



Strauss Manor

Monthly Newsletter

June 2022

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



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



Happy First Day of

Summer!

June 21 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...

**Your
Service Coordinator**



Hello everyone Happy June and welcome summer!

I just wanted to remind everyone again that we are officially open! A number of residents have asked me if we were open. Strauss Manor has removed our "indoor masking requirement restrictions since the beginning of May." Since we are an older adult community and the population we serve is 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. 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 your patience, encouragement and kindness over the past two years as we navigate through these unprecedented times. While we are returning to normal activities, there may still be adjustments along the way.

It's so great to see everyone's smiling faces again!

Take a look at our calendar for activities you may wish to attend. We are planning to bring more special events/activities your way, but also open to your creative ideas.

We have recently upgraded our computers in the library and are requiring a new user agreement be signed before being able to use the computers. We will space users apart, so only 3 computers will be available at a time in the computer lab. You will receive the agreement forms with our June newsletter. Please make sure you return the signed agreement back to me as soon as possible.

We continue to be blessed with new residents, and look forward to seeing new friendships blossom within our community.

This month we will be celebrating Flag Day, Father's Day and Summer Solstice (the longest day of the year)

Happy Father's Day to all of you dads here at Strauss Manor, hope your day is memorable and as special as each of you are!

Luz Servin~Service Coordinator



HAPPY FATHER'S
DAY!



What's Happening

We've began the following:

Bingo*sewing/knitting/crochet classes*Art & Crafts

*Monthly Holiday Luncheons (in person)

*High Tea

UPCOMING



Morning Coffee
Mon-Fri @ 9:00am
(in the coffee room)



Computer Lab
(“You must sign the Strauss Manor
Computer Lab agreement”)

Origami
Classes

@ 3:00pm
2nd & 4th

Friday of the
month in the
Coffee Room



Sing-A-Long
Mondays @
4:00pm



Movie Night
Saturdays @ 6:00pm



Art Class

Last Wednesday of the month



Bible Studies
Friday's @ 4:00pm
In the MPR
(“This event is not sponsored
by Strauss Manor”)



JUNE 2022 Holidays & Observances

-  Wednesday June 1st
Global Running Day
-  Friday June 3rd
Love Conquers All Day
-  Sunday June 5th
Donut Day
-  Wednesday June 8th
World Oceans Day
-  Monday June 13th
Sewing Machine Day
-  Saturday June 18th
Sushi Day
-  Sunday June 19th
Father's Day
-  Tuesday June 21st
Go Skateboarding Day
-  Saturday June 25th
Please Take My Children to Work Day
-  Thursday June 30th
Meteor Watch Day



Live your highest quality of life on your terms! Electronic Caregiver provides comprehensive Emergency Response Services (ERS) to protect your health and independence. Electronic Caregiver services help reduce falls, suffering, loss of independence, and nursing home admissions.

How can utilizing Remote Patient Monitoring help ease the stress of managing your chronic illness independently?

What are virtual wellness checks and how can they benefit your everyday stresses?

How can we lessen the stress of staying organized with your medication regimen without stepping a foot into your home?

If you are interested in learning more, please come to the multipurpose room on

Wednesday, June 8th @ 9:00am

Place Your Order for round 3 of the Free At-Home COVID-19 Tests

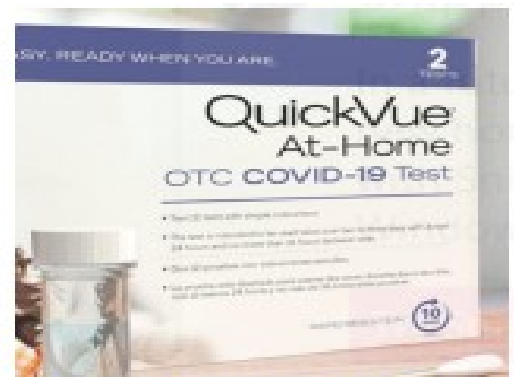
Residential households in the U.S. can order one set of 4 free at-home tests from USPS.com.

