



## Important Numbers



### Office Hours:

Monday – Friday  
8:00 AM – 5:00PM

### Manager

Linda Neese

(520) 722 - 9015

### For TTY users

1-800-367-8939

### Assistant Manager

Yvette Salcido

(520) 722 - 9687

### Service Coordinator

Luz E. Servin

(520) 722 - 9963

### Housekeeping

Rosalva Esquer

### 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](http://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

## May 2022



AGE MY WAY: MAY 2022



**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...  
*the*

## Service Coordinator



## Happy Mother's Day

Hello Residents,

We are now officially open!

Strauss Manor has removed our "indoor masking requirement restrictions."

Since we are an older adult community and the population we serve are considered the most vulnerable, please be mindful of others. So while everyone's situation is different and thus their comfort levels, should you still wish to wear a mask, please feel free to do so.

Masks will still be available at the front entrance for anyone wanting one while in the building.

Social distancing/spacing is still a good practice for the prevention and spread of COVID/flu.

As always, if you are experiencing any sickness or flu-like symptoms, please stay home until you are feeling better. Thanks to everyone for the patience, encouragement and kindness over the past two years as we navigate through these unprecedented times. While we are returning to normal, there may still be some adjustments along the way.

It's so great to see everyone's smiling faces again! It's hard to believe that May and Spring is here and summer is just around the corner! With so many wonderful things popping up all around us, Strauss Manor is no exception. We will continue to add more activities, programs and events for everyone to enjoy, along with some of our old favorites, like high tea, sewing/knitting/crochet classes, games/puzzles etc...

Take a look at our calendar for activities you may wish to attend, please call me to RSVP.

We are planing to bring more special events/activities your way, but also open to your creative ideas. We continue to be blessed with new residents, and look forward to seeing new friendships blossom within our community.

Mother's Day is fast approaching, and we want to wish a very Happy Mother's day to all the moms, mentors, and mother figures.

May you have a great month!

Luz Sgrvin~Service Coordinator



“  
Life doesn't  
come with  
a manual.  
It comes with  
a mother.”





# WHAT'S GOING ON THIS MONTH

We will be celebrating all May holidays  
on Friday, May 6th beginning @ 11:30am  
w/a GRAB-N-Go luncheon,  
followed with Ice cream

Arts & Crafts class  
Wednesday, May 18<sup>th</sup>  
@ 1:00pm  
In the MPR



Sewing class  
Tuesday's @ 4:00pm  
In the MPR

Knitting & Crochet Class  
Thursday's @ 4:00pm  
In the MPR



High Tea

High Tea

Thursday, May 26, 2022 @ 2:00pm  
in the MPR:)





# H A P P Y Mother's Day

## Mother's Day

### Celebrating Motherhood in all its Forms

Mother's Day is so special, and carries with it its own meaning for each of us. Perhaps you celebrate this holiday as someone who had an incredible mother of your own. Perhaps you yourself are a mother, a stepmother, a godmother, mentor, teacher, or caregiver. As we honor the mothers in our lives on this Sunday in May, let's find some inspiration in the beautiful words of writers, poets, actresses, and other figures who perfectly express the beauty and raw strength that is motherhood.

Maya Angelou	"To describe my mother would be to write about a hurricane in its perfect power. Or the climbing, falling colors of a rainbow."
Kate Winslet	"Having children just puts the whole world into perspective. Everything else just disappears."
Robert Browning	"Motherhood: all love begins and ends there."
Oliver Wendell Holmes	"Youth fades; love droops; the leaves of friendship fall; a mother's secret hope outlives them all."
Oprah	"I believe the choice to become a mother is the choice to become one of the greatest spiritual leaders there is."
Mitch Albom	"When you look into your mother's eyes, you know that is the purest love you can find on this earth."
Victor Hugo	"A mother's arms are made of tenderness and children sleep soundly in them."
Abraham Lincoln	"I remember my mother's prayers and they have always followed me. They have clung to me all my life."
Henry Ward Beecher	"The mother's heart is the child's schoolroom."
Michelle Obama	"At the end of the day, the most important job is still mom-in-chief."
Sheryl Crow	"Little souls find their way to you whether they're from your womb or someone else's."
Sophia Loren	"When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child."

