



Important Numbers



Office Hours:

**Monday – Friday
8:00 AM – 5:00PM**

Manager

**Linda Neese
(520) 722 - 9015**

Assistant Manager

**Debbie Gonzalez
(520) 722 - 9687**

Service Coordinator

**Luz E. Gallego
(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

f Join us

**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

December 2022



Merry Christmas & Happy Hanukkah

**Our newsletter is printed courtesy of UnitedHealthCare
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).

HAPPY HOLIDAYS
FROM
STRAUSS MANOR
2022



Happy Holidays!

We all survived Thanksgiving, though perhaps a couple pounds heavier...

WOW, wasn't that a great meal? We hope everyone enjoyed our Thanksgiving meal.

I received lots of great compliments from our residents.

A special thanks to our Board of Directors for funding our event.

Christmas? Already? And a New Year...2023 is just around the corner!

May this holiday season be filled with the simple pleasures of cards, calls and visits from family and friends. December is a wonderful time to get together with the ones that mean so much to us. Showing kindness to everyone and helping one another is something to be proud of here at Strauss Manor. Make this season of giving and gratitude.

The smallest acts of kindness can be our biggest blessings and gifts.

We have a few holiday events planned that you don't want to miss, so mark your calendars! We will be celebrating Christmas/Hanukkah on Saturday, December 17th @ 11:30 am catered by Golden Corral and Funded by our Board Of Directors:)

Kids Unlimited Dance Studio will be performing after the luncheon.

Santa will be visiting, let's hope you made the nice

(not the naughty) list:)

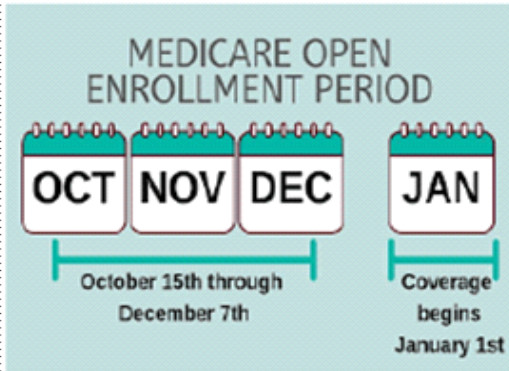


Merry Christmas
& Happy Chanukah!



Luz Servin
Service Coordinator

RESOURCES



Medicare Annual Open Enrollment is from **October 15th to December 7th** where you can make as many changes as you need but the last change you make on or before **December 7th** will take effect on **January 1, 2023.**

Please look out for your Social Security Letters that will stipulate your new income amount for the upcoming year 2023. These are very important as you will need them throughout next year. Keep them in a safe place.



Resident Services

CSFP

Commodity Senior Food Program



COMMUNITY FOOD BANK OF SOUTHERN ARIZONA

Notice of Program Change!

Dear CSFP Clients,

November and December will be the final two months of senior food box delivery and on-site enrollment and recertification at **Strauss Manor on Pantano**, located at 370 N Pantano Rd., Tucson, AZ.

Beginning January 2023, enrollments, recertifications, and food box pick up can only be done at Community Food Bank locations.

For more information, please call (520) 449-8356, or email foodplus@communityfoodbank.org Thank you.

Beginning January 1, 2023, you can recertify and pick up a CSFP senior food box at any of your local Community Food Bank locations:

facebook

Please visit our Facebook page where I posts 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 and we have a link on the computers in the computer room if you want to view it there. Also tell your friends and family so they can keep up with the happenings at Strauss Manor.

Thank you,
Luz:)

If anyone runs low on food or other items during the month, I have an emergency food and personal hygiene pantry. You can call for an appointment at 722-9963. All distributions are kept confidential.





CHRISTMAS WORD SEARCH



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

BELLS
 CANDLES
 CANDY CANE
 CARDS
 CELEBRATE
 CHIMNEY
 CHRISTMAS

RUDOLPH
 SANTA
 SEASON
 SLEIGH
 STOCKING
 TREE
 WREATH

ELVES
 FROSTY
 GIFT
 GIVING
 GREETINGS
 HOLIDAY
 JOLLY

JOY
 MERRY
 MISTLETOE
 NOEL
 NORTH POLE
 REINDEER



Hanukkah Word Search

Candles

Dreidel

Judaism

Challah

Family

Lights

White

Coins

Latke

Eight

Lamp

Gifts

Hora

Blue

Gelt

Oil

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



HANUKKAH



TRIVIA



© MEEBILY

- Q.1. What does the word "Chanukah" mean?
- Q.2. How many days is Hanukkah celebrated?
- Q.3. What is the number of Matisyahu's sons who fought Greeks?
- Q.4. What type of Oil is used for Menorah?
- Q.5. What number of Lambs does Menorah has in Temple?
- Q.6 How long does "Chanukah" lasts?
- Q.7. What is the alternative name "Hanukkah"?
- Q.8. On which day does Chanukah starts every year?
- Q.9. What is the number of branches of Menorah Temple?
- Q.10. What is the number of blessings Jews say on first night?
- Q.11. What is the spinning toy children play with on Hanukkah?
- Q.12. Which prayer is said on lightening of Menorah?
- Q.13. In which community, the Jewish revolt begin?
- Q.14. How many candles are needed for all of Hanukkah?
- Q.15. What is the name of candle used to light other candles?

