



# Strauss Manor Monthly Newsletter March 2023

## 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

Debbie Gonzales  
(520) 722-9687

### Service Coordinator

Luz E. Servin  
(520) 722 - 9963

### Network Center

#### Coordinator

Jessica Quintanar

**Wellness Director**  
Troy Pearson

### AFTER HOURS

**Emergency**  
Jose Servin  
(520) 272-3172

If Life Threatening or  
Emergency Call 911

Strauss Manor  
Website

[straussmanor.org](http://straussmanor.org)

 Join us

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

**TDD Hearing Impaired**  
**1-800-367-8939**

**Board Liaisons**  
Nicky & Vicky

## Strauss Manor

370 N Pantano Rd.  
Tucson, Az. 85710



Although clovers are most often found in nature with three leaves, rare four-leaf clovers do exist. Finding one is thought to bring someone extreme luck.

It is believed that each leaf of a four-leaf clover represents something different: first is hope, the second is faith, the third is love, and the fourth is happiness.



*Celebration will be held  
on Friday, March 17<sup>th</sup>  
@ 11:30am*

St Patrick's Day is celebrated annually on March 17th. A dish of corned beef and cabbage, while delicious, is more American than Irish.

The dish is a variation of a traditional Irish meal that included bacon. But because early Irish-Americans were poor, beef was a cheaper alternative, and cabbage happened to be a springtime vegetable.

Many St. Patrick's Day celebrants enjoy corned beef and cabbage, and we know how much our residents enjoy this tradition every year!

**Our newsletter is printed courtesy of Cigna Health Plan  
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.

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# Service Coordinator Page

## Happy St. Patrick's Day



February arrived and left quickly, but we sure did have a great February!  
(check out page 6 on your newsletter)

March is here, and with it comes the new life of spring. Flowers are beginning to bloom, the weather is getting warmer, and the sun is shining on all.

We have so many things to celebrate in March as well as to incorporate activities to make it a fun filled month.

### The calendar is full of many programs and opportunities.

\*Our Board of Directors has planned a day to celebrate the 16<sup>th</sup> year anniversary of Strauss Manor.

\*We will be celebrating St. Patrick's Day with our yearly corn beef and cabbage meal.

\*We have a new group, "The Catalina Chorale", from SaddleBrooke, AZ they will be performing for us here @ Strauss Manor.

\*We will be having an in service from the Americorps Seniors Foster Grandparent Program. Become a foster grandparent and make a difference in the community and your life. This program provides great benefits to a child and you!

### There are a few presentations scheduled in our calendar.

For dates and times of all our presentations and activities you would like to attend, please make sure you check your calendar on the last page of your newsletter.

Stop by my Office to complete the Arizona 140ET Form for the \$25 Tax Credit if you haven't already.

If you prefer to complete it yourself, please come by to pick up the form.

If you are interested in gardening, Spring is just around the corner and that means gardening is about to start. The board of directors has donated some gardening supplies to start sprucing up our garden.

All activities and events are subject to change/or cancellation. I will try my very best to give proper notice of these changes when possible. Thank you in advance for your understanding.

I look forward to seeing everyone at all of our events.

Thank you all and have an awesome month!

Luz Servin- Service Coordinator



# *Gerd & Inge Strauss Manor*

## *September 2006-September 2022*



*Photo Credit: Phil Chevanne*

Sixteen years ago, September 2006, B'nai B'rith Gerd & Inge Strauss Manor opened their doors to the public.-A not-for-profit HUD federal program that expressly addresses the need for affordable elderly housing for low-income seniors.

Founded by Gerd & Inge Strauss on the promise of compassion and devotion for every person they encountered. Since then, we have been blessed to meet and care for many seniors and their families who have become part of our community. We cherish every person and family member we've had the pleasure of serving. Over the past 16 years, our community has continue to grow with the help of many outside volunteers and community based contacts. We've added programs, events and classes to better meet the changing needs of our senior residents. Strauss Manor- a name that reflects our commitment to live our promise every day for the next years and beyond.