No matter how or who you celebrate on Mother's Day, we hope it is a time of tribute for you and/or the strong, loving women in your life who have shaped you, comforted you, taught you, and showed up for you in many ways throughout the years. On this special Sunday, we honor all mothers and mother-life figures, motherhood in general, and the profound impact of mothers on society. They truly deserve all the thanks!

## "The best advice my parents ever gave me."

- \* "Don't marry a farmer."
  - \* "Go to college."
  - \* "Save your money. Don't spend foolishly."
  - \* "Always be honest."
  - \* "Move to California."
- \* Dad: "Don't marry that man."
  - \* "Clean your plate (the reason I'm overweight)."
- \* When I dated I had to go with other couples.
- \* "Always wear clean underwear in case you're in an accident."
- \* "Get a hair permanent."
- \* "Stay away from boys." (haha)
  - \* "Don't play sports."
  - \* "It only takes once."
- \* "Follow your heart and instincts."
- \* "You're as good as the next person."
- \* Mother: "Some day you need to learn to cook as I may not be around forever."
- \* "Always watch the other driver more than yourself!"
- \* "If a young man doesn't treat his parents with respect, he is not worthwhile."



Happy Mother's Day

# Word Search

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

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

- |            |                 |                 |             |
|------------|-----------------|-----------------|-------------|
| 1. Mothers | 6. Holiday      | 11. Respect     | 16. Giving  |
| 2. Day     | 7. Loving       | 12. Thoughtful  | 17. Special |
| 3. Moms    | 8. Caring       | 13. Family      | 18. Happy   |
| 4. Kids    | 9. Children     | 14. Considerate | 19. May     |
| 5. Parent  | 10. Grandmother | 15. Honor       | 20. Spring  |

Sunday, May 8th 2022





# MEMORIAL DAY WORD SEARCH



BROTHERHOOD  
SACRIFICE  
SOLDIERS  
CONFLICT  
TROOPS  
DEPLOYMENT  
HONOR  
SALUTE  
PATRIOT  
BRAVERY



ON THIS SPECIAL DAY, WE REMEMBER AND HONOR  
**THE BRAVE MEN AND WOMEN**  
WHO DIED WHILE SERVING IN  
**THE U.S. MILITARY.**  
WE WILL NEVER FORGET THEIR SACRIFICE.

**MEMORIAL DAY** is observed on the last Monday of May which is on the 30<sup>th</sup> of this month.

It commemorates all men and woman who have died in military service for the United States.

Government offices and some private businesses close on this day.



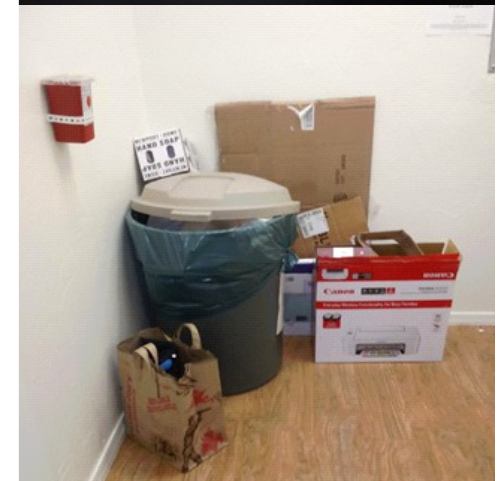
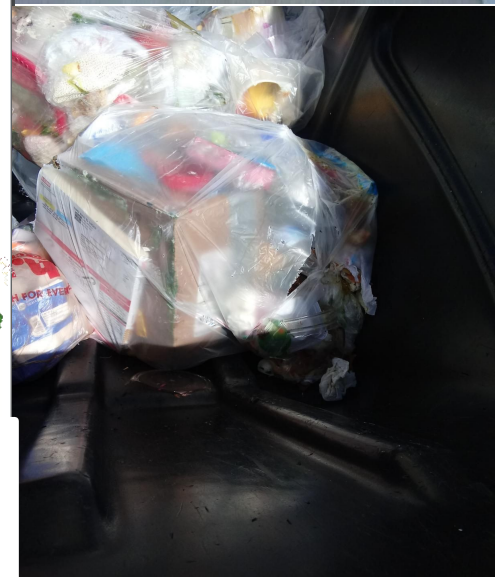
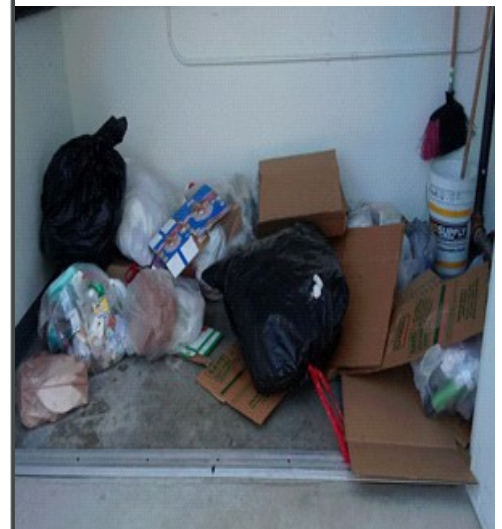
We have a very beautiful building and would like to keep it that way. Please be courteous and be aware when dumping your garbage bags in the inside dumpsters. Make sure you throw your animal feces in the outside dumpster!



