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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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Happy March!
I would like to wish everyone a Happy St. Patrick's Day & Hello Spring!

After all the history making events of 2020 and 2021, we are all looking to 2022 to be a year filled with health, peace and hopefully more time with family and friends. I truly appreciate everyone’s continued diligence on wearing masks and social distancing. Please remember that it is cold and flu season and COVID-19 is still here. No matter what you have, it is IMPORTANT TO STAY HOME IF YOU FEEL SICK and avoid all contact with others. If you think it might be Covid and want to get tested, call me and I will help you with information of where you can get a free Covid test. This is for the safety of ALL in our community, so please help us keep everyone safe and well.

We will continue to RSVP for programs, activities and classes. This is very important for us to be able to track participation, plan room placement, program/activity involvement and much more.

Need something to do? Please see me if you would like to volunteer in our computer lab/library and DVD library. Both libraries will be opening soon by appointment only.

Our Emergency pantries are for emergencies only! If you need anything from the pantries, please call me. All distributions are kept confidential.

My office hours are Monday-Friday 8:00am -4:00pm. I'm only available for appointments Monday-Thursday, Fridays are my office days to work on my reports/paperwork/newsletter etc...

We have laptops available for your use. If you wish to check out a laptop, please see me, you will need to sign our agreement form before checking one out.

As you all know, Theresa's last day is March 25th. Let's all wish her a happy retirement:) 

May you have a great month!

Luz Servin~Service Coordinator
Dear Residents,

As I approach my retirement date of March 25th, I reflect back over the last 13 years. It is hard to believe this time has come. I have to say I have mixed feelings. It's wonderful to look forward to future of more leisure time with my beautiful three grandchildren, family and friends. I also feel sadness at leaving behind what has been such an important part of my life. I will no longer see you as I am walking through the building or helping you with your paperwork, but the precious memories of knowing each of you will always be with me....thank you!

I am very appreciative of being part of the Biltmore Properties family and B’nai Brith. Over the years, I have had the pleasure of working with our incredibly generous Board of Directors who volunteer their time and energy to our residents at Strauss Manor. I would also like to thank our hard-working, caring staff who are unbelievably amazing people who I will truly miss working with. I know all of these devoted, caring people will be here for you and that is comforting for my heart!

My passion has always been and will continue to be to help others.

I wish you all much happiness and love!

Thank you,

Theresa Beaty
In Loving Memory

Lois Skvarek  
06/10/1943- 02/07/2022

Gladys Haupt  
04/27/1937-01/27/2022

Sandra Cloud  
05/01/1947-02/09/2022

SERVICES & RESOURCES

Fernando Diaz, Medicare Broker is here on Tuesdays and Thursdays from 12:30pm-3:30pm to help out with any medical insurance questions, concerns, etc.

If you get any mail you do not understand or need help with; especially from AHCCCS, DES or Social Security, please call me.

I will put you on Fernando’s schedule, as there may be a deadline and I do not want anyone to lose their benefits.

Thank you,
Luz:)
Beware of Social Security Phone Scams

The Social Security Administration and Office of the Inspector General continue to receive reports of scammers impersonating SSA employees over the phone, to request personal information or money. Imposters may threaten you and demand immediate payment to avoid arrest or legal action. Do not fall for it!

- SSA employees will NEVER threaten you for information, or promise a reward or resolution in exchange for personal information or money. SSA and Medicare will ONLY CONTACT YOU BY MAIL!
- Do not use caller ID to verify that the caller is a government employee. Many scam calls “spoof” official government numbers, such as SSA’s National 800 number, the Social Security Fraud Hotline, local Social Security field offices, SSA press offices, or local police numbers.
- Impostors may use legitimate names and phone numbers of SSA employees.
- If the caller demands sensitive personal information, payment via gift card or pre-paid debit card or wire transfer, it is a scam.
- If the caller makes threats when you do not comply with their request, it is a scam.

