



# Strauss Manor Monthly Newsletter August 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



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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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From  
*the desk*  
of  
your  
**Service Coordinator**



Luz Servin

-Service Coordinator-

## Happy August !

Here we are already at the last month of summer and I hope all of you are enjoying the warm long days and resting up for a fun filled fall. The fall is one of my busiest times of the year, this is when I start planning for the upcoming holidays:)



### Last Month in Review

July went by in a flash! Last month was so much fun getting to see many of you at our Fourth of July cookout and resident birthday celebration.

Thanks to Suzidee for the great concert (Remembering the Times).

The Tucson Canine Doggie Dancing was a great treat and high tea and morning coffee have been a great get together.

I hear the residents laughing, sharing their stories, poetry and some have shared their family pictures.

We are so glad everyone is having a great time.

We have a similar month planned ahead for you. We will be celebrating August with a luau.

We hope everyone participates, it will be so much fun.

Bring your grass skirts!



For those of you who love to knit and crochet, come down to the MPR and pick up some yarn.

I will have bins full of yarn available for you to take home on Wednesday, August 3<sup>rd</sup> at 1:00pm.

Just a reminder, if you have any questions regarding any building issues, you can call the manager and assistant manager. For information on senior services, you can call me,

your service coordinator. Our phone numbers are in the front page of your newsletter.

Hope to see many of you come down to bingo for a chance to win some of our great prizes.

Spreading positivity is important because we live in a world where every time you turn on the TV, radio or internet, we're inundated with negativity and hatefulness.

I get that we all don't have the same opinions. But if you spread love and positivity, you have the power to influence others in a positive way as opposed to a negative one.

Doesn't that make for a better world? I have a big selection of greeting cards.

If you would like to brighten someone's day with sending a card and promote positivity, come see me.

Please remember to check your calendar for any events you may wish to attend.

May you all have a great month!





~Luz Servin~ Service Coordinator

## Privacy Issues

Please realize that when a resident is having a problem or issue (ie: Hospital stay, needing services, etc.), it is their personal business and a private matter. When you ask staff where another resident is, or if staff is helping them with a personal issue, please be aware that we cannot discuss these matters with other residents unless given express permission. When we say we cannot discuss another resident's information with you (including illness, hospitalization, rehab, absence from unit, lease concerns, etc), we are protecting their right to privacy just as we would protect yours. That information is confidential and not to be shared. You can, as a neighbor and friend, ask that person yourself, but they have the right to divulge only the information they wish to tell you. Please, let us all respect each other's privacy.

Today will never come again,  
Be a blessing, be a friend.

♥♥ Encourage someone,  
take time to care.   
 Let your words heal,  
and not wound. ♥♥

TO MAKE A DIFFERENCE  
IN SOMEONE'S LIFE, YOU  
DON'T HAVE TO BE BRILLIANT,  
RICH, BEAUTIFUL, OR PERFECT.  
YOU JUST HAVE TO CARE



"Ah, kindness."  
What a simple way to  
tell another struggling  
soul that there is love  
to be found in the  
world."



What the world  
needs right now is a  
little bit  
more  
Kindness  
and a lot more  
**Love!**



## MENTAL HEALTH HELPLINES

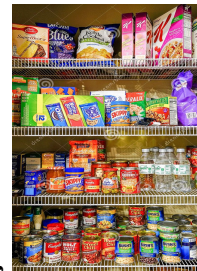
People experiencing a mental health crisis have a new way to reach out for help in the U.S. The new three-digit **988 Suicide & Crisis Lifeline** is designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional.

During a crisis, you can text 741741 for free 24/7 support from a trained counselor. You can also call the **NAMI HelpLine (1-800-950-6264)** or go online ([www.nami.org/help](http://www.nami.org/help)) to chat with a trained volunteer.

The **Crisis Line, (520) 622-6000 (local)**, can connect you with a counselor 24/7.



## EMERGENCY FOOD PANTRY & Hygiene



If anyone runs low on food or hygiene items during the month, I have an Emergency food and hygiene pantry. I have various items, such as tuna, fruit cups, soups, instant coffee, oatmeal etc. I also have dental cleaner dish soap, toothbrushes, toothpaste, paper towels, bath tissue, Kleenex, incontinent supplies such as poise pads and depends. please call me during my office hours @ 722-9963 and let me know if you have an **EMERGENCY** and need anything. All distributions are kept confidential.



