



Strauss Manor

Monthly Newsletter

October 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

Stephen Smith
(520) 722 - 9687

Service Coordinator

Luz E. Servin
(520) 722 - 9963

Network Center

Coordinator

Jessica Quintanar

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



Breast Cancer Awareness Month,
also referred to in America as
National Breast Cancer Awareness Month,
is an annual international health campaign
organized by major breast cancer
charities every October to increase
awareness of the disease and to raise funds
for research into its cause, prevention, diagnosis,
treatment and cure.

The campaign also offers information
and support to those affected by breast cancer.



Our newsletter is printed courtesy of Cigna Health Care
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.

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Dear residents,

October is here, and it's officially Fall!

This can be a great time of reflection going into the holidays, with November and December quickly approaching; however, it should motivate us to rethink daily activities as the days become shorter and the days become cooler. Hopefully we can all pull out our favorite sweaters:)

As flu season is also upon us, and Covid is still around, please do what you can to be safe and healthy.

We are a vulnerable population, so keep others safe as well.

As always, if you are experiencing any sickness or flu-like symptoms, please stay home until you are feeling better.



Please take a look at our calendar for activities you may wish to attend.

I have a resident volunteer meeting scheduled on Wednesday, October 18th @ 11:30am in the MPR.

Please if you're already a volunteer try not to miss this meeting. We will be talking about continuing our Christmas Stocking project. This project was left on hold due to the pandemic. We would like to start it up again. For those of you who would like to join our volunteer group, welcome:) Thanks to all of our new resident volunteers that have come on board.

We appreciate you here @ Strauss Manor. It's been great seeing a lot of you participating in our daily activities. We hope you continue to so. We will be adding more activities, programs and events for the holidays.

Come down to the MPR on Wednesday, October 18th @ 3:00pm for a couple hours of dancing.

On October 31st we will be having Strauss Manor's Monster Mash celebration. We will be serving a delicious spaghetti, salad and a roll luncheon. We will also be having lots of games, prizes and best costume prizes! For those of you who wish to participate, you will receive a Monster Bash t-shirt.

We continue to be blessed with new residents so please let's make everyone feel welcome. We look forward to seeing new friendships blossom within our community.

May you all have an awesome month!

Luz Servin~Service Coordinator



welcome TO THE TEAM Stephen Smith



**Please welcome Stephen, our new Assistant Manager!
Stephen was in the United States Air force and was also
employed at the Department of Economic Security.
Stephen came on board on Tuesday, September 12th.**

**If you have not met him,
you can stop by his office and say hello:)
He is excited to work in Affordable Housing and join Strauss Manor.**



MANAGER'S CORNER

Please let us know if you have any questions on your annual re-certifications, apartment inspections, rent, lease, etc. DO NOT ask other residents questions regarding our building/office or services. Please contact the office staff directly.

Luz is your contact for any questions regarding the newsletter, calendar, presentations, events, or volunteers. Luz coordinates all services for our residents. Please contact her directly.

Please do not ask Jose to complete work orders. All work orders must be logged through the office. The only exception is an after-hour building emergency then please call the emergency phone. Please call or come in person to the office regarding any work orders (we cannot take them as we are walking through the building). Please report all maintenance items immediately, do not wait until inspection.

Thank you,

Management



STRAUSS MANOR'S MONSTER MASH 2023



WHAT? MONSTER MASH!!!

SPAGHETTI & MEATBALLS LUNCH!!! FREE T-SHIRTS!!! EARN
YOUR HALLOWEEN BEADS BY PLAYING FUN GAMES!!! COSTUME
CONTEST WITH TROPHIES!!! FUN!!!

WHEN? TUESDAY, OCTOBER 31ST AT NOON

WHERE? MULTI-PURPOSE ROOM

@ 11:30am



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

Luz:)





STRAUSS MANOR
celebrated 17th years



2006



2023



MEDICARE



HEALTH INSURANCE

Medicare's Open Enrollment period is October 15th - December 7th when ALL people with Medicare can change their Medicare health plan and prescription drug coverage for 2024.

If you are enrolled in AHCCCS, you can change your Medicare Advantage plan once every quarter during the year.

