



Strauss Manor

Monthly Newsletter

April 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

Housekeeping

Monica George

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



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



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 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 April to everyone!

Our Strauss Manor community has some new faces!
You may have noticed lately, that we have had some new additions in our building.

We are so happy to extend a very warm welcome to them.

Introduce yourselves and say hello:)

We all hope that they will feel very much at home and we look forward to spending time getting to know each of them.



Luz Servin- Service Coordinator

On Thursday, April 18th, we will be celebrating April birthdays with a delicious lunch and birthday cake baked by Michele Corradini!

To all my resident volunteers!

April is National Volunteer Month! I have a volunteer lunch scheduled for Wednesday, April 17th @ 11:30am. (see me for more details) I greatly appreciate all your hard work @ Strauss Manor.

There is still time for you to apply for the Arizona 140ET Form for the \$25 Tax Credit if you haven't already. If you prefer to completed yourself, please come by my office to pick up the form. The deadline is Monday, April 15th, 2024.

Our emergency pantries will ALWAYS be open for an emergency during business hours. Please let me know if there is anything you need. All donations will be kept confidential.

Please visit our Facebook page (B'nai B'rith Strauss Manor) and our website (straussmanor.org) where I post 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. Also tell your friends and family so they can keep up with the happenings at Strauss Manor.

Thank you to our Board of Directors for funding our resident events, our resident volunteers or all their hard work!
Fernando Diaz and Michelle Corradini for all their support!

May your April be full of sunshine, joy and positive change.
I look forward to seeing everyone at all of our events!
Thank you all and have an awesome month!

Luz Servin-Service Coordinator

WHAT'S COMING UP

April 1st
April Fools' Day

April 2nd
Autism Awareness Day

April 3rd
National Walking Day

April 5th
National Self Care Day

April 8th
National Zoo Lovers Day

April 18th
National Exercise Day

April 22nd
Earth Day
Passover Begins

April 23rd
National Picnic Day

April 27th
National Tell a Story Day





Administrative Professionals Day

April 26th is Administrative Professional Day!

I would like to thank our wonderful front office team, David and Stephen for all that they do! They always have a friendly attitude and can multitask like nobody!

They work hard, directing and managing visitors and employees, answering phones, scheduling appointments, and being just awesome!

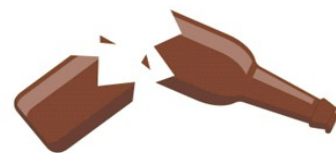
I hope you will join me in wishing them all the best on this special day!

Hope everyone has a wonderful month:)

Luz:)