MANAGER' CORNER



Grocery bags are not garbage bags. Please use the garbage bags supplied by the office. This is what happens you use the grocery bags. Please make sure you tie them tight.



### Attention Residents!

**Just a reminder:** When throwing away garbage in the trash room bin or down the chute, the garbage must be in an approved trash bag and tightly and sealed. If it is not tightly sealed there is a chance the trash bag will open, everything will fall out and make a mess or could and obstruction in the chute.

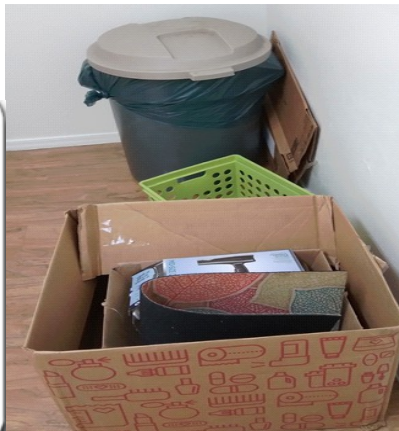
**Due to a safety hazard:** If you are throwing away large items (example: microwave, chair, basket, decorative lights, broken glass, etc.)

these type of items must be thrown out into the outside trash bins.

Do not leave these items in the trash room, the door can potentially blocked preventing another resident from being able to throw their trash away or other Resident could trip and fall.

Please be courteous of your fellow residents and staff members.

Thank you,  
Linda and Yvette





## FUN FACTS

- » Blue jeans were officially invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.
- » On May 9, 1992, The Golden Girls aired their series finale.
- » The birthstone for May is the emerald, which represents love and success.
- » The Empire State Building opened on May 1, 1931.
- » On May 14, 1804, Lewis and Clark began their journey up the Missouri River.
- » May 22nd is National Maritime Day. Created in commemoration of the first transoceanic voyage via steamboat (completed by the U.S.S. Savannah in 1819), this holiday recognizes the efforts of the U.S. merchant marine during both war and peace.

## NATIONAL SPACE DAY

The first Friday in May is National Space Day! This day is dedicated to celebrating the extraordinary achievements, benefits, and opportunities that come from space exploration and research. In honor of National Space Day, here are 10 things you probably didn't know about space exploration.

**10.** A space suit weighs roughly 280 pounds, without the astronaut, and takes about 45 minutes to put on.

**9.** To even apply to be an astronaut, candidates must complete at least 1,000 hours of fly time in a jet aircraft first.

**8.** The first artificial satellite sent into space by the United States was the Explorer 1, launched on January 31st, 1958.

**7.** America's first space station was Skylab, which contained almost 12,000 cubic feet of living space, and was longer than a 12-story building.

**6.** A manned rocket reaches the moon in less time than it took for a stagecoach to travel the length of England.

**5.** Each astronaut is allotted 3.8 pounds of food for each day, and the foods are individually-packaged for ease of handling in zero gravity.