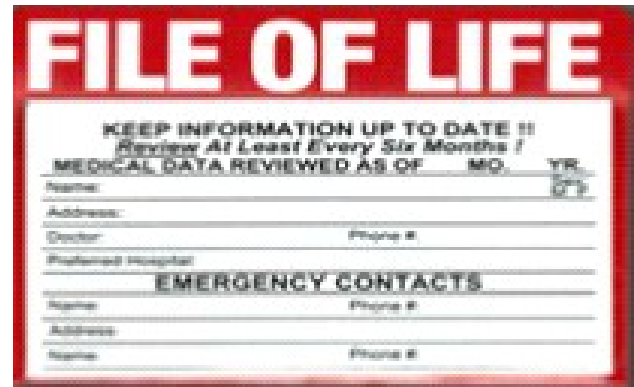
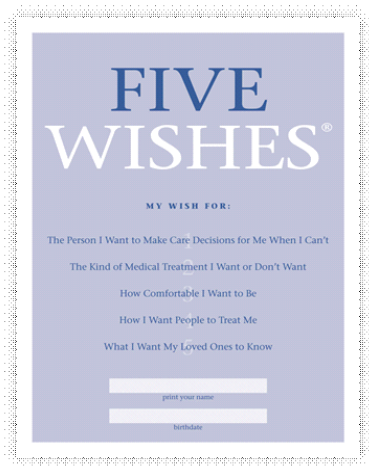
Information on 2024 plans will be available beginning in October.

People with Medicare can call 1-800-633-4227

or visit www.medicare.gov for plan information.

If a person is satisfied that their current plan will meet their needs for next year, they don't need to do anything.

Please call Fernando at 250-9749 if you have any questions.



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:)



WALGREENS VACCINE CLINIC!!

I will send out a flyer with more details to sign up,
ask questions and get your paperwork.
Thank you,
Luz:)



**Sewing Class Wednesday, October 11th
and 25th @ 10am in the MPR**
**We are sewing Peace and Comfort pillows
for our Veterans in Hospice.**



Haircuts by Mia
Wednesday, October 4th
@ 10am in the coffee room



In-Home Services:

Services for people who need assistance with bathing, dressing and light housekeeping to remain safely in their homes are continuing as usual and in accordance with participants' wishes about having someone come into their homes. Our ability to enroll new participants in these programs is currently limited, but if you or someone you know is in need please call our Helpline at **(520)790-7262** to discuss eligibility and other options.

Fall Word Search



NOVEMBER



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

ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



Halloween Word Search



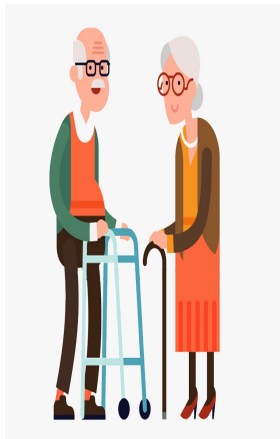
Q M T J V M P L P L S W R Y N Y
S B R L E F W H X B V C L P K W
P H P Q V F T O S H T F X H X H
O B F H D J I J N O T E L E K S
O R Q C A N D Y I F U Q I O O B
K G H O S T S L K J J E N D O S
Y M Z L G J F C P H E K Y J X Y
I T E C O S T U M E S L A H X A
V G A X B K L M U M M Y H A K S
E A A B L Z S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

BOO
GAMES
HALLOWEEN
PARTY
SPOOKY
WITCH

CANDY
GHOSTS
MASK
PUMPKINS
TRICK

COSTUMES
GOBLIN
MUMMY
SKELETON
TREAT

A LITTLE HUMOR TO BRIGHTEN YOUR DAY!



Today, Dear Lord, I'm 80 and there is much I haven't done.

I hope, Dear Lord, **You'll let me live until I'm 81.**

But then if I haven't finished all I want to do, would

You please let me stay awhile **Until I'm 82?**

So many places I want to go, so very much to see,

Do you think that you could? **Manage to make it 83?**



The world is changing very fast; there is much in store;

I'd like to **live until I'm 84.**

And if I am still alive, **I would like to stay to 85.**

More planes will be up in the air, so I'd specially like to stick

And see what happens to the world

When I am 86.



I know Dear Lord; it is much to ask (it must be nice in heaven.)

But I would really like to stay ... **Until I'm 87.**

I know by then that I won't be fast and sometime I'll be late.

But it would be pleasant **to be around at 88.**

I will have seen so many things and had such a good time,

So, I'm sure that I'd be willing **to leave at 89 maybe.**



Just one more thing, I would like to say. Dear Lord, I thank you kindly,

But if it is okay with You **I'd love to live past 90!**

OCTOBER 2023

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



TROY J PEARSON—WELLNESS DIRECTOR



MONSTER WASH



WHAT? MONSTER MASH!!!

SPAGHETTI & MEATBALLS LUNCH!!! FREE T-SHIRTS!!! EARN
YOUR HALLOWEEN BEADS BY PLAYING FUN GAMES!!! COSTUME
CONTEST WITH TROPHIES!!! FUN!!!