If you receive a suspicious call:
1. Hang up!
2. Do not give them money or personal information
3. Report the scam at OIG.SSA.GOV/REPORT

WOMEN’S HISTORY MONTH

The 2022 Women’s History theme, “Providing Healing, Promoting Hope,” is both a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic and also a recognition of the thousands of ways that women of all cultures have provided both healing and hope throughout history.

Please visit our Facebook page where I post all our events, newsletters, etc., so please check it out and link it to your page if you have one. You do not need a Facebook account in order to view our page. Also tell your friends and family so they can keep up with the happenings at Strauss Manor.
Type in www.facebook.com/straussmanor

St. Patrick’s Day
Grab & Go Luncheon
Friday,
March 18th,
@ 1130am
from Origami classes to Dancesquences in exercise class
to Bingo, Morning Coffee and Valentines Day cupcakes :)

WHAT'S BEEN HAPPENING
Word Search

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

1. HOLIDAY  5. GREEN  9. CLOVER  13. LEPRECHAUN
2. SAINT  6. SHAMROCK  10. LUCK  14. RAINBOW
3. PATRICK  7. FOUR  11. POT  15. MARCH
4. IRISH  8. LEAF  12. GOLD  16. SEVENTEEN
March 31st is Crayola Day
This month has been designated as Color Therapy Month. March has become a time to celebrate ways in which people are using color in their everyday lives.
I have lots Crayola crayons and coloring pages just for this activity.
Please let me know if you are interested in participating.
St. Patrick’s Day is coming up this month, and here are a few fun facts about the holiday and Irish culture to help get you in that lucky holiday spirit.

- This holiday commemorates St. Patrick and the arrival of Christianity in Ireland.
- It also celebrates Irish heritage and culture in general.
- Celebrations often include public parades and festivals, and the wearing of the color green.
- Why green? Wearing green and sporting shamrocks is a nod to St. Patrick because he is said to have used the three-leafed shamrock plant to explain the Holy Trinity to the pagan Irish.
- St. Patrick’s Day became an official public holiday in Ireland in 1903.
- The very first St. Patrick’s Day parade was also held in 1903 in Waterford.

- Some of the most iconic names in poetry and literature hail from the Emerald Isle such as Oscar Wilde, Bernard Shaw, W.B. Yeats, and Samuel Beckett.
- The potato was imported in the 17th century, and still today remains a symbol of Irish culture and hospitality.
- Another important part of Irish culture is dancing—jigs, reels, and step dancing—popularized in the 1900s as a result of popular touring shows like Riverdance.
- Traditional Irish music sees the use of instruments such as the fiddle, piano, and acoustic guitar, as well as native instruments like bouzoukis, uilleann pipes, and the Celtic harp.

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**Shamrocks, saint and shillelaghs**

*St. Patrick’s Day, celebrated March 17, honors Ireland’s legendary patron saint, who died on that day in 461.*

**Shamrock**
Small, three-leafed plant appears on U.K.’s coat of arms with English rose, Scottish thistle.

**Irish flag**
Green represents Catholics; orange, Protestants; white, the wish for harmony.

**Leprechauns**
Fairies who work day and night mending shoes of other fairies.

**Shillelagh**
(sha-lay-’lah) Walking stick; Irish for stout oak club or cudgel; also a forest that once stood in County Wicklow.

**Patrick: Saint and legend**

387 A.D. Born in Britain to a Roman family; his father served as a magistrate; his original name was Maewenn.

Early 400s Taken to Ireland as a slave; after six years, he escaped to France where he studied classical literature.

432 Sent to Ireland as a Christian missionary by Pope Celestine I, who named him Patricius, which means noble in Latin; he introduced Roman alphabet, Latin literature; founded the first two Christian monasteries in Ireland.

Familiar legend
He drove the snakes from Ireland by beating a drum.

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**HOW WELL DO YOU KNOW THE MOVIES?**

Test your movie quote knowledge by pairing the iconic movie quotes below with the movies they came from. Just draw a line from the quote on the left to the correlating movie title on the right. Then you can check your answers on the bottom of this page, but no peeking!

