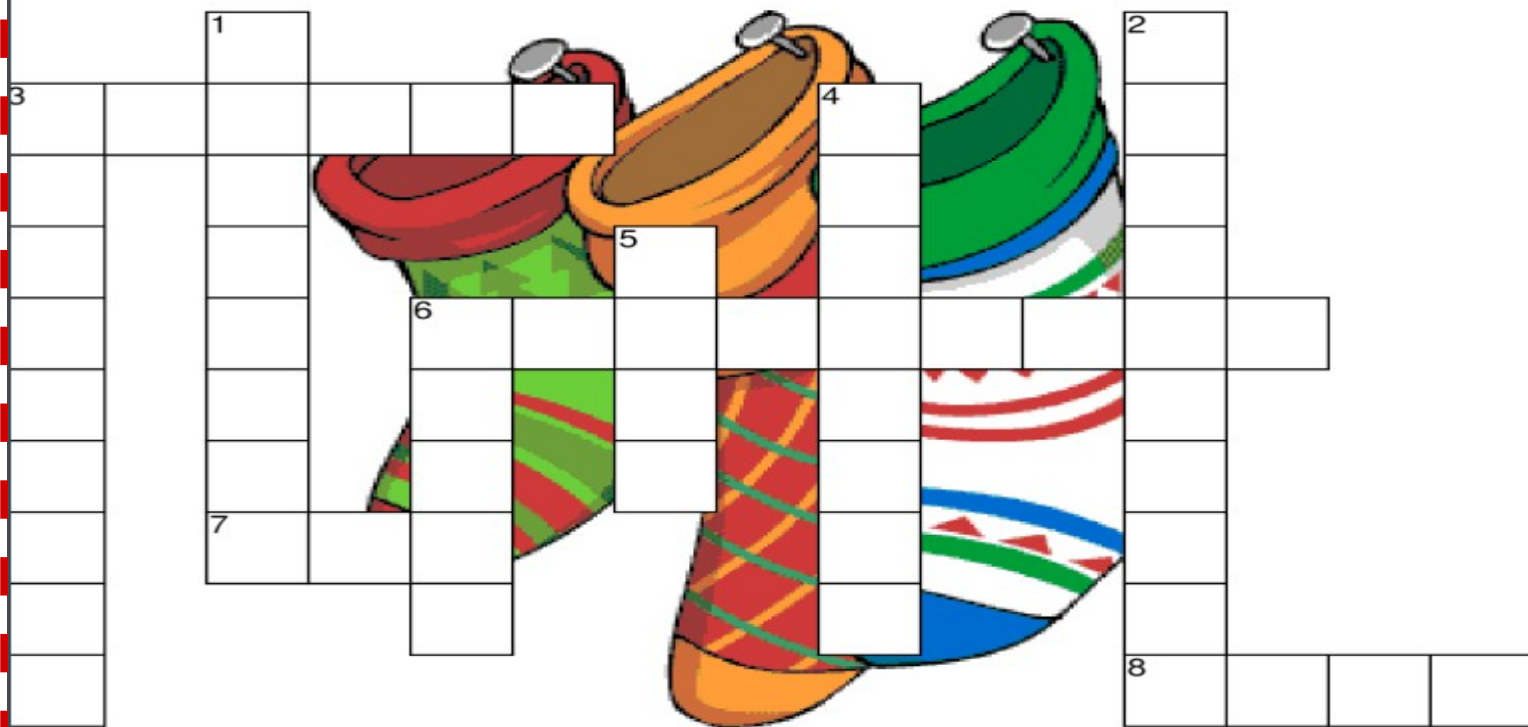


Corpus Christi Catholic Church

Growing in Faith and Hope t Bringing Compassion to Life

Thank
you!

Thank
you!



Across

3. What Santa rides on Christmas Eve.
6. Holiday filled with presents and cheer.
7. The color of Christmas.
8. It is usually placed at the top of the Christmas tree.

Down

1. The month you celebrate Christmas.
2. He wears a red suit and has a white beard.
3. We hang these by the fireplace.
4. What we find under the Christmas tree.
5. It is decorated with ornaments and lights.
6. Type of cane that we eat at Christmas.

HOLIDAY CONCERT

**Kids Unlimited
Studios
will be
Performing
on Wednesday,
December 22nd
@ 5:00pm
In the
multi purpose
Room
(masks are required)**



Christmas Cookie Quiz

How well do you know your Christmas cookies?