# WHAT'S GOING ON THIS MONTH



**Thursdays, March  
2<sup>nd</sup> and 16<sup>th</sup>  
@ 1:00pm**

**ADVANCING SOCIETAL INCLUSION  
THROUGH DANCE**

**WWW.DANCESEQUENCES.ORG**

**HELLO!  
I'M THE  
AVON  
LADY!**



**AVON  
W/BARBARA BAILEY  
MONDAY,  
MARCH 6<sup>TH</sup> @ 9:00AM**

*May your blessings outnumber the shamrocks that grow,  
And may trouble avoid you wherever you go.  
-An Irish Toast*

**Catalina Chorale**  
Will be performing on  
Wednesday, March 8<sup>th</sup>  
@ 2:00pm

*There's a new group in town:*

**THE CATALINA  
CHORALE**  
SADDLEBROOKE, AZ

*We are a group of folks who love to sing, and have our audiences sing along. Our group's size may vary, from eight to fifteen performers at any one time, and we don't require a piano, as our director, Randall Dighton, is a professional singer and guitarist. Our songs range from celtic to folk, from standards to show tunes.*



## CELEBRATION

PLEASE JOIN US TO  
CELEBRATE 16 YEARS OF  
**STRAUSS MANOR ON PANTANO**  
PROVIDING EXCEPTIONAL  
SENIOR HOUSING FOR LOW INCOME  
RESIDENTS.

**WHERE:** Strauss Manor  
370 N. Pantano Road

**WHEN:** Sunday March 12, 2023  
2-4 P.M. (program at 3 P.M.)

- LITE hors d'oeuvres will be served
- BUILDING TOURS
- APARTMENT TOURS
- MARVEL AT HOW BEAUTIFUL LOW INCOME HOUSING CAN BE
- MEET THE BOARD AND STAFF



# WHAT'S GOING ON THIS MONTH



Spring Begins  
March 20th

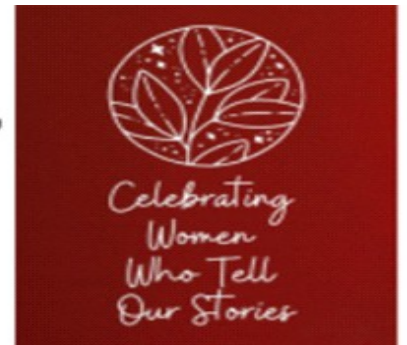


**Saturday, March 25<sup>th</sup> is National Waffle Day!**  
**on Friday, March 24<sup>th</sup> @ 9:00am**  
**We will be having waffles with our coffee.**

## WOMEN'S HISTORY MONTH

The 2023 Women's History theme, **"Celebrating Women Who Tell Our Stories."**

The timely theme honors women in every community who have devoted their lives and talents to producing art, pursuing truth, and reflecting the human condition decade after decade. Women have long been instrumental in passing on our heritage in word and in print to communicate the lessons of those who came before us. Women's stories, and the larger human story, expand our understanding and strengthen our connections with each other.



# SERVICES & RESOURCES



# eden health

**Eden Health Care  
Blood Pressure Check  
Tuesday, March 14<sup>th</sup>  
@ 9:00am**

## AMERICORPS SENIORS FOSTER GRANDPARENT PROGRAM

Become a Foster Grandparent and make a difference in the community and your life!

This program provides great benefits to a child and to YOU!

### Eligibility

- 55 years of age or older
- Income level must meet guidelines
- Pass criminal background check

### Benefits

- Tax-free stipend \*
- Limited accident/liability insurance while volunteering
- Transportation reimbursement
- Social connections and
- Civic engagement through service
- and more!

\* This stipend does not count as income and will not affect most benefits.

Call today to learn how to become a Foster Grandparent:

**Marga Gamas**  
Program Coordinator  
Marga.Gamas@nau.edu  
520-305-2482  
Center for Service and Volunteerism

**NAU** NORTHERN ARIZONA  
UNIVERSITY  
Center for Service and Volunteerism



It's important to keep your completed File of Life on your Refrigerator. The first responders always look there when responding to an emergency. Please take the time to look at your File of Life and see if it needs updated. If you do not have one, please call me or come see me. Thank you, Luz:)

FILE OF LIFE	
KEEP INFORMATION UP TO DATE !! <i>Review At Least Every Six Months !</i>	
MEDICAL DATA REVIEWED AS OF MO. YR. <input type="checkbox"/> M <input type="checkbox"/> F	
Name:	
Address:	
Doctor:	Phone #:
Preferred Hospital:	
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	
Name:	Phone #:

We have laptops available for residents to check out. If you do not have a wireless device and would like to use one of our laptops, please sign up with Jessica. The sign up sheet is by my office. You would need to sign our Laptop/Computer agreement form before you can check one out.

