



Strauss Manor Monthly Newsletter January 2024

Important Numbers



Office Hours:

Monday – Friday
8:00 AM – 5:00PM

Manager

David Mata

(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

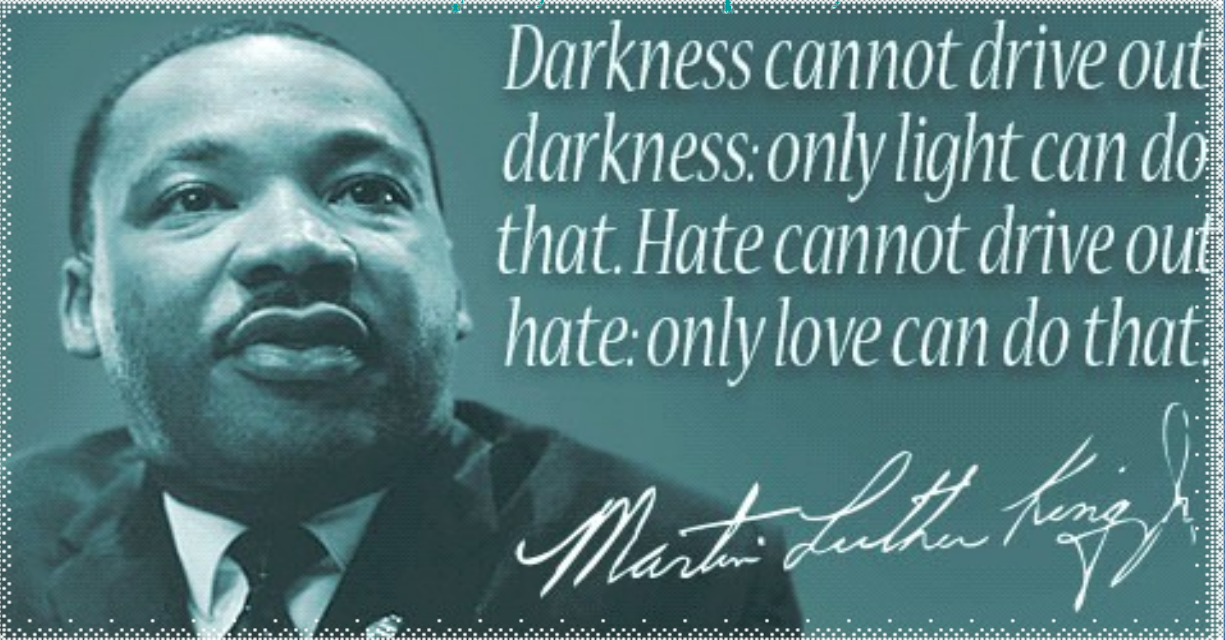
370 N Pantano Rd.

Tucson, Az. 85710



DR. MARTIN LUTHER KING, JR

January 15, 1929 - April 4, 1968



**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.

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).



from your Service Coordinator



It's hard to believe it's already 2024!

As I think about this new year,

I am filled with an overwhelming sense of gratitude and excitement.

I hope that all of you have made some New Year's resolutions and that you can achieve each one this year.

2023 was a year of very special and unique moments, shared laughter and making new connections.

That's what makes Strauss Manor truly exceptional.

I'm excited about the limitless possibilities that lie ahead.

Strauss Manor is not just a place; it is a living, breathing entity fueled by your passion, talents and the vibrant energy you bring.

Whether it's joining an activity that is out of your comfort zone or exploring a new hobby, get ready to experience the thrill of something new.

But beyond the programs, events and presentations,

what truly sets our community apart is the sense of community that flourishes within these walls. It's the sweet conversations over a cup of coffee, the genuine concern for one another's well-being and the shared understanding that make this place feel like a home to so many.

Your ideas, dreams and passions matter to us, and

I am excited to see what we will be creating together this new year.

Thank you for making Strauss Manor a sanctuary of extraordinary moments.

Here's to a year of discovery, joy and the magic that happens when unique individuals come together.