Here's what you need to know about your order:

One order includes 4 individual rapid antigen COVID-19 tests

Website: <https://special.usps.com/testkits>

Please call Debbie 298-6877 if you need help ordering.



June

Fun Facts!

Fun Facts: Father's Day-June 21



History of Father's Day

The idea of Father's Day was conceived more than a century ago by Sonora Dodd of Spokane, Washington.

Dodd wanted a special day to honor her father, William Smart, a widowed Civil War veteran who was left to raise his six children on a farm.

June 19 was chosen for the first Father's Day celebration in 1910.

Father's Day has been celebrated annually since 1972 when President Richard Nixon signed the public law that made it permanent.

Why do golfers carry an extra pair of socks?

In case they get a hole in one!



Fathers by the Numbers

72 million*

The estimated number of fathers across the nation.

29 million*

The number of fathers who are also grandfathers.

24 million

The number of fathers living in married-couple family groups with children younger than age 18 in 2019.

2 million

The number of single fathers (without a spouse or partner present) in 2019 living with their children under age 18; **18 percent** of single parents were men.

191,000

The estimated number of stay-at-home dads in 2019.

*2014 is the most recent year for which these data are available.

Gift Ideas for Dad

- **21,000** - The number of sporting goods stores in 2017. These stores are good places to purchase traditional gifts for dad, such as fishing rods and golf clubs.
- **15,000** - The number of hardware stores in 2017, a place to buy hammers, wrenches, screwdrivers, and other items high on the list of Father's Day gifts. Additionally, there were **6,000** home centers across the country in 2017.
- **7,000** - The number of men's clothing stores across the country in 2017, a good place to buy dad a tie or shirt.



Services for Dad

- **104,000** - The number of businesses that provide landscaping services nationwide in 2017.
- **83,000** - The number of general automotive repair businesses nationwide in 2017.
- **5,000** - The number of barber shops nationwide in 2017.



Interesting Facts

12 June 1817

Baron Karl von Drais invented a forerunner to something many of us have today. The draisine was really a running machine - a wooden frame with 2 in-line wheels!

12th June 1929

Anne Frank was born in Frankfurt, Germany. Aged 13 she went in to hiding with her family in Amsterdam to escape persecution under Nazi occupation. After two years her family were betrayed and sent to concentration camps where Anne died.

Her diary from June 1942 to August 1944 is regarded as the most famous personal account of the Holocaust and has been turned into a play as well as a film.



19 June

"Juneteenth" commemorates the freeing of the last US slaves in Texas in 1865. Also called Emancipation Day it celebrates African-American heritage and the wider idea of freedom



Father's Day Traditions Around The World!

Father's Day in the U.S. took about 60 years to be officially established. Former President Richard Nixon signed it into law in 1972. America, and many other countries, celebrate fathers each year on the third Sunday in June.

Father's Day traditions and dates vary around the world. Here's how some other nations celebrate dads each year:

Thailand: Father's Day in Thailand is celebrated on the birthday of King Bhumibol Adulyadej, Dec. 5. The King gives a speech and many Thais wear pink to honor him — the King was once seen wearing a pink blazer as he left the hospital. It is also a tradition for people to give Canna Lilies to fathers and grandfathers.

Russia: Men, not just fathers, are celebrated in Russia on Defender of the Fatherland Day. The Feb. 23 holiday started as a military commemoration. Soldiers are still honored in parades throughout the country. Women give the important men in their lives — not just dads — gifts.

Brazil: Father's day in Brazil celebrates St. Joachim, Mary's father, on Aug. 2. St. Joachim is patron saint of fathers and grandfathers.

Germany: In Germany, Father's Day, or Vatertag, is a federal holiday celebrated on the 40th day of Easter, Ascension Day. Men in Germany traditionally celebrate by pulling wagons loaded with beer and liquor into the woods. Instead of hiking and drinking, some men celebrate by going on bar crawls.