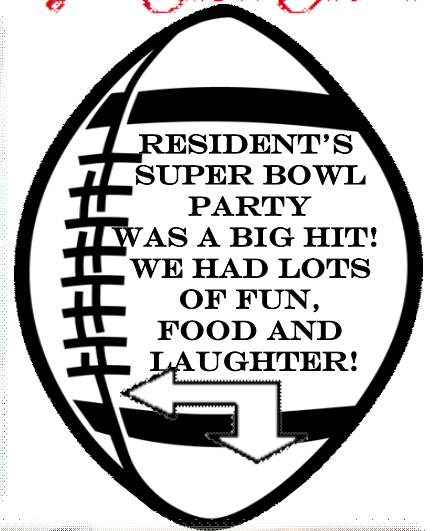
### 140ET forms for a \$25 tax credit are coming!

I will make copies of the credit form, along with some samples, and leave them on the table in the library. Please call me to discuss what you qualify to get a \$25 check from the State. The quickest way to get it back is to have it directly deposited into your checking or saving account. If you do not get your refund back in six weeks of send it in, call me so I can help you call the state revenue office to inquire about it. Thank you, Luz:)



**Dispatch Health  
Same-Day  
In-Home Urgent Medical  
520-442-2269  
DispatchHealth.com**

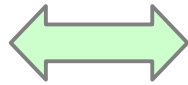
# Strauss Manor February 2023 Highlights



CAROL POIRIER AND HER FRIENDS FROM CORPUS CHRISTI CAME TO VISIT OUR RESIDENTS . THEY BROUGHT GOODIES AND PRIZES FOR RESIDENTS TO ENJOY.



Thanks to IHOP, Fernando Diaz and our Board Of Directors for Our resident's Valentines Day Breakfast:)



## The Piatigorsky Foundation



## Strauss Manor Fiesta De Los Vaqueros Rodeo





# Word Search



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

Created by Sue Lindlauf  
Grand Forks Herald 2013

- |            |             |           |                |
|------------|-------------|-----------|----------------|
| 1. HOLIDAY | 5. GREEN    | 9. CLOVER | 13. LEPRECHAUN |
| 2. SAINT   | 6. SHAMROCK | 10. LUCK  | 14. RAINBOW    |
| 3. PATRICK | 7. FOUR     | 11. POT   | 15. MARCH      |
| 4. IRISH   | 8. LEAF     | 12. GOLD  | 16. SEVENTEEN  |



## FUN FACTS

- » In old Roman calendars, one year used to be ten months long, starting in March and ending in December.
- » In the Roman calendar, the “Ides of March” was equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.
- » If you were born in March, your birth flower is a daffodil!
- » March babies are spoiled with two birthstones: aquamarine and bloodstone, which symbolize courage.
- » There are two zodiac signs in March. Pisces, which is until March 20, and Aries, which is from the 21st.
- » The first month of spring is March, which starts between the 19th and the 21st.
- » March is the equivalent of September in the Southern Hemisphere.
- » Every year, March and June finish on the same day of the week.
- » March is the time of year when animals start waking up from hibernation.

## FUN FACTS ABOUT ST. PATRICK'S DAY

St. Patrick's Day is coming up this month, and here are a few fun facts about the holiday and Irish culture to help get you in that lucky holiday spirit.

- » This holiday commemorates St. Patrick and the arrival of Christianity in Ireland.
- » It also celebrates Irish heritage and culture in general.
- » Celebrations often include public parades and festivals, and the wearing of the color green.
- » Why green? Wearing green and sporting shamrocks is a nod to St. Patrick because he is said to have used the three-leafed shamrock plant to explain the Holy Trinity to the pagan Irish.
- » St. Patrick's Day became an official public holiday in Ireland in 1903.
- » The very first St. Patrick's Day parade was also held in 1903 in Waterford.
- » Some of the most iconic names in poetry and literature hail from the Emerald Isle such as Oscar Wilde, Bernard Shaw, W.B. Yeats, and Samuel Beckett.
- » The potato was imported in the 17th century, and still today remains a symbol of Irish culture and hospitality.
- » Another important part of Irish culture is dancing—jigs, reels, and step dancing— popularized in the 1990s as a result of popular touring shows like Riverdance.
- » Traditional Irish music sees the use of instruments such as the fiddle, piano, and acoustic guitar, as well as native instruments like bouzoukis, uilleann pipes, and the Celtic harp.