- “Here’s looking at you, kid.”
- “You’re gonna need a bigger boat.”
- “There’s no crying in baseball.”
- “You can’t handle the truth!”
- “Here’s Johnny!”
- “I’ll have what she’s having.”
- “Nobody puts Baby in a corner.”
- “You complete me.”
- “I’ll be back.”
- “I have a feeling we’re not in Kansas anymore.”
- “What we’ve got here is a failure to communicate.”
- “Seize the day, boys. Make your lives extraordinary.”

<table>
<thead>
<tr>
<th>Movie Quote</th>
<th>Movie Title</th>
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<tbody>
<tr>
<td>“Here’s looking at you, kid.”</td>
<td>The Godfather, 1972</td>
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<td>“You’re gonna need a bigger boat.”</td>
<td>Jaws, 1975</td>
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<td>“There’s no crying in baseball.”</td>
<td>A League of Their Own, 1992</td>
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<td>“You can’t handle the truth!”</td>
<td>The Birdcage, 1996</td>
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<td>“Here’s Johnny!”</td>
<td>The Shining, 1980</td>
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<td>“I’ll have what she’s having.”</td>
<td>When Harry Met Sally, 1989</td>
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<td>“Nobody puts Baby in a corner.”</td>
<td>Dirty Dancing, 1987</td>
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<td>“You complete me.”</td>
<td>Jerry Maguire, 1996</td>
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<td>“I’ll be back.”</td>
<td>The Terminator, 1984</td>
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<td>“I have a feeling we’re not in Kansas anymore.”</td>
<td>The Wizard of Oz, 1939</td>
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<td>“What we’ve got here is a failure to communicate.”</td>
<td>Casablanca, 1942</td>
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<td>“Seize the day, boys. Make your lives extraordinary.”</td>
<td>Good Will Hunting, 1997</td>
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MARCH 2022
B’NAI B’RITH
GERD & INGE STRAUSS MANOR
WELLNESS CENTER

K E E P  Y O U R  H E A R T  H E A L T H Y

Heart disease occurs when plaque builds up inside the arteries and disrupts blood flow to the heart. When the heart muscle doesn't get enough oxygen and blood nutrients, its cells will die and weaken the heart, diminishing its ability to pump blood to the rest of the body. Although heart disease is serious, there are things you can do to help keep your heart healthy. For example, you can:

- Follow a heart-healthy diet. Choose foods that are low in trans and saturated fats, added sugars, and salt.
- Be more physically active. Try incorporating exercise into your daily life. Talk with your doctor about the type of activities that would be best for you.
- Keep a healthy weight. Balance the calories you eat and drink with the calories burned by being physically active.

Monitor your medical conditions. Follow your doctor's advice to keep your diabetes, high blood pressure, and/or high cholesterol under control.
WELLNESS CENTER CALENDAR MARCH 2022

TUESDAY—03/01
NOON—TAI-CHI
2:00PM—AEROBICS

THURSDAY—03/03
1:00PM—JOYFUL MOVEMENTS

TUESDAY—03/08
NOON—ACTIVE CHAIR WORKOUT
2:00PM—BALANCE & BREATH

THURSDAY—03/10
NOON—CHAIR DANCE
2:00PM—CHAIR TAI-CHI

TUESDAY—03/15
NOON—SIT & BE FIT
2:00PM—CHAIR YOGA

THURSDAY—03/17
1:00PM—JOYFUL MOVEMENTS

TUESDAY—03/22
NOON—LOW-IMPACT UPPER BODY
2:00PM—LOW-IMPACT LOWER BODY

THURSDAY—03/24
NOON—TAI-CHI
2:00PM—CHAIR DANCE

TUESDAY—03/29
NOON—LOWER BODY STRETCH
2:00PM—UPPER BODY STRETCH

THURSDAY—03/31
NOON—BREATH & TAI-CHI
2:30PM—CHAIR STRETCH & STRENGTH
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