**Eden Health  
Home Care  
Blood pressure  
Clinic  
Tuesday's  
@ 9:00am  
In the coffee room**

**Pizza & Begee's  
Luncheon  
Friday, August 12<sup>th</sup>  
@ 11:30am**



This refreshing treat is a snap to make and really satisfies on a hot summer day!

First, make a simple syrup by boiling 1 cup of sugar with 1 cup of water, add a handful of mint leaves as it cools and then strain. Next remove the flesh of 1 large watermelon, deseed, and puree until smooth, add the simple syrup to taste. Pure mix into a shallow pan and freeze solid. Using a fork, scrape the flavored ice up and scoop into dishes and enjoy on a sunny patio!



**Manager's Corner**

Just a friendly reminder:

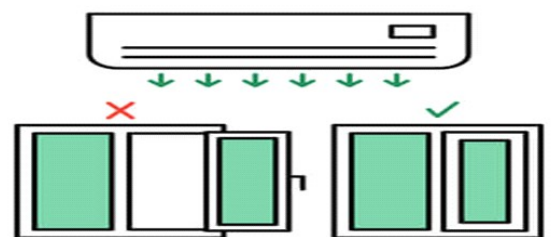
Staying cool.....



Please ensure that your apartment windows are closed while AC (air conditioner) system is being used. Having the window open makes the unit over work and could cause damages. Thank you for your cooperation.