## Manager's Corner

### Fire Drills and Emergency Evacuation Plan:

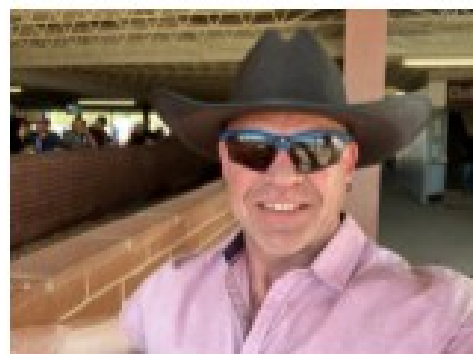
The Emergency Evacuation Plan maps (first and second floors) must remain posted on the back of the exit door inside your apartment. Please do not remove these maps. If you need additional maps, please come to the office. In addition, it is important for every resident to know what they will do should there be an emergency evacuation. Have both a plan and a back-up plan. Management will continue to review our Emergency Evacuation plan at move in and recertification's. Please see management if you have any questions, we can review at any time the recommendations from the Tucson Fire Department. Since the pandemic we had stopped our fire drills, we (management) will continue to conduct quarterly fire drills and review the Emergency Evacuation plan recommendations from the Tucson Fire Department with all residents.

Thank you,  
Linda & Debbie

*May the wings of the butterfly kiss the sun  
and find your shoulder to light on,  
To bring you luck, happiness and riches  
Today, tomorrow and beyond. -An Irish Blessing*



**MARCH 2023**  
**B'NAI B'RITH**  
**GERD & INGE STRAUSS**  
**MANOR**  
**WELLNESS CENTER**



TROY J PEARSON—WELLNESS DIRECTOR

**NEW AND IMPROVED WELLNESS CENTER NOW OPEN!!!**

**The new and improved Wellness Center is now officially open and all residents are welcome to enjoy the amenity!!!**

**The new Wellness Center is now located on the 2nd floor.**

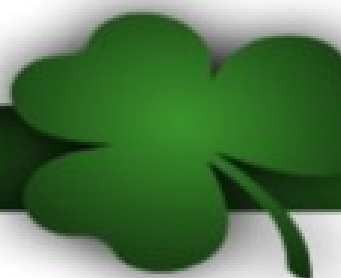
**Official hours are:**

**TUESDAY—11:00AM TO 4:00PM**

**THURSDAY—11:00AM TO 4:00PM**

**NEW WELLNESS CENTER FEATURES:**

- **An open floorplan to provide greater accessibility to those residents with walkers and wheelchairs.**
- **A mounted television and dvd player for a variety of classes including: Chair Yoga, Chair Dancing, Tai-Chi, Cardio-Drumming and more.**
  - **Full length mirror to monitor proper exercise technique.**
  - **Spectacular views from the 2nd floor.**
- **As always, individualized one-on-one exercise sessions are available by appointment.**