Nepal: The Nepalese celebration of Father's Day is called Gokarna Aunsi, which literally translates as "cow earned no moon night." Sons touch their foreheads to their father's feet and daughters touch their foreheads to their father's hands. Children also give gifts to their fathers.

People also gather at the Gokarna Temple to pray for the fathers who have passed away.

Italy, Spain and Portugal: In these countries, Father's Day coincides with the Feast of St. Joseph on March 19. Religious families typically go to church. Kids also make cards or buy gifts for their dads.



Dad

He never looks for praises

He's never one to boast

He just goes on quietly working

For those he loves the most

His dreams are seldom spoken

His wants are very few

And most of all the time his worries

Will go unspoken too

He's there...A firm foundation

Through all the storms of life

A sturdy hand to hold to

In times of stress and strife

A true friend we can turn to

When times are good or bad

One of our greatest blessings,

The man that we call dad.



cricket®

Apply for the Affordable Connectivity Program

Cricket is excited to bring you the Affordable Connectivity Program (ACP), a federal program that helps lower the cost of service for qualifying households.

**There will be two presentations this month.
If you are interested in applying for a free
phone, make sure you attend one of these
two presentations.**

**Wednesdays, June 15th & 29th
@ 9:00am**

Fernando Diaz, Medicare Agent is available on Tuesdays and Thursdays from 12:30pm-3:00pm to help you with any medical questions you may have. This is by appointment only, you can call me to schedule your appointment.

Thank you,
Luz:)



Father's Day
Pancake Breakfast
From IHOP!
Friday, June 17th
@ 9:00am



Manager's Corner

Just a few friendly reminders:

The lights in front lobby and the hall extending in front of the mailboxes are turned off outside of business hours. If you are checking your mail, receiving a package or have personal business outside of office hours and access these areas you may turn the lights on while you are in the area.

The lights must be turned back off once you leave these areas.

Lastly, any packages delivered by any person or delivery service other than the United States Postal Service must be delivered to the tenants door. The office will **not** receive or store any packages that are not delivered by USPS. It is the tenants responsibility to make delivery arrangements with the delivery service and let the delivery person in to the building upon arrival.

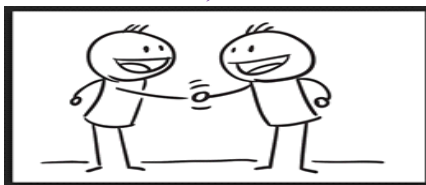
Thank you,

Linda & Yvette



ROAD TO WELLNESS

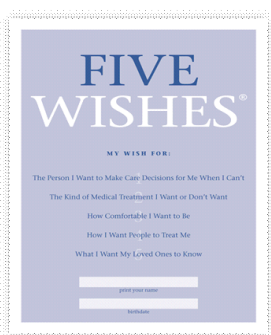
Article credit: Colleen Morton, R.N. Castle Rock, Colorado



The history of the handshake can be traced back thousands of years. It was considered a symbol of peace. It showed that neither person had a weapon in their hand. The pumping of your hands up and down could dislodge any hidden knives or other weapons. Have you ever wondered why you shake with your right hand? This action showed, besides not having a weapon in your hand, that the person you were meeting wasn't going to grab a sword and attack you. In Greek history, gravestones would often depict the deceased person shaking hands with family members, showing a final farewell or was symbolic of a family bond.

In America, it is thought that the Quakers aided in the increasing popularity of a handshake. They felt it was a more democratic form of greeting compared to traditions of bows, curtsies or hat doffing. In the business world, a handshake has been considered a form of non-verbal communication. A firm handshake, along with direct eye contact, signifies confidence during a job interview. A handshake at the end of a business meeting can "seal the deal." Let's not forget about "high fives" and fist bumps to name a few of the more modern variations of the handshake.

