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

Pima Council on Aging
Information and Help
(520) 790 - 7262

Wellness Director
Troy Pearson

Board Liaisons
Nicky & Vicky

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 boletín 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!

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
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.
Hanukkah Word Search

Candles
Dreidel
Judaism
Challah
Family
Lights
White
Coins
Latke
Eight
Lamp
Gifts
Hora
Blue
Gelt
Oil
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?
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
2. Opposite of tall bread
3. Churned cream
4. Rolled flakes pressed together
5. Red Christmas plant
6. Spins round and round
7. Rare wild mushrooms
8. Reptiles that hide in their shells
9. Girl Scouts ages 7-10
10. Decorate men, women & houses
11. Don’t leave this at a crime scene
12. Twice baked Italian biscuits
13. Stained glass accents on a church
14. Piled, mowed & cured grass for cows
15. Stiffly beaten egg whites & sugar
16. Gigging while drawing absentmindedly
17. This makes the medicine go down
18. A popular Thanksgiving squash

A. Truffles
B. Pumpkin
C. Shortbread
D. Haystacks
E. Cathedral Windows
F. Butter
G. Biscotti
H. Snickerdoodles
I. Thumbprint
J. Gingerbread
K. Snowball
L. Meringue
M. Turtles
N. Poinsettia
O. Brownies
P. Ribbon
Q. Pinwheel
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?
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

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 @ Straussmanorsc@qwestoffice.net

Residents, if you would like to help with getting this special project going, see me.

Luz:

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:

Resident Spotlight

A BIG Thanks to my resident volunteers!
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
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!

Strauss Manor Door Decorating Contest
Starting-December 1st Ending-December 19th

The winners will be notified by phone.

*Prizes for 1st 2nd & 3rd place*
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
1:00 PM—JOYFUL MOVEMENTS

TUESDAY, DECEMBER 6TH
NOON—TAI-CHI
2:00 PM—CARDIO-DRUMMING

THURSDAY, DECEMBER 8TH
NO CLASSES

TUESDAY, DECEMBER 13TH
NOON—CHAIR DANCE
2:00 PM—CHAIR TAI-CHI

THURSDAY, DECEMBER 15TH
1:00 PM—JOYFUL MOVEMENTS

TUESDAY, DECEMBER 20TH
NOON—SIT & BE FIT
2:00 PM—CARDIO-DRUMMING

THURSDAY, DECEMBER 22ND
NOON—LOW-IMPACT UPPER BODY
2:00 PM—LOW-IMPACT LOWER BODY

TUESDAY, DECEMBER 27TH
NOON—AGELESS YOGA
2:00 PM—TAI-CHI

THURSDAY, DECEMBER 29TH
NOON—LOWER BODY STRETCH
2:00 PM—UPPER BODY STRETCH
## Resident Activities December 2022

### Sunday
- **9:00am** Coffee time
- **10:00am** Piano Time
- **2:00pm** Coffee time
- **5:00pm** Tatyana Piano Time

### Monday
- **9:00am** Coffee time
- **9:00am** Piano Time
- **6:00pm** W/Suzi Dee

### Tuesday
- **9:00am** Coffee time
- **9:00am** Piano Time
- **6:00pm** W/Sheryl Pinkstaff

### Wednesday
- **9:00am** Coffee time
- **8:00am-1:00pm** Rummage Sale
- **2:00pm** Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz

### Thursday
- **9:00am** Coffee time
- **10:00am** Sewing Class
- **2:00pm** Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz

### Friday
- **9:00am** Coffee time
- **12:00pm** Private Party
- **4:00pm** **BIBLE Study

### Saturday
- **9:00am** Coffee time
- **10:00am** Christmas Party
- **2:00pm** New Year’s Eve