**WELLNESS CENTER CALENDAR MARCH 2023**



**THURSDAY, MARCH 2ND**

**1:00PM—JOYFUL MOVEMENTS**

**TUESDAY, MARCH 7TH**

**NOON—SIMPLY SEATED**

**2:00PM—CHAIR TAI-CHI**

**THURSDAY, MARCH 9TH**

**NOON—SIT & BE FIT**

**2:00PM—AGELESS YOGA**

**TUESDAY, MARCH 14TH**

**NOON—UPPER BODY STRETCH**

**2:00PM—LOWER BODY STRETCH**

**THURSDAY, MARCH 16TH**

**1:00PM—JOYFUL MOVEMENTS**

**TUESDAY, MARCH 21ST**

**NOON—LOW-IMPACT UPPER BODY**

**2:00PM—LOW IMPACT LOWER BODY**

**THURSDAY, MARCH 23TH**

**NOON—TAI-CHI**

**2:00PM—BALANCE & BREATH**

**TUESDAY, MARCH 28TH**

**NOON—CHAIR DANCE**

**2:00PM—CARDIO-DRUMMING**

**THURSDAY, MARCH 30TH**

**NOON—SIMPLY SEATED**

**2:00PM—SHOULDER MOBILITY**



# Resident Activities March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 9:00am</b> <b>Coffee time</b> Medicare/DES Information 9:00am W/Sharyn Pinkstaff 	<b>2 9:00am</b> <b>Coffee time</b> & Art Class W/Carol from Corpus Christi 1:00pm Joyful Movements Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz	<b>3 9:00am</b> <b>Coffee time</b>  ** <b>4:00pm</b> COME JOIN OUR <b>BIBLE</b> Study 	<b>4</b> <b>2:00pm</b> 
<b>5</b> 	<b>6 9:00am</b> <b>Coffee time</b> <b>9:00am</b> <b>AVON</b> <b>2:00pm</b>  <b>5:00pm</b> <b>Tatyana</b> <b>Piano Time</b>	<b>7 9:00am</b> <b>Coffee time</b> <b>9:00am</b> <b>NAU</b> <b>Americorps</b> <b>Seniors</b> <b>Foster Grand-</b> <b>parents</b> <b>program</b> Medicare/DES Information 1:00pm-2:30pm	<b>8 9:00am</b> <b>Coffee time</b> <b>10:00am</b> <b>Sewing</b> <b>Class</b>  <b>2:00pm</b> <b>Catalina</b> <b>Chorale</b> <b>Concert</b>	<b>9 9:00am</b> <b>Coffee time</b> Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz <b>5:00pm</b> <b>Tatyana</b> <b>Piano Time</b>	<b>10 9:00am</b> <b>Coffee time</b> <b>2:00pm</b>  ** <b>4:00pm</b> COME JOIN OUR <b>BIBLE</b> Study 	<b>11</b> <b>2:00pm</b> 
<b>12</b> Strauss Manor 16 <sup>th</sup> Year Anniversary Celebration 2:00pm-4:00pm 	<b>13 9:00am</b> <b>Coffee time</b> <b>2:00pm</b>  <b>5:00pm</b> <b>Tatyana</b> <b>Piano Time</b>	<b>14 9:00am</b> <b>Coffee time</b> <b>9:00am</b> <b>Eden Health</b> <b>Care</b> <b>Blood Pressure</b> <b>Check</b> Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz	<b>15 9:00am</b> <b>Coffee time</b> <b>10:00am</b> <b>Sewing</b> <b>Class</b> <b>2:00pm</b> Knitting and Crocheting GROUP  Bring your project along and join us	<b>16 9:00am</b> <b>Coffee time</b> <b>1:00pm</b> Joyful Movements Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz <b>5:00pm</b> <b>Tatyana</b> <b>Piano Time</b>	<b>17 9:00am</b> <b>Coffee time</b> Happy St. Patrick's Day!!! <b>11:30am</b> Resident Bday/ St. Patrick's Day Luncheon ** <b>4:00pm</b> COME JOIN OUR <b>BIBLE</b> Study 	<b>18</b> <b>2:00pm</b> 
<b>19</b> 	<b>20 9:00am</b> <b>Coffee time</b> happy Spring  <b>2:00pm</b>  <b>5:00pm</b> <b>Tatyana</b> <b>Piano Time</b>	<b>21 9:00am</b> <b>Coffee time</b> Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz	<b>22 9:00am</b> <b>Coffee time</b> <b>10:00am</b> <b>Sewing</b> <b>Class</b> <b>2:00pm</b> Knitting and Crocheting GROUP  Bring your project along and join us	<b>23 9:00am</b> <b>Coffee time</b> & Art Class W/Carol from Corpus Christi Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz <b>5:00pm</b> <b>Tatyana</b> <b>Piano Time</b>	<b>24 9:00am</b> <b>Coffee/Waffle</b> <b>time</b> <b>2:00pm</b> <b>FIRE DRILL</b> ** <b>4:00pm</b> COME JOIN OUR <b>BIBLE</b> Study 	<b>25</b> INTERNATIONAL <b>WAFFLE</b> DAY  <b>2:00pm</b> 
<b>26</b> 	<b>27 9:00am</b> <b>Coffee time</b> <b>2:00pm</b>  <b>5:00pm</b> <b>Tatyana</b> <b>Piano Time</b>	<b>28 9:00am</b> <b>Coffee time</b> Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz	<b>29 9:00am</b> <b>Coffee time</b> <b>10:00am</b> <b>Sewing</b> <b>Class</b> <b>2:00pm</b> Knitting and Crocheting GROUP  Bring your project along and join us	<b>30 9:00am</b> <b>Coffee time</b> Medicare/DES Information 1:00pm-2:30pm W/Fernando Diaz <b>5:00pm</b> <b>Tatyana</b> <b>Piano Time</b>	<b>31 9:00am</b> <b>Coffee time</b> ** <b>4:00pm</b> COME JOIN OUR <b>BIBLE</b> Study 	

\*\* not sponsored by Strauss Manor