The future of the handshake is now in question. We have all showed that with less hand to hand contact there is a reduced amount of cold and flu illnesses being passed around. Mostly that's because we know our hands often carry the very viruses that spread those illnesses. The average person touches his or face up to about 20 times an hour. We scratch our noses, touch our hair and place our head on our hands, which transfers anything from our hands to our face. Viruses need a place to enter our bodies, and unfortunately there are quite a few entry places on our faces. With the recent pandemic, we are now looking at handshakes from a different perspective. Replaced with waves and elbow bumps, only time will tell if there are new traditions out there just waiting to be had. In the meantime, if you keep washing your hands after any hand-to-hand contact, you have done your part to reduce the spread of colds and flu and whatever else lurks out there. Twenty seconds with water, friction and soap when possible, or a dime-sized glob of waterless hand cleaner rubbed completely away, will do the trick.



Five Wishes Booklets and File of Life Pouch Available

Five wishes is a legal document that helps adults express how they want to be cared for in case they become seriously ill and can't speak for themselves. It is written in everyday language and covers medical, legal, personal, spiritual and family matters. It brings the peace of mind that comes from knowing your wishes will be known and respected. It is also a gift for family members who now won't have to guess or second guess what you want. I also have the File Of Life magnetic pouch. It is very important to keep the File of Life on your refrigerator.

The paramedics always look there when responding to an emergency.

Please look at your File of Life to see if it needs to be up-dated or if you don't have one call me @ 722-9963 for either the Five Wishes or File of Life or if you need both.

Luz:)

Paul Newman

The **bold** words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

BUTCH **CASSIDY** AND THE
SUNDANCE KID

THE **COLOR** OF **MONEY**

COOL HAND **LUKE**

FAT **MAN** AND

LITTLE BOY

THE **HUSTLER**

NEWMAN'S OWN

NOBODY'S FOOL

RACE CAR **DRIVER**

ROAD TO **PERDITION**

THE **STING**

THE TOWERING **INFERNO**

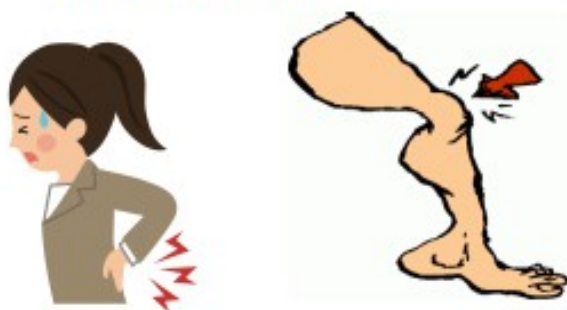
THE **VERDICT**

JUNE 2022

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



TROY J PEARSON—WELLNESS DIRECTOR

MANAGING CHRONIC PAIN WITH EXERCISE

Inactivity leads to stiff muscles, decreased mobility, and decreased strength. These effects can worsen the symptoms of chronic pain. Engaging in a regular exercise routine can help you manage your symptoms and improve your overall health.

Exercise is a common treatment for chronic pain. Depending on your current state of health, it may help decrease inflammation, increase mobility, and decrease overall pain levels, no additional medication required.

Try a combination of the cardio, stretching, and strength exercises below and you may feel some of your pain ease away over time.

Cardiovascular exercise has several physical and mental benefits and can be particularly helpful for people with chronic pain. Cardio can be done any time of day and often requires little or no equipment. You don't have to run! You can walk our air-conditioned hallways and add the stairs if you are able.

If you have chronic pain in your low back or neck, stretching can relieve tension and stiffness.

Building strength with low-impact and appropriate resistance exercises is important for stabilizing the joints and preventing future injuries.

For people living with chronic pain, adequate core strength is especially important. It helps you maintain proper posture and balance and reduces the risk of injuries that could lead to more pain. Working the muscles of the abdomen, hips, and back can help improve core strength and stability.