Thank you,

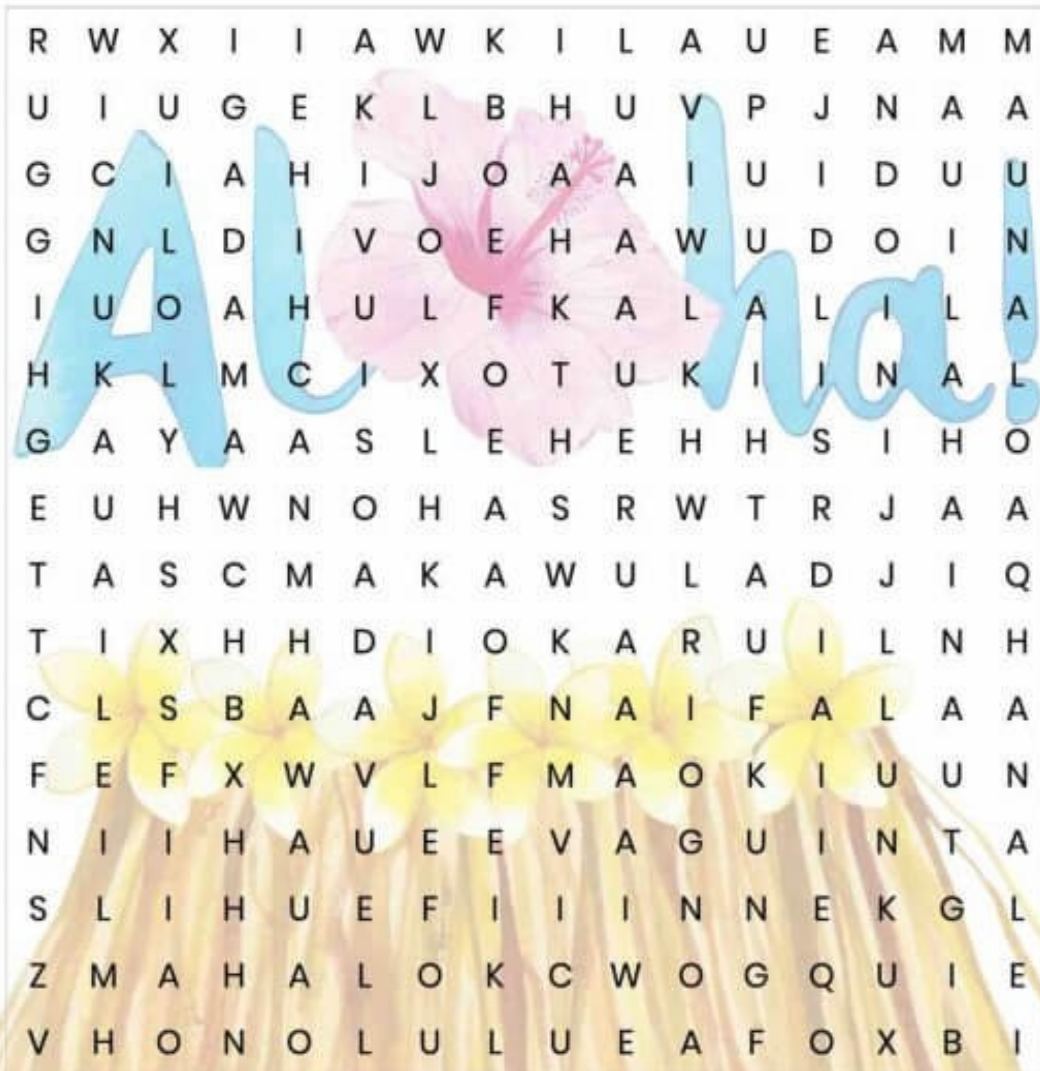
Linda & Yvette



**SAVE ENERGY**

KEEP WINDOWS CLOSED WHEN USING AIR CONDITIONING

# Hawaiian Word Search



ALOHA  
HANAIEI  
HILO  
HULA  
KAUAI  
KONA  
LANAI  
LUAU  
MANGO  
MAUNA LOA  
NIIHAU  
SHAKA  
SURFING  
WAILEA

HALEIWA  
HAWAII  
HONOLULU  
KAHULUI  
KILAUEA  
LAHAINA  
LIHUE  
MAHALO  
MAUI  
MOLOKAI  
OAHU  
SHAVE ICE  
WAIKIKI  
WAILUA

# PREVENT HEAT ILLNESS

DANGEROUS HEAT EXPOSURE CAN OCCUR INDOORS OR OUTDOORS, IN ANY SEASON. WHEN WORKING IN A HEATED ENVIRONMENT, PEOPLE NEED TO BUILD A TOLERANCE TO THE HEAT.

## PREVENT IT BY:

- Drinking cool water
- Dressing for the heat
- Taking rest breaks
- Watching out for each other
- When in doubt, call 911.

## + FIRST AID TIPS FOR HEAT ILLNESS:

- Headache or nausea.....»Give cool water to drink
- Weakness or dizziness .....»Remove unnecessary clothing
- Heavy sweating or hot, dry skin .....»Move to a cooler area
- Elevated body temperature.....»Cool with water, ice, or a fan
- Thirst.....»Do not leave alone
- Decreased urine output .....»Seek medical care

## SIGNS OF A MEDICAL EMERGENCY:

- Abnormal thinking or behavior
  - Slurred speech
  - Seizures
  - Loss of Consciousness
1. call 911 immediately
  2. cool the person right away with water or ice
  3. stay with the person until help arrives

This information was obtained from [OSHA.gov/heat](http://OSHA.gov/heat).



Monsoon season is here with lots of rain and wind, so please be careful when outdoors. It's that time of year in the Old Pueblo when the temperatures soar! Please remember to use sun screen and a wide-brimmed hat when going outdoors. It is also important to drink plenty of fluids to stay hydrated. At least 6-8, 10 ounce glasses of water per day is recommended.