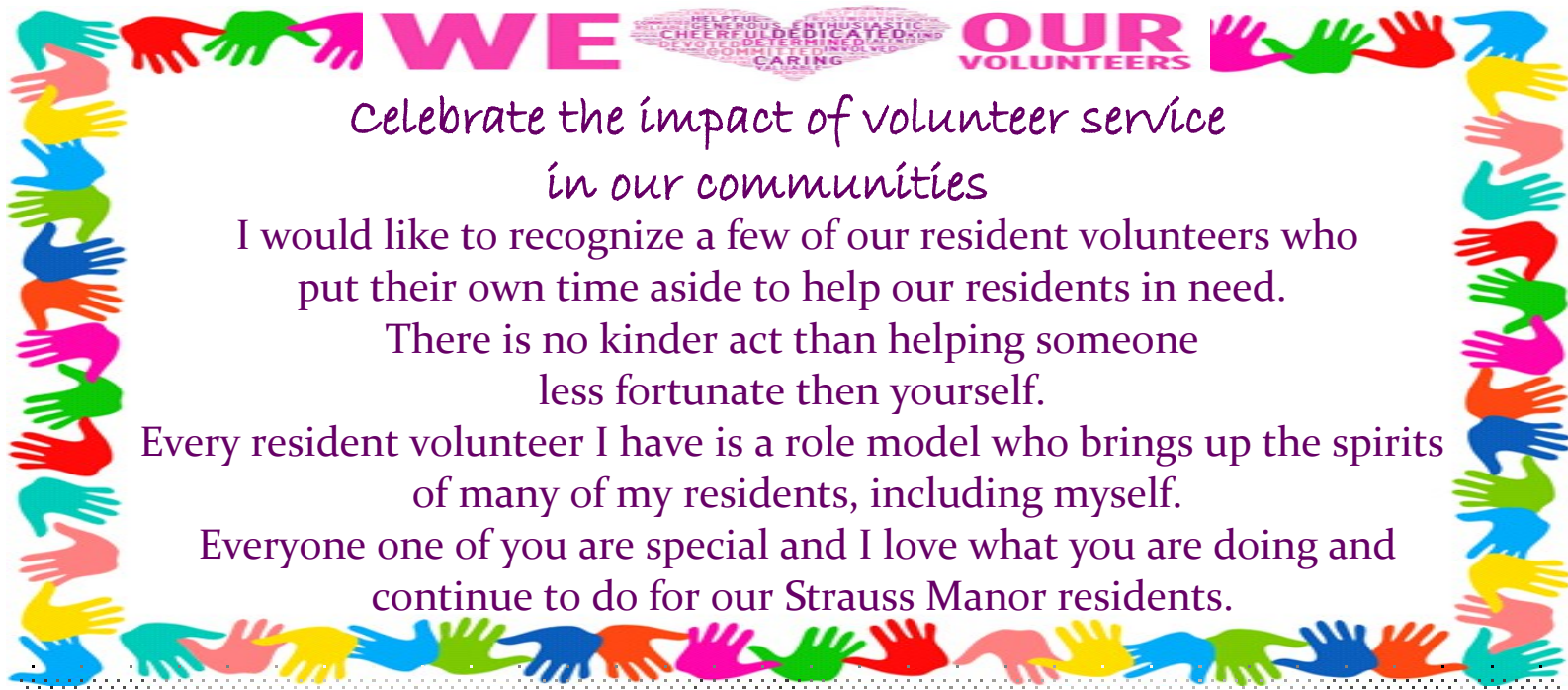
THE MANAGER'S CORNER

- * Please do not throw loose items in the trash, all items must be in tied trash bags.
- * Please take extra precautions when bagging and disposing of glass.
- * Trash chutes are recommended for disposing of trash as the dumpster bin is very large and can hold the volume of trash in our building. If you are unable to use the trash chutes, we have provided a trash can by the chutes for your convenience.
- * Please do not overflow trash onto the floor.
- * Please do not dispose of any animal waste, including litter boxes in the indoor trash rooms. All animal waste must be disposed of in the outside trash dumpsters (in tied bags),



Management





Celebrate the impact of volunteer service
in our communities

I would like to recognize a few of our resident volunteers who
put their own time aside to help our residents in need.

There is no kinder act than helping someone
less fortunate than yourself.

Every resident volunteer I have is a role model who brings up the spirits
of many of my residents, including myself.

Everyone one of you are special and I love what you are doing and
continue to do for our Strauss Manor residents.



Thankful for sweet volunteers like you!

The gift of time is priceless, valuable is the work you do.
Outstanding is how you always come through, loyal, sincere, and full of good cheer.
Untiring in your efforts throughout the year.
Notable are the contributions you make, trustworthy in every project you take.
Eager to reach your every goal, effective in the way you fulfill your role.
Ready with a smile like a shining star, special and wonderful-that's what you are!
~anonymous

April is National Humor Month

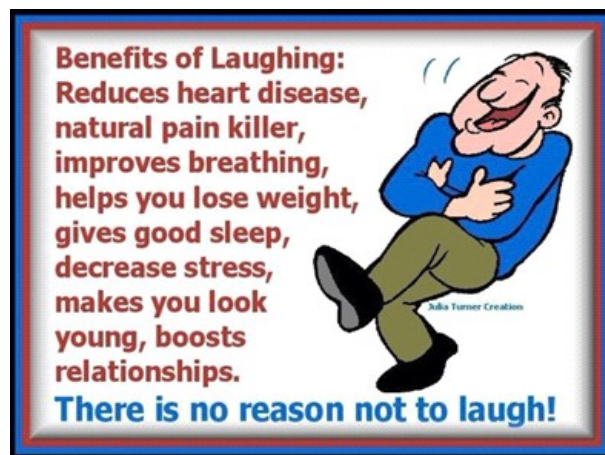
Prepare to Wiggle your Giggles!