**4.** Flying American flags to space began with the flight of the first American astronaut, Alan Shepard, in 1961. Elementary students from a Cocoa Beach, FL school purchased the flag for Shepard to carry onboard the Freedom 7 Mercury spacecraft.

**3.** A full NASA space suit costs \$12,000,000.

**2.** Apollo 11 crew members Neil Armstrong and Edwin "Buzz" Aldrin made the first lunar landing on July 20th, 1969.

**1.** In 1981, the first reusable spacecraft, the Space Shuttle Columbia, launched and returned from space.

**BLAST OFF!**



CONNECT THE DOTS



### Older Americans Month 2022

The 2022 theme is **Age My Way**, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

We focus on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible, and how planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique.





## How to journal

Try these tips to help you get started with journaling:

**Try to write every day.** Set aside a few minutes every day to write. This will help you to write in your journal regularly.

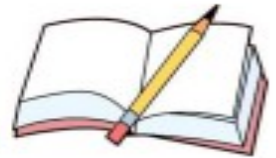
**Make it easy.** Keep a pen and paper handy at all times. Then when you want to write down your thoughts, you can. You can also keep a journal on your smartphone.

**Write or draw whatever feels right.** Your journal doesn't need to follow any certain structure. It's your own private place to discuss and create whatever you want to express your feelings. Let the words and ideas flow freely. Don't worry about spelling mistakes or what other people might think.

**Use your journal as you see fit.** You don't have to share your journal with anyone. If you do want to share some of your thoughts with trusted friends and loved ones, you could show them parts of your journal.

Keeping a journal helps you create order when your world feels like it's in chaos. You get to know yourself by revealing your most private fears, thoughts, and feelings. Look at your writing time as personal relaxation time. It's a time when you can de-stress and wind down. Write in a place that's relaxing and soothing, maybe with a cup of tea.

Look forward to your journaling time. And know that you're doing something good for your mind and body.



### Top 8 Benefits to Keep a Journal

- Keep your thoughts organized. Journaling help us to organize our thoughts and make them apprehensible. ....
- Improve your writing. **Journaling** helps you to train your writing. ....
- Set & achieve your goals. ....
- Record ideas on-the-go. ....
- Relieve stress. ....
- Allow yourself to self-reflect. ....
- Boost your memory. ....
- Inspire creativity.



*Journals and pens are available upon request:)  
See Luz:)*

## Make A Difference



### Volunteer Meeting

*Interested in volunteering?  
Want to give back to our community  
or just a sense of involvement?  
Come join us as we discuss all the  
volunteer opportunities available.  
Wednesday, May 4<sup>th</sup> @ 2:00pm  
in the MPR*



**MAY 2022**

**B'NAI B'RITH**

**GERD & INGE STRAUSS MANOR**

**WELLNESS CENTER**



**TROY J PEARSON—WELLNESS DIRECTOR**

**STAY HYDRATED!!! TUCSON REACHES 100 DEGREES IN MAY!!**

In seniors, it's particularly important to stay hydrated in order to keep your mind and body functioning as well as possible. Here are a few reasons staying hydrated is crucial for your health:

**Reduce thirst** — As you get older, you may start to lose your sense of thirst, making it much easier to get dehydrated without knowing it. Keeping water nearby can help ensure you stay hydrated, even when you may not feel thirsty.

**Maintain metabolism** — Younger adults are able to regulate water balance within their bodies, while older adults may need to stay on top of their water intake in order to keep their metabolism in check.

**Reinforce brain function** — Since your brain is mostly made of water, and seniors' mental processes tend to slow with age, staying hydrated can help ensure your brain is functioning as best as possible.

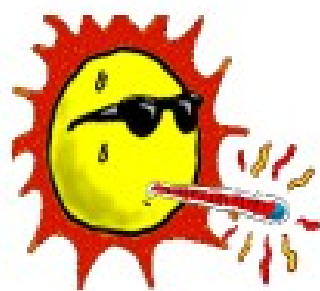
**Improve digestion** — If you begin to experience constipation or digestive discomfort as you age, incorporating more water into your daily routine may help!