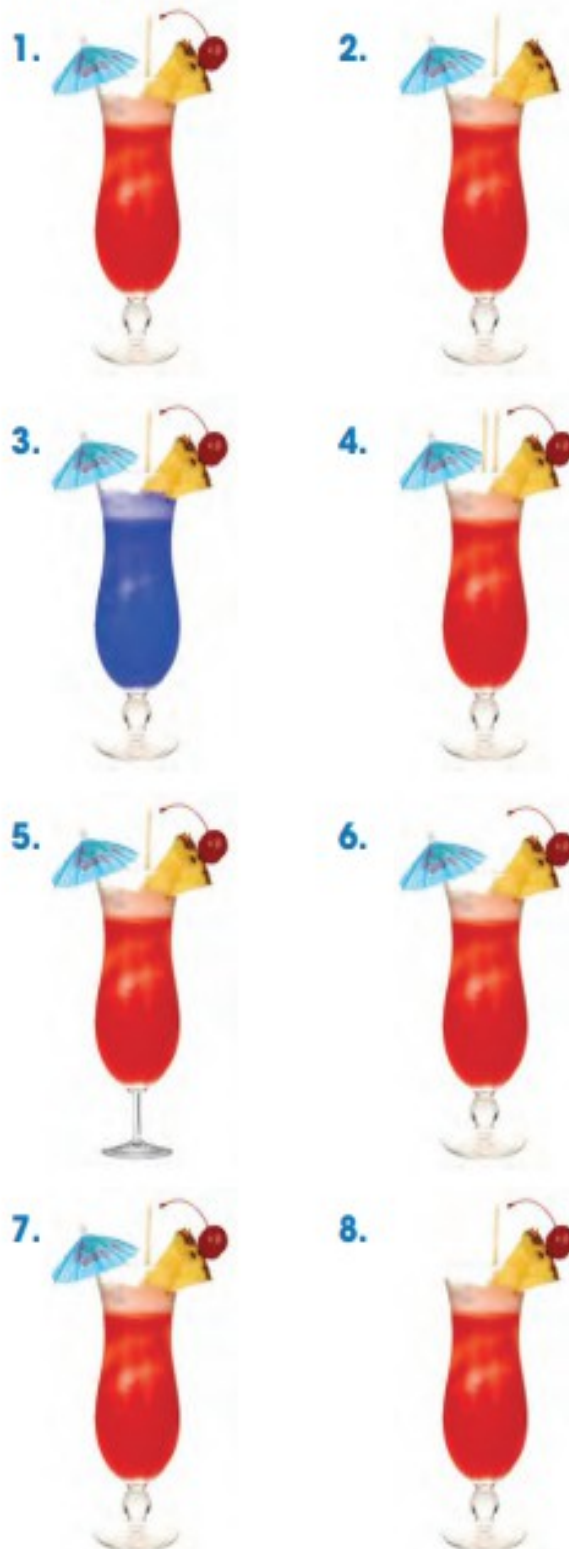


# PUZZLES

Unscramble the letters to reveal words associated with a State Fair.

1. ABNOSLLO \_\_\_\_\_
2. MAESG \_\_\_\_\_
3. ATHELPNE AER \_\_\_\_\_
4. SREHSO \_\_\_\_\_
5. LEDNOAME \_\_\_\_\_
6. SREFRI EWLEH \_\_\_\_\_
7. KTTIEC \_\_\_\_\_
8. ITNICEXG \_\_\_\_\_
9. NROC GDSO \_\_\_\_\_
10. IEZPRS \_\_\_\_\_
11. BRSBTAI \_\_\_\_\_
12. CNTTOO YDACN \_\_\_\_\_
13. OSTGA \_\_\_\_\_
14. NCORPOP \_\_\_\_\_
15. LAREFF \_\_\_\_\_
16. TACTLE \_\_\_\_\_
17. BXIEITH \_\_\_\_\_
18. VROUNSI \_\_\_\_\_

Find the two cocktails below that are exactly alike.



Balloons, Games, Elephant Ear, Horses, Lemonade, Ferris Wheel, Ticket, Exciting, Corn Dogs, Prizes, Rabbits, Cotton Candy, Goats, Popcorn, Raffle, Cattle, Exhibit, Souvenir

**ANSWER**

**ANSWER**

**AUGUST 2022**

**B'NAI B'RITH**

**GERD & INGE STRAUSS MANOR**

**WELLNESS CENTER**



**TROY J PEARSON—WELLNESS DIRECTOR**

## **HEAT SAFETY TIPS**

- **Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.**
  - **If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit your use of the oven. Keep your shades, blinds, or curtains closed during the hottest part of the day. Open your windows at night.**
  - **If your house is hot, try to spend time during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.**
- **Dress for the weather. Some people find natural fabrics, such as cotton to be cooler than synthetic fibers.**
- **Don't try to exercise or do a lot of activities outdoors when it's hot.**
- **Avoid crowded places when it's hot outside. Plan trips during non-rush-hour times. If necessary, take a taxi or call for senior transportation. Don't stand outside in the heat waiting for a bus.**