LAUGHTER
is the best
MEDICINE

- *If you're happy and you know it Its your meds
- *How am I supposed to trust you when you keep running away every time I untie you
- *Sorry I'm late... I didn't want to come.
- *To me "drinking responsibly" means don't spill it.
- *I'm great in bed. I can sleep for days.
- *Does running late count as exercise?
- *4 out of 3 people struggle with math
- *My heart says chocolate and wine but my jeans say, for the love of God woman, eat salad!
- *The best thing about the good old days was that I wasn't good and wasn't old
- *My relationship with whiskey is on the rocks.
- *Does running from my responsibilities count as cardio?
- *A little gray hair is a small price to pay for all this wisdom.
- *Never laugh at your wife's choices. You are one of them.
- *Retired, under new management "see spouse for details"
- *Thought growing old would take longer.
- *Today I was a hero! I rescued some beer that was trapped in a bottle.
- *I'm so busy I don't know whether I found a rope or lost my horse.

LOL

Doctor: What's the condition of the boy who swallowed the quarter?
Nurse: No change yet.



April is Humor Month-

How to Celebrate National Humor Month This April

(I thought we could try this @ Coffee Time)

They say we should have a good laugh every day. It's great for our health.

So this month find ways to add humor to your April senior activities. You could get a joke book and take turns reading a different joke @ coffee time. Have little place cards with funny, positive and encouragement quotes on the tables, maybe even a new one every day or at least every week. Show a funny movie on movie day. Find out from other residents which jokes or movie they liked the best.

I have a few books that I'll be putting in the coffee room tables for everyone to read. If you have any new ideas or suggestions, feel free to stop by my office and share.

Hope everyone has lots of fun!

Luz:)



The Earth Day 2024 Theme Is Planet vs. Plastics, It calls to advocate for widespread awareness on the health risk of plastics, rapidly phase out all single use plastics, urgently push for a strong UN Treaty on Plastic Pollution, and demand an end to fast fashion. Join us as we build a plastic-free planet for generations to come! [EARTHDAY.ORG](https://www.earthday.org) is unwavering in our commitment to end plastics for the sake of human and planetary health, demanding a 60% reduction in the production of ALL plastics by 2040.

Arbor Day, April 22, 2024's theme is all about ensuring our earth and the trees upon it are all happy, healthy, and growing to be as strong as they possibly can be! Planting trees is an act of kindness and optimism; a gift for our friends and neighbors, and for future generations. The trees we plant clean the air, beautify our neighborhoods, provide homes for wildlife, conserve energy and topsoil, and help keep the atmosphere in balance. Trees not only bring an aesthetic beauty to our world but are important to our very survival. They not only provide shelter for many species of birds animals and insects but they are also the lungs of our planet.



PASSOVER (April 22-April 30)

One of the Jewish religion's most sacred and widely observed holidays, Passover (Hebrew: Pesach) commemorates the story of the Israelites' departure from ancient



Egypt, which appears in the Hebrew Bible's books of Exodus, Numbers and Deuteronomy, among other texts. Jews observe the weeklong festival with a number of important rituals, including traditional Passover meals known as Seders, the removal of leavened products from their home, the substitution of matzo for bread and the retelling of the exodus tale.



Dance

Wednesday, April 17th from 3:00-4:00 pm in the MPR.

Music playlist will include many genres and artists—50s, 60s, 70s, and more current tunes—slow and fast.



In the Spotlight

A special thanks to this amazing woman,

Carolyn Graf.

Not only does she volunteer month after month with our monthly events, she also volunteers with various projects within our building. She assists residents with transportation to and from hospitals, pharmacies, grocery stores, doctor appointments etc...

She makes sure that our residents who are going through hard times with their health have a hot meal.

She visits residents when they're in the hospital or need a ride to and from the hospital when a resident is either admitted or discharged.

This is another opportunity to let you know that your value is inestimable.

Thank you for your selfless service and goodness.



The gift of time is priceless
Valuable is the work you do
Outstanding is how you
always come through
Loyal, sincere and full of good cheer
Untiring in your efforts
throughout the year
Notable are the
contributions you make
Trustworthy in every
project you take
Eager to reach
your every goal
Effective in the way
you fulfill your role
Ready with a smile
like a shining star
Special and wonderful-that's
what you are!
~anonymous~