- | | | | |
|-----------------|------------------------|-----------------------|----------------|
| 4). Olive Oil | 12). Haneiros Hallalu | 10). Three | 1). Dedication |
| 14). Fouty Four | 7). Festival of Lights | 6). 8 Days & 8 Nights | |
| 11). Dreidel | 9). Seven | 2). 8 Days | 15). Shamash |
| 5). Seven | 8). 25th Kislev | 13). Modin | 3). Five |




Christmas Cookie Quiz

How well do you know your Christmas cookies?

Match the description with the cookie. Answers on Page **14**

- | | | |
|-----------|---------------------------------------|----------------------|
| 1. _____ | Used to decorate gifts | A. Truffles |
| 2. _____ | Opposite of tall bread | B. Pumpkin |
| 3. _____ | Churned cream | C. Shortbread |
| 4. _____ | Rolled flakes pressed together | D. Haystacks |
| 5. _____ | Red Christmas plant | E. Cathedral Windows |
| 6. _____ | Spins round and round | F. Butter |
| 7. _____ | Rare wild mushrooms | G. Biscotti |
| 8. _____ | Reptiles that hide in their shells | H. Snickerdoodles |
| 9. _____ | Girl Scouts ages 7-10 | I. Thumbprint |
| 10. _____ | Decorate men, women & houses | J. Gingerbread |
| 11. _____ | Don't leave this at a crime scene | K. Snowball |
| 12. _____ | Twice baked Italian biscuits | L. Meringue |
| 13. _____ | Stained glass accents on a church | M. Turtles |
| 14. _____ | Piled, mowed & cured grass for cows | N. Poinsettia |
| 15. _____ | Stiffly beaten egg whites & sugar | O. Brownies |
| 16. _____ | Giggling while drawing absentmindedly | P. Ribbon |
| 17. _____ | This makes the medicine go down | Q. Pinwheel |
| 18. _____ | A popular Thanksgiving squash | R. Sugar |



Christmas Movie Trivia

How well do you know your Christmas movies?

Answers on Page **14**

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?

'Tis the Season to do some Christmas shopping:)



Come down to shop for some good deals:)

Would you like to make a little cash for the holidays?

Join us in the MPR
Wednesday, December 7th
From

8:00am-1:00pm

Household items, clothing, toys, games, jewelry,
home decor, dishware etc...
(bring your own reusable bags)

If you would like to participate and request a table/space
for your items, call me @ 520-722-9963.

Luz:)



Christmas Stocking Project

This is one of my many projects
I love doing with my residents.
Sending holiday cheer to the children
that will be spending Christmas in the hospital
We collect teddy bears all year round.
If you would like to donate a stuff toy
about 10-12 inches high call me @ 520-722-9963
or email me @ Straussmanorsca@westoffice.net
Residents, if you would like to help with getting this
special project going, see me.
Luz:)



Resident Spotlight A BIG Thanks to my resident volunteers !



I am so grateful to our resident volunteers for their help and dedication.

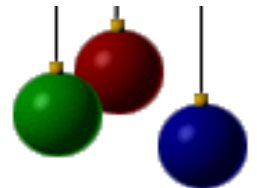
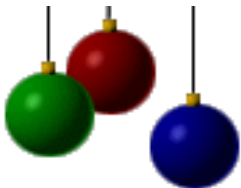
You make it so much easier to run these programs.

May you all have an awesome holiday season:)

Luz:)

No one is more cherished in this world than someone
who lightens the burdens of another. Thank you~

Author unknown



WHAT'S GOING ON THIS MONTH

Please join us for our Christmas/Hanukkah holiday luncheon

Saturday, 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 and a
Slice of Pecan Pie



Santa
IS COMING
to Strauss Manor

PRESENTS & GIFTS
FOR EVERYONE



Saturday,
December 17th @ 2:00pm
KU Kids Unlimited Studios
will be performing on
Saturday,
December 17th @ 2:00pm

THANKS!

I APPRECIATE YOU!

Thanks a Million!

Thank you!

Gracias!



B'nai B'rith Strauss Manor
Board of Directors

THRIVENT
FINANCIAL

THANK YOU
Biltmore Properties Inc



ArchWell
HEALTH

allwell



Dependable
HEALTH SERVICES
Dependable... Not Just A Name, A Commitment

CELEBRATING SENIORS AND
MAKING DREAMS COME TRUE

Higher Ground Ministries



Manager's Corner

Reminder, if you can't reach the office or if after hours, please **call the maintenance phone 272-3172 for building maintenance emergencies only.**

Please use your pull cord or call 911 for all other emergencies. If you see another person needing medical attention, please call 911.

Also, the Laundry Room equipment is leased by CPEC Coin & Professional Equipment Co.

To report all service concerns or have questions on the equipment contact CPEC at (520) 790-7377.

Prior to calling please be prepared with the following:

What the issue is

Which machine you are calling in regard to.