# WELLNESS CENTER CALENDAR AUGUST 2022



**TUESDAY- 08/02**

NOON—SIT & BE FIT

2:00PM—AEROBICS



**THURSDAY- 08/04**

NOON—CHAIR STRETCH & STRENGTH

2:00PM—TAI- CHI & BREATH

**TUESDAY - 08/09**

NOON—ACTIVE CHAIR WORKOUT

2:00PM—AGELESS YOGA

**THURSDAY - 08/11**

NOON—CHAIR DANCE

2:00PM—CHAIR TAI-CHI

**TUESDAY - 08/16**

NOON—CARDIO-DRUMMING

2:00PM—BALANCE & BREATH

**THURSDAY - 08/18**

NOON—LOWER BODY STRETCH

2:00PM—UPPER BODY STRETCH

**TUESDAY - 08/23**

NOON—LOW-IMPACT UPPER BODY

2:00PM—LOW-IMPACT LOWER BODY

**THURSDAY- 08/25**

2:00PM—HIGH TEA

**TUESDAY- 08/30**

NOON—TAI-CHI

2:00PM—CARDIO-DRUMMING



# Resident Activities August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p><b>**this event is not Sponsored by Strauss Manor</b></p>		<p><b>9:00am Blood Pressure clinic</b></p>  	<p><b>1:00pm Yarn Give Away</b></p> <p><b>1:30pm Craft Class W/ Oak Tree Health</b></p>	<p><b>11:30am PCOA Meals Medicare/DES Information</b></p> <p><b>12:30pm-1:30pm W/Fernando Diaz</b></p> <p><b>5:00pm Tatyana Piano Time</b></p>	<p><b>3:00pm Origami Class</b></p> <p><b>**4:00pm Bible Study</b></p>	 <p><b>2:00pm MOVIE TIME</b></p>
	<p><b>8 9:00am Coffee time</b></p> <p><b>11:30am PCOA Meals</b></p> <p><b>2:00pm BINGO</b></p> <p><b>4:00pm Sing~A~Long</b></p>	<p><b>9 9:00am Blood Pressure clinic</b></p>  <p><b>Food Box</b></p>  <p><b>Medicare/DES Information</b></p> <p><b>12:30pm-1:30pm W/Fernando Diaz</b></p>		<p><b>11 11:30am PCOA Meals</b></p> <p><b>Medicare/DES Information</b></p> <p><b>12:30pm-1:30pm W/Fernando Diaz</b></p> <p><b>5:00pm Tatyana Piano Time</b></p>	<p><b>12 11:30am Resident Luah Luncheon</b></p>  <p><b>&amp; Eege's</b></p> <p><b>**4:00pm Bible Study</b></p>	 <p><b>2:00pm MOVIE TIME</b></p>
	<p><b>15 9:00am Coffee time</b></p> <p><b>11:30am PCOA Meals</b></p> <p><b>2:00pm BINGO</b></p> <p><b>5:00pm Tatyana Piano Time</b></p>	<p><b>16 9:00am Blood Pressure clinic</b></p>  <p><b>Medicare/DES Information</b></p> <p><b>12:30pm-1:30pm W/Fernando Diaz</b></p>		<p><b>18 11:30am PCOA Meals</b></p> <p><b>Medicare/DES Information</b></p> <p><b>12:30pm-1:30pm W/Fernando Diaz</b></p> <p><b>5:00pm Tatyana Piano Time</b></p>	 <p><b>3:00pm Origami Class</b></p> <p><b>**4:00pm Bible Study</b></p>	 <p><b>2:00pm MOVIE TIME</b></p>
	<p><b>22 9:00am Coffee time</b></p> <p><b>11:30am PCOA Meals</b></p> <p><b>2:00pm BINGO</b></p> <p><b>4:00pm Sing~A~Long</b></p>	<p><b>23 9:00am Blood Pressure clinic</b></p>  <p><b>Medicare/DES Information</b></p> <p><b>12:30pm-1:30pm W/Fernando Diaz</b></p>		<p><b>25 11:30am PCOA Meals</b></p> <p><b>Medicare/DES Information</b></p> <p><b>12:30pm-1:30pm W/Fernando Diaz</b></p> <p><b>2:00pm High Tea</b></p> <p><b>5:00pm Tatyana Piano Time</b></p>	 <p><b>Happy National Dog Day!</b></p> <p><b>**4:00pm Bible Study</b></p>	 <p><b>2:00pm MOVIE TIME</b></p>
	<p><b>29 11:30am PCOA Meals</b></p> <p><b>2:00pm BINGO</b></p> <p><b>5:00pm Tatyana Piano Time</b></p>	<p><b>30 9:00am Blood Pressure clinic</b></p>  <p><b>Medicare/DES Information</b></p> <p><b>12:30pm-1:30pm W/Fernando Diaz</b></p>				