Earth Day Word Search



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

Air
 Clean
 Climate
 Compost
 Conservation
 Energy
 Forest
 Global
 Land

Litter
 Ocean
 Ozone
 Recycle
 Reduce
 Reuse
 Trees
 Waste



FUN FACTS

- » NASA announced America's first astronauts on April 9, 1959.
- » The birthstone for April is the diamond.
- » The zodiac signs are Aries (March 21-April 19) and Taurus (April 20-May 20).
- » The birth flowers for April are the sweet pea and the daisy.
- » Noah Webster copyrighted the first Webster Dictionary on April 14, 1828.
- » The Titanic sank on April 15, 1912.
- » The Revolutionary War in America began on April 19, 1775.
- » The United States Library of Congress was established on April 24, 1800.
- » Our first President, George Washington, was inaugurated on April 30, 1789.
- » Steve Jobs and Steve Wozniak formed Apple Computer Company on April 1, 1976.
- » On April 2, 1956, Elvis Presley sang "Heartbreak Hotel" on the Milton Berle Show, with an estimated 25% of the United States population viewing.
- » In April 1964, the Ford Mustang was introduced to the North American market.
- » William Shakespeare was born on April 23, 1564. He went on to write 38 plays and invent dozens of English words.
- » "My Name Is Barbra", Barbra Streisand's first TV special, aired on CBS on April 28, 1965.



Computer Network Center Coordinator:



Austin Garland

Office Hours:

**Austin's weekly schedule is
Tuesdays & Thursdays**

From

9:00am-5:00pm

networkcentercoordinator@gmail.com

**FIRE DRILL FRIDAY,
APRIL 26TH 2024 @ 2:00PM**



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.

APRIL 2024
B'NAI B'RITH
GERD & INGE STRAUSS MANOR
WELLNESS CENTER



TROY J PEARSON—WELLNESS DIRECTOR

Veggies Highest in Protein

+ amounts per 1 cup



Brussels Sprouts
5.6 grams



Artichokes
4.8 grams



Green Peas
8.6 grams



Kale
3.5 grams



Potatoes
4.6 grams



Asparagus
4.4 grams



Broccoli
37 mg



Mushrooms
4 grams



Spinach
6 grams

Protein is essential for building and repairing muscle tissue. Protein is easily consumed in meat and animal products, but there are many plant-based proteins to add to your diet if you prefer to restrict meat products from your diet. The chart to the left highlights many plant-based proteins that can be creatively added to your meals to increase the intake of this important nutrient. You should strive to consume 20-30 grams of protein at each meal for optimum benefits.

WELLNESS CENTER CALENDAR APRIL 2024



TUESDAY, APRIL 2ND

NOON– CHAIR DANCE

2:00PM–AGELESS YOGA

THURSDAY, APRIL 4TH

1:00PM–JOYFUL MOVEMENTS

TUESDAY, APRIL 9TH

NOON–SIMPLY SEATED

2:00PM–CARDIO-DRUMMING

THURSDAY, APRIL 11TH

NOON– CHAIR TAI-CHI

2:00PM– DISCO DANCING

TUESDAY, APRIL 16TH

NOON– SIT & BE FIT

2:00PM–BALANCE & BREATH

THURSDAY, APRIL 18TH

1:00PM–JOYFUL MOVEMENTS

TUESDAY, APRIL 23RD

NOON–UPPER BODY STRETCH

2:00PM–LOWER BODY STRETCH

THURSDAY, APRIL 25TH

1:00PM–HIGH TEA


TUESDAY, APRIL 30TH

NOON–BALANCE & BREATH

2:00PM–CARDIO-DRUMMING



Resident Activities April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
** not Sponsored by Strauss Manor Coffee Time Monday-Saturday 9:00am	1  2:00pm  5:00pm Tatyana Piano Time	2 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz	3 **3:30pm 	4 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz 1:00pm Joyful Movements 5:00pm Tatyana Piano Time	5 	6 2:00pm  4:00pm 
7 	8 9:00AM AVON 2:00pm  5:00pm Tatyana Piano Time	9 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz	10 9:00am Village Medical sponsored by Devoted 10:00am Sewing Class **3:30pm 	11 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz 5:00pm Tatyana Piano Time	12 	13 2:00pm  4:00pm 
14 	15 2:00pm  5:00pm Tatyana Piano Time	16 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz	17 11:30am Volunteer Appreciation 2:00pm lunch  3:00pm Dance **3:30pm 	18 11:30am Resident Birthday Party  1:00pm Joyful Movements 5:00pm Tatyana Piano Time	19 	20 2:00pm  4:00pm 
21 	22  2:00pm  Passover Begins 5:00pm Tatyana Piano Time	23 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz	24 10:00am Sewing Class  12:00pm W/Fernando  **3:30pm 	25 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz 2:00pm  High Tea 5:00pm Tatyana Piano Time	26 2:00PM FIRE DRILL  	27 2:00pm  4:00pm 
28 	29 2:00pm  5:00pm Tatyana Piano Time	30 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz Passover Ends	 VOLUNTEER APPRECIATION MONTH			