WHEN? TUESDAY, OCTOBER 31ST AT NOON

WHERE? MULTI-PURPOSE ROOM



WELLNESS CENTER CALENDAR OCTOBER 2023



TUESDAY, OCTOBER 3RD

NOON—CHAIR TAI CHI

2:00PM—CARDIO-DRUMMING

THURSDAY, OCTOBER 5TH

1:00PM—JOYFUL MOVEMENTS

TUESDAY, OCTOBER 10TH

NOON—CHAIR DANCE

2:00PM—SIMPLY SEATED

THURSDAY, OCTOBER 12TH

NOON—AGELESS YOGA

2:00PM—SIT & BE FIT

TUESDAY, OCTOBER 17TH

NOON—UPPER BODY STRETCH

2:00PM—LOWER BODY STRETCH

THURSDAY, OCTOBER 19TH

1:00PM—JOYFUL MOVEMENTS

TUESDAY, OCTOBER 24TH

NOON—BALANCE & BREATH

2:00PM—CARDIO DRUMMING

THURSDAY, OCTOBER 26TH

2:00PM—HIGH TEA

TUESDAY, OCTOBER 31ST

NOON—MONSTER MASH!!!



Resident Activities October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **this event is not sponsored by Strauss Manor	2 9:00am Coffee time 2:00pm  5:00pm Tatyana Piano Time	3 9:00am Coffee time 9:00am United Health Care 11:00am Wellcare w/Fernando	4 9:00am Coffee time 9:00am Sharyn Pinkstaff Medicare/DES Information Haircuts by Mia @ 10am 2:00pm 	5 9:00am Coffee time 11:30am Cigna 1:00pm Devoted w/Fernando 5:00pm Tatyana Piano Time	6 9:00am Coffee time 12:00pm-3:00pm Mike's Band  2:00pm BIBLE Study **4:00pm 	7 2:00pm 
8 	9 	10 Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz	11 9:00am AVON 10:00am Sewing Class  2:00pm 	12 Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz 5:00pm Tatyana Piano Time	13 12:00pm-3:00pm Mike's Band 2:00pm  **4:00pm 	14 10:00am-11:30am Crossing Lines Pilot w/ Dance-sequences
15 	16 2:00pm  5:00pm Tatyana Piano Time	17 Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz	18 11:30am Volunteer MTG 3:00pm DANCE	19 Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz 5:00pm Tatyana Piano Time	20 12:00pm-3:00pm Mike's Band 2:00pm  **4:00pm 	21 2:00pm 
22 	23 2:00pm  5:00pm Tatyana Piano Time	24 Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz	25 10:00am Sewing Class  2:00pm 	26 Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz 2:00pm HIGH TEA 5:00pm Tatyana Piano Time	27 12:00pm-3:00pm Mike's Band 2:00pm  **4:00pm 	28 2:00pm 
29 	30 2:00pm  5:00pm Tatyana Piano Time	31 11:30am Strauss Manor's Monster Mash Resident Birthdays Celebration lunch 		Network Center Coordinator Jessica's weekly schedule Tuesdays and Thursdays from 9:00am-5:00pm		

Optimistic October 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Write down three things you can look forward to this month

2

Find something to be optimistic about (even if it's a difficult time)

3

Take a small step towards a goal that really matters to you

4

Start your day with the most important thing on your to-do list

5

Be a realistic optimist. See life as it is, but focus on what's good

6

Remind yourself that things can change for the better

7

Look for the good in people around you today

8

Make some progress on a project or task you have been avoiding

9

Share an important goal with someone you trust

10

Take time to reflect on what you have accomplished recently

11

Avoid blaming yourself or others. Find a helpful way forward

12

Look out for positive news and reasons to be cheerful today

13

Ask for help to overcome an obstacle you are facing

14

Do something constructive to improve a difficult situation

15

Thank yourself for achieving the things you often take for granted

16

Put down your to-do list and do something fun or uplifting

17

Take a small step towards a positive change you want to see in society

18

Set hopeful but realistic goals for the days ahead

19

Identify one of your positive qualities that will be helpful in the future

20

Find joy in tackling a task you've put off for some time

21

Let go of the expectations of others and focus on what matters to you

22

Share a hopeful quote, picture or video with a friend or colleague

23

Recognise that you have a choice about what to prioritise

24

Write down three specific things that have gone well recently

25

You can't do everything! What are your three priorities right now?

26

Find a new perspective on a problem you face

27

Be kind to yourself today. Remember, progress takes time

28

Ask yourself, will this still matter a year from now?

29

Plan a fun or exciting activity to look forward to

30

Identify three things that give you hope for the future

31

Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together