My door is always open if you need help, would like to chat or have ideas or feedback. This will always be my home away from home and serving you is one of the most rewarding jobs a person could have and

I continue to appreciate the opportunity.

Thank you for being the heartbeat of Strauss Manor.

On behalf of our Board of Directors and Staff, we wish you a year filled with health, happiness and prosperity.

~ Luz Servin ~ Service Coordinator





Holocaust Memorial Day 2024

January 27, 2024

Holocaust Memorial Day is a solemn and significant day of remembrance observed to honor the millions of Jews and other minority groups who suffered and died during the Holocaust. It also commemorates subsequent genocides and acts of mass violence. Holocaust Memorial Day serves as a stark reminder of the horrors of the past and emphasizes the importance of preventing such atrocities in the future

Gerd Strauss
February 23rd, 1918-December 30th, 2008

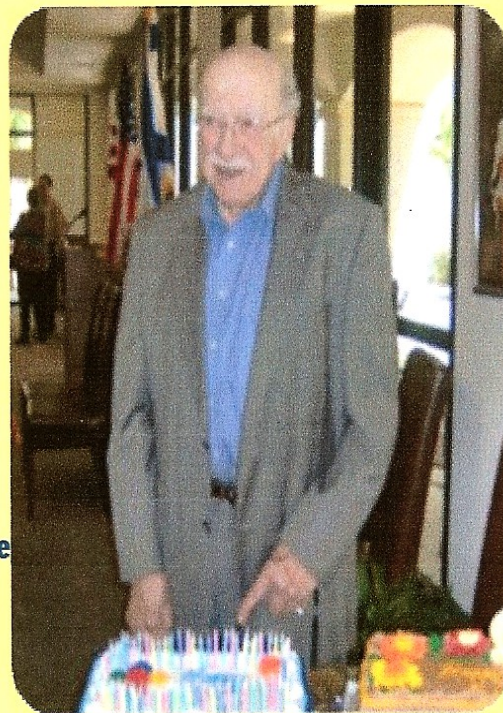
Mr. Strauss's last visit to Strauss Manor was on November 21st, 2008

Mr. Strauss strived to bring happiness to others. He was generous, loving, outreaching, strong willed, persistent, determined to get his mission accomplished to provide low income housing for seniors. He will be remembered for the difference he made in so many lives and the deeds he accomplished.

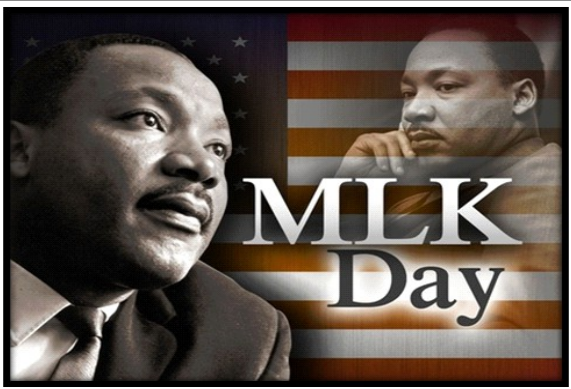
An active member of the Holocaust survivors group in Tucson, he taught thousands of students about the Holocaust.

Son of Moritz and Emma Strauss, Nee Schaumberg, both victims of the Holocaust. Married his child hood sweetheart, Inge (Liebman) who passed away in 2003.

**Mr. Gerd Strauss (of blessed memory)
passed away December 30th, 2008**



Holocaust survivor Gerd Strauss founded B'nai B'rith Covenant House 1 and 11 and Gerd & Inge Strauss Manor on Pantano. He was an active member of the Holocaust Survivors group in Tucson where he taught thousands of students about the Holocaust.



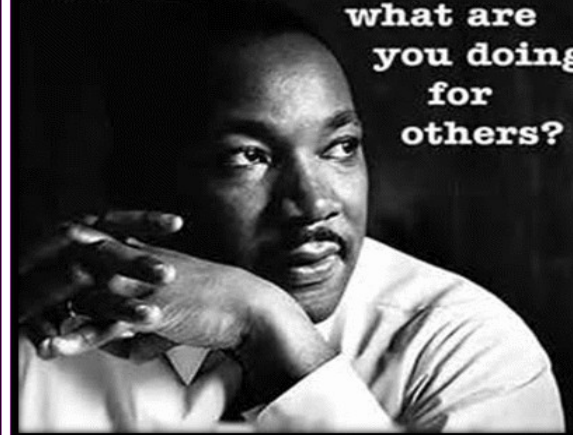
"I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

Martin Luther King, Jr.