Thank you,
Linda & Debbie



The Meaning of HANUKKAH

Hanukkah is the eight-day Jewish celebration commemorating the rededication of the Second Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire.



Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25th as a religious and cultural celebration among billions of people around the world.

New Year's Eve is a day of mixed feelings for many people. It is a time to celebrate the end of the year gone by and welcome what is in store in the New Year!

*Goodbye
2022
Hello
2023*



★
joy
peace
Love
Christ
Family
Laughter
believe
memories
snowball fights
TOGETHER
warm & cozy
happines
hugs and kisses
harmony
magic

Strauss Manor Door Decorating Contest

Starting-December 1st Ending- December 19th



The winners will be notified by phone.

Prizes for 1st 2nd & 3rd place



DECEMBER 2022
B'NAI B'RITH
GERD & INGE STRAUSS MANOR

Happy Holidays



TROY J PEARSON—WELLNESS DIRECTOR

FOUR HEALTHY HOLIDAY TIPS

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 2022

THURSDAY, DECEMBER 1ST

1:00PM—JOYFUL MOVEMENTS

TUESDAY, DECEMBER 6TH

NOON—TAI-CHI

2:00PM—CARDIO-DRUMMING

THURSDAY, DECEMBER 8TH

NO CLASSES

TUESDAY, DECEMBER 13TH

NOON—CHAIR DANCE

2:00PM—CHAIR TAI-CHI

THURSDAY, DECEMBER 15TH

1:00PM—JOYFUL MOVEMENTS

TUESDAY, DECEMBER 20TH

NOON—SIT & BE FIT

2:00PM—CARDIO-DRUMMING

THURSDAY, DECEMBER 22ND

NOON—LOW-IMPACT UPPER BODY

2:00PM—LOW-IMPACT LOWER BODY

TUESDAY, DECEMBER 27TH

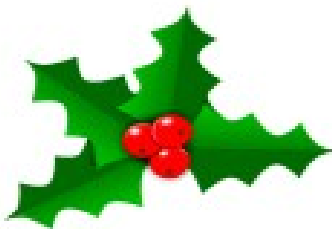
NOON—AGELESS YOGA

2:00PM—TAI-CHI

THURSDAY, DECEMBER 29TH

NOON—LOWER BODY STRETCH

2:00PM—UPPER BODY STRETCH



Resident Activities December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sugar Cookie Answers from Page 14 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 14 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 Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz 1:00pm Joyful Movements</p>	<p>2 9:00am Coffee time edenhealth 2:00pm ORIGAMI CLASS **4:00pm BIBLE Study</p>	<p>3 </p>
<p>4 </p>	<p>5 9:00am Coffee time 9:00am AVON 2:00pm BINGO 5:00pm Tatyana Piano Time</p>	<p>6 9:00am Coffee time Food Box  Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz</p>	<p>7 9:00am Coffee time 8:00am-1:00pm Rummage Sale In the MPR 2:00pm Knitting and Crocheting Group  Bring your project along and join us</p>	<p>8 9:00am Coffee time Offices Closed Staff in Phoenix For Corporate Holiday party</p>	<p>9 9:00am Coffee time  **4:00pm BIBLE Study</p>	<p>10  2:30pm A Christmas Carol W/SuziDee</p>
<p>11 </p>	<p>12 9:00am Coffee time 2:00pm BINGO 4:00pm Sing-A-Long</p>	<p>13 9:00am Coffee time Medicare/DES Information 9:00am W/Sheryl Pinkstaff</p>	<p>14 9:00am Coffee time 10:00am Sewing Class  2:00pm Knitting and Crocheting Group  Bring your project along and join us</p>	<p>15 9:00am Coffee time Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz</p>	<p>16 9:00am Coffee time edenhealth 2:00pm ORIGAMI CLASS **4:00pm BIBLE Study</p>	<p>17  11:30am Resident Christmas/ Hanukkah 2:00pm Kids Unlimited Studios</p>
<p>18  Hanukkah Begins</p>	<p>19 9:00am Coffee time 2:00pm BINGO 5:00pm Tatyana Piano Time</p>	<p>20 9:00am Coffee time Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz</p>	<p>21 9:00am Coffee time 10:00am Sewing Class  2:00pm Knitting and Crocheting Group  Bring your project along and join us</p>	<p>22 9:00am Coffee time Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz</p>	<p>23 9:00am Coffee time 12:00pm Private Party **4:00pm BIBLE Study</p>	<p>24 2:00pm  MOVIE TIME </p>
<p>25 </p>	<p>26 9:00am Coffee time Offices Closed For the Christmas Holiday Hanukkah Ends Kwanzaa Begins</p>	<p>27 9:00am Coffee time Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz</p>	<p>28 9:00am Coffee time 10:00am Sewing Class  2:00pm Knitting and Crocheting Group  Bring your project along and join us</p>	<p>29 9:00am Coffee time Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz</p>	<p>30 3:00pm Resident DANCE In the MPR **4:00pm BIBLE Study</p>	<p>31 2:00pm  MOVIE TIME New Year's Eve Kwanzaa ends</p>