Match the description with the cookie. Answers on Page 12

1. _____ Used to decorate gifts
2. _____ Opposite of tall bread
3. _____ Churned cream
4. _____ Rolled flakes pressed together
5. _____ Red Christmas plant
6. _____ Spins round and round
7. _____ Rare wild mushrooms
8. _____ Reptiles that hide in their shells
9. _____ Girl Scouts ages 7-10
10. _____ Decorate men, women & houses
11. _____ Don't leave this at a crime scene
12. _____ Twice baked Italian biscuits
13. _____ Stained glass accents on a church
14. _____ Piled, mowed & cured grass for cows
15. _____ Stiffly beaten egg whites & sugar
16. _____ Giggling while drawing absentmindedly
17. _____ This makes the medicine go down
18. _____ A popular Thanksgiving squash

- A. Truffles
- B. Pumpkin
- C. Shortbread
- D. Haystacks
- E. Cathedral Windows
- F. Butter
- G. Biscotti
- H. Snickerdoodles
- I. Thumbprint
- J. Gingerbread
- K. Snowball
- L. Meringue
- M. Turtles
- N. Poinsettia
- O. Brownies
- P. Ribbon
- Q. Pinwheel
- R. Sugar

Manager's Corner

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





Christmas Movie Trivia

How well do you know your Christmas movies?

Answers on Page 12

1. What is the highest grossing Christmas movie of all time?
2. What is the name of Ralphie's father in *A Christmas Story*?
3. What object does George promise to give Mary in *It's a Wonderful Life*?
4. Who is the antagonist of *A Christmas Carol*?
5. Which character does Bing Crosby portray in *White Christmas*?
6. Where does the 1942 film *Holiday Inn* take place?
7. In what city did the 1947 film *Miracle on 34th Street* take place?
8. In the 1989 comedy *National Lampoon's Christmas Vacation*, what had Clark Griswold been planning to buy with the Christmas bonus he expected from work?
9. What three Christmas ghosts visit Scrooge?
10. *The Polar Express* became a huge holiday favorite in the mid-2000s. Tom Hanks worked overtime playing multiple roles, but how many characters did he play?

Coming
Soon



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:)



Come down to shop for some good deals:)



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

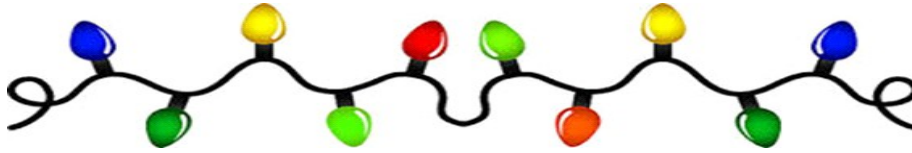


Barb from Avon
will be here on
Wednesday, December 8th
From 10:00am-1:00pm
in the MPR

- ◆ Must wear a mask.
- ◆ Avoid close contact. Stay 6 feet apart.



December 2021 B'nai B'rith Gerd & Inge Strauss Manor Wellness Center



Troy J. Pearson-Wellness

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



Resident Activities December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sugar Cookie Answers from Page 6</p> <p>1. P, 2. C, 3. F, 4. K, 5. N, 6. Q, 7. A, 8. M, 9. O, 10. J, 11. I, 12. G, 13. E, 14. D, 15. L, 16. H, 17. R, 18. B</p> <p>Christmas Movie Answers from Page 7</p> <p>1. Home Alone in 1990, 2. He doesn't have a name. It's "old man." 3. The Moon, 4. Ebenezer Scrooge, 5. Captain Bob Wallace, 6. Midville, Connecticut, 7. New York City, 8. Swimming Pool, 9. Ghost of Christmas Past, Ghost of Christmas Present and Ghost of Christmas Yet to Come, 10. 6</p>			<p>1</p>	<p>2</p> <p>1:00pm Joyful Movements W/ Dance sequences</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>3</p> 	<p>4</p> <p>10:00am-1:00pm</p> 
<p>5</p> 	<p>6</p> <p>9:00am</p>  <p>2:00pm</p> 	<p>7</p> <p>Food Box</p>  <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>8</p> <p>10:00am-1:00pm</p> 	<p>9</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>10</p> 	<p>11</p> <p>Masks and Social distancing are required to all activities and events.</p>
<p>12</p> 	<p>13</p> <p>9:00am</p> 	<p>14</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>15</p> <p>2:00pm</p> 	<p>16</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>17</p> <p>11:30am Christmas/Hanukkah Grab-n-Go Luncheon & Gifts</p> 	<p>18</p> 
<p>19</p>	<p>20</p> <p>9:00am</p>  <p>2:00pm</p> 	<p>21</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>22</p> <p>5:00pm Holiday Concert</p> 	<p>23</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>24</p> <p>Christmas Eve</p> 	<p>25</p> <p>Merry Christmas</p> 
<p>26</p> 	<p>27</p> <p>9:00am</p> 	<p>28</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>29</p> 	<p>30</p> <p>Medicare/DES Information Booth from 1:00pm-3:30pm W/Fernando Diaz</p>	<p>31</p> 	