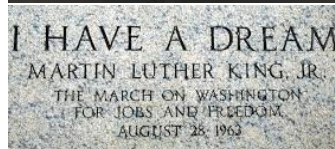
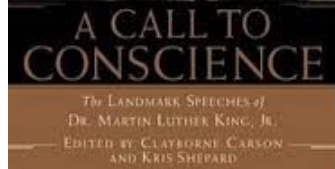
Life's most persistent and urgent question is,

**what are
you doing
for
others?**



Martin Luther King, Jr. Day (Birthday of Martin Luther King, Jr.)

Is an American federal holiday marking the birthday of Martin Luther King, Jr. It is observed on the third Monday of January each year, which is around the time of King's birthday, January 16. The floating holiday is similar to holidays set under the Uniform Monday Holiday Act. King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after his assassination in 1968. President Ronald Reagan signed the holiday into law in 1983, and it was first observed three years later. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.



The Words of MLK

In honor of Martin Luther King Jr. Day, here are some of his most enduring speeches.

Montgomery bus boycott speech. One of King's first public speeches took place on Dec. 5, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

"I Have a Dream." King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

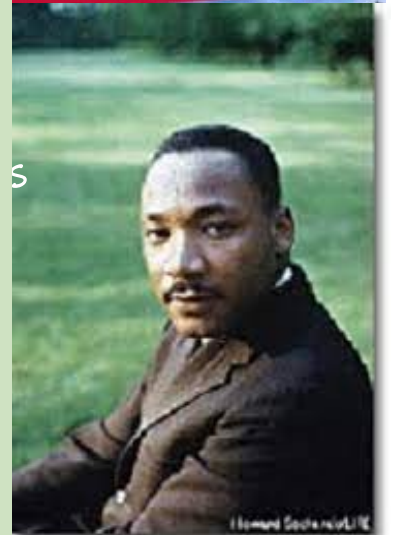
Nobel Peace Prize speech. In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on Dec. 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long." On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop." King gave his final address in Memphis, Tenn., on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.

Choose a Word of the Year

Instead of making a New Year's resolution, many people pick a word of the year, which serves as motivation for daily activities as well as bigger goals. Brainstorm a list of inspirational words, such as "grow," "balance," or "reflect." After you choose a word, write it on a note and place it where you'll see it every day.



FIRE DRILL

Fire Drills and Emergency Evacuation Plan:

Fire Drill
Friday,
January
19th
@ 2:00pm



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.

THE DECORATED DOOR CONTEST WINNERS ARE!



1st Place #237
Connie Carino



2nd Place #107
Diana Olivo



3rd Place We had tied
#208 Connie Hernandez and #240 Carol Trombino



Manager's Corner

Happy New Years' to all!

We would like to welcome Monica to our Strauss Manor team as our new housekeeper.

Also as of January 1st 2024, Strauss Manor office will not be accepting packages from any outside entity (FED EX, UPS, Amazon etc...)

You will have to make other arrangements with the carriers.

The Post office has confirmed that they will deliver packages to their respective doors. Sorry for any inconveniences this may cause.

Thank you for your cooperation,

Management



Monica George



REMEMBERING 2023 WITH A SMILE







CHRISTMAS 2023



Let's thank those who have blessed us throughout the 2023 year with their kindness, generosity, and time.