**Protect your kidneys** — Seniors are more susceptible to kidney disease and disfunction. You can help your kidneys do their job by drinking plenty of water throughout the day.

**Promote urinary health** — It's not uncommon for seniors to experience urinary incontinence. While you may be tempted to lessen your water intake, it can actually make the problem worse and cause infection. Make sure you drink plenty of water throughout the day, even when you aren't thirsty.



## WELLNESS CENTER CALENDAR MAY 2022



TUESDAY— 05/03

NOON— TAI-CHI

2:00PM—AEROBICS

THURSDAY— 05/05

1:00PM—JOYFUL MOVEMENTS



TUESDAY - 05/10

NOON—ACTIVE CHAIR WORKOUT

2:00PM—AGELESS YOGA

THURSDAY – 05/12

NOON—CHAIR DANCE

2:00PM—CHAIR TAI-CHI

TUESDAY – 05/17

NOON—UPPER BODY STRETCH

2:00PM— LOWER BODY STRETCH

THURSDAY – 05/19

1:00PM—JOYFUL MOVEMENTS

TUESDAY – 05/24

NOON—LOW-IMPACT UPPER BODY

2:00PM—LOW-IMPACT LOWER BODY

THURSDAY— 05/26

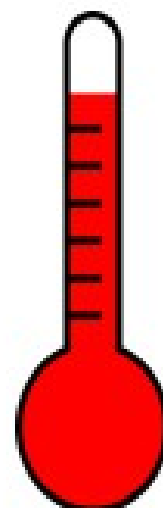
NOON—TAI-CHI

2:00PM—HIGH TEA

TUESDAY—05/31

NOON—SIT & BE FIT

2:00PM—SEATED BEACH VOLLEYBALL





# Resident Activities May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 	<b>2</b> <b>11:30am</b>  <b>2:00pm</b> 	<b>3</b>  Medicare/DES Information 12:30pm-3:30pm W/Fernando Diaz	<b>4</b>   <b>2:00pm</b> Volunteer Meeting	<b>5</b> <b>11:30am</b>  <b>1:00pm</b> Dance sequences Joyful Movements Medicare/DES Information 12:30pm-3:30pm W/Fernando Diaz	<b>6</b> <b>11:30am</b> May Holidays Luncheon  Followed by an Ice Cream treat	<b>7</b> 
<b>8</b> 	<b>9</b> <b>11:30am</b> 	<b>10</b>  Medicare/DES Information 12:30pm-3:30pm W/Fernando Diaz <b>3:00pm</b> Sewing Class 	<b>11</b> 	<b>12</b> <b>11:30am</b>  Medicare/DES Information 12:30pm-3:30pm W/Fernando Diaz <b>4:00pm-6:00pm</b> Knitting/ Crochet 	<b>13</b> 	<b>14</b> 
<b>15</b> 	<b>16</b> <b>11:30am</b>  <b>2:00pm</b> 	<b>17</b> Medicare/DES Information 12:30pm-3:30pm W/Fernando Diaz <b>3:00pm</b> Sewing Class 	<b>18</b> <b>1:00pm</b>  Sponsor by Oshyn Hospice	<b>19</b> <b>11:30am</b>  <b>1:00pm</b> Dance sequences Joyful Movements Medicare/DES Information 12:30pm-3:30pm W/Fernando Diaz	<b>20</b> 	<b>21</b> 
<b>22</b> 	<b>23</b> <b>11:30am</b> 	<b>24</b> Medicare/DES Information 12:30pm-3:30pm W/Fernando Diaz <b>3:00pm</b> Sewing Class 	<b>25</b> 	<b>26</b> <b>11:30am</b>  <b>1:00pm</b> High Tea!  Medicare/DES Information 12:30pm-3:30pm W/Fernando Diaz	<b>27</b> 	<b>28</b> 
<b>29</b> 	<b>30</b> 	<b>31</b> Medicare/DES Information 12:30pm-3:30pm W/Fernando Diaz <b>3:00pm</b> Sewing Class 	  <b>MAY 1-31, 2022</b> 			