WELLNESS CENTER CALENDAR JUNE 2022



THURSDAY— 06/02

1:00PM—JOYFUL MOVEMENTS

TUESDAY— 06/07

NOON—CHAIR STRETCH & STRENGTH

2:00PM—AEROBICS

THURSDAY - 06/09

NOON—ACTIVE CHAIR WORKOUT

2:00PM—AGELESS YOGA

TUESDAY – 06/14

NOON—CHAIR DANCE

2:00PM—CHAIR TAI-CHI

THURSDAY – 06/16

1:00PM—JOYFUL MOVEMENTS

TUESDAY – 06/21

NOON—LOWER BODY STRETCH

2:00PM—UPPER BODY STRETCH

THURSDAY – 06/23

NOON—LOW-IMPACT UPPER BODY

2:00PM—LOW-IMPACT LOWER BODY

TUESDAY— 06/28

NOON—TAI-CHI

2:00PM—ACTIVE CHAIR WORKOUT

THURSDAY—06/30

NOON—SIT & BE FIT

2:00PM—HIGH TEA



**The Gym will be open
during office hours only!
Monday-Friday
8:00am-5:00pm**

Resident Activities June 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|---------------------------------------|
| BINGO BINGO EVERY MONDAY @ 2:00pm | Tuesday, June 14th Food Box | Medicare/DES Information 12:30pm-1:30pm W/Fernando Diaz 4:00pm Sewing Class | 1 | 2 Medicare/DES Information 12:30pm-1:30pm W/Fernando Diaz 1:00pm Dancesequences 11:30am PCOA Meals | 3 **4:00pm Bible Study | 4 7:00pm Movie Night |
| 5 9:00am Coffee and Donuts in the Coffee room | 6 9:00am Coffee time 11:30am PCOA Meals 5:00pm Tatyana Piano Time | 7 Medicare/DES Information 12:30pm-1:30pm W/Fernando Diaz 4:00pm Sewing Class | 8 9:00am Electronic Caregiver In service | 9 11:30am PCOA Meals Medicare/DES Information 12:30pm-1:30pm W/Fernando Diaz 4:00pm Knitting Class 6:00pm Tatyana Piano Time | 10 **4:00pm Bible Study 3:00pm Origami Class | 11 7:00pm Movie Night |
| 12 | 13 9:00am Coffee time 11:30am PCOA Meals 4:00pm Sing-A-Long | 14 Medicare/DES Information 12:30pm-1:30pm W/Fernando Diaz Flag Day 4:00pm Sewing Class | 15 9:00am Affordable Connectivity Program | 16 11:30am PCOA Meals Medicare/DES Information 12:30pm-1:30pm W/Fernando Diaz 4:00pm Knitting Class 6:00pm Tatyana Piano Time | 17 9:00am Father's Day Pancake Breakfast Pancake Breakfast | 18 7:00pm Movie Night |
| 19 HAPPY Father's DAY | 20 9:00am Coffee time 11:30am PCOA Meals 5:00pm Tatyana Piano Time | 21 Medicare/DES Information 12:30pm-1:30pm W/Fernando Diaz 4:00pm Sewing Class Happy First Day of Summer! | 22 | 23 11:30am PCOA Meals Medicare/DES Information 12:30pm-1:30pm W/Fernando Diaz 4:00pm Knitting Class 6:00pm Tatyana Piano Time | 24 **4:00pm Bible Study 3:00pm Origami Class | 25 7:00pm Movie Night |
| 26 | 27 9:00am Coffee time 11:30am PCOA Meals 4:00pm Sing-A-Long | 28 Medicare/DES Information 12:30pm-1:30pm W/Fernando Diaz 4:00pm Sewing Class | 29 9:00am Affordable Connectivity Program 2:00pm Art Class | 30 Medicare/DES Information 12:30pm-1:30pm W/Fernando Diaz 11:30am PCOA Meals 2:00pm High Tea 6:00pm Tatyana Piano Time | ** this event is not sponsored by Strauss Manor | |