Corpus Christi Quilting Group



Carol and Richard Poirier



Ali Naim and Team from



**Fernando Diaz &
Rafael Rascon
Senior Med Solutions**



Barb Bailey



Michelle Corradini



**Denise DeHaven:
CIGNA**



New Year's Word Search



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

BABY
BALL
CALENDAR
CELEBRATION
CLOCK
CONFETTI
COUNTDOWN
EVE

FAMILY
FRIENDS
HAPPY
JANUARY
MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY

RESOLUTION
TOAST



JANUARY 2024

B'NAI B'RITH

GERD & INGE STRAUSS

MANOR



TROY J PEARSON—WELLNESS DIRECTOR

MAKE 2024 YOUR HEALTHIEST YEAR EVER!!!

Everyone can exercise regardless of age, pre-existing conditions, limitations or current level of fitness. Exercise is different for each person and intensity and modifications can be made to suit each individual so they can reap the many benefits of exercise safely and effectively.

BENEFITS OF EXERCISE

- BOOSTS YOUR IMMUNE SYSTEM
- IMPROVES JOINT FUNCTION
- IMPROVES SLEEPING PATTERNS
 - IMPROVES STRENGTH
 - INCREASES ENERGY LEVELS
- STRENGTHENS YOUR BONES
 - IMPROVES BALANCE
 - IMPROVES SELF-ESTEEM
- HELPS MAINTAIN YOUR INDEPENDENCE
- IMPROVES OVERALL QUALITY OF LIFE



WELLNESS CENTER CALENDAR JANUARY 2024



TUESDAY, JANUARY 2ND

NOON— AGELESS YOGA

2:00PM—SIT & BE FIT

THURSDAY, JANUARY 4TH

1:00PM—JOYFUL MOVEMENTS

TUESDAY, JANUARY 9TH

NOON—CHAIR DANCE

2:00PM—CARDIO DRUMMING

THURSDAY, JANUARY 11TH

NOON—CHAIR DANCE

2:00PM—BALANCE & BREATH

TUESDAY, JANUARY 16TH

NOON—UPPER BODY STRETCH

2:00PM—LOWER BODY STRETCH

THURSDAY, JANUARY 18TH

1:00PM—JOYFUL MOVEMENTS

TUESDAY, JANUARY 23RD

NOON—SIMPLY SEATED

2:00PM—CARDIO-DRUMMING

THURSDAY, JANUARY 25TH

2:00—HIGH TEA

TUESDAY, JANUARY 30TH

NOON—LOW-IMPACT UPPER BODY

2:00PM—LOW-IMPACT UPPER BODY



Resident Activities January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Offices Closed 	2 9:00am Coffee time Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	3 9:00am Coffee time	4 9:00am Coffee time Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz 5:00pm Tatyana Piano Time	5 9:00am Coffee time	6 2:00pm 
7 	8 9:00am Coffee time 9:00am AVON 2:00pm  5:00pm Tatyana Piano Time	9 9:00am Coffee time Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	10 9:00am Coffee time 2:00pm Origami Class 	11 9:00am Coffee time Medicare/DES Information 11:30am-100pm W/Fernando Diaz 5:00pm Tatyana Piano Time	12 9:00am Coffee time	13 2:00pm 
14 	15 Offices Closed Dr. Martin Luther King Jr. HOLIDAY  EVERYBODY can be great. Because ANYBODY can SERVE. You only need a HEART full of grace. A SOUL generated by LOVE. REMEMBER! CELEBRATE! ACT!	16 9:00am Coffee time Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	17 10:00am Sewing Class  2:00pm Dance 	18 11:30am Resident Birthday & January Holidays Party Medicare/DES Information 11:30am-100pm W/Fernando Diaz	19 9:00am Coffee time 2:00pm Fire Drill 	20 2:00pm 
21 	22 9:00am Coffee time 2:00pm  5:00pm Tatyana Piano Time	23 9:00am Coffee time Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	24 9:00am Coffee time	25 9:00am Coffee time Medicare/DES Information 11:30am-100pm W/Fernando Diaz 5:00pm Tatyana Piano Time	26 9:00am Coffee time	27 2:00pm 
28 	29 9:00am Coffee time 2:00pm  5:00pm Tatyana Piano Time	30 9:00am Coffee time Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	31 9:00am Coffee time 10:00am Sewing Class 		Network Center Coordinator Jessica's weekly schedule is Tuesdays and Thursdays From 9:00am-5:00pm	