



Strauss Manor Monthly Newsletter May 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



Powered by Connection

[ACL.gov/OAM](https://acl.gov/OAM)
#OlderAmericansMonth



**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.

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
the desk
of
Your Service Coordinator



Older Americans Month 2024

Theme: Powered by Connection

Each year in May, we commemorate Older Americans Month to encourage and recognize the countless contributions that older adults make to our communities.

A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," "the prelude to "Older Americans Month."

The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

Connectedness: Plays a vital role in supporting independence and aging in place by combating isolation, loneliness and other issues. We're here to promote the benefit of connecting with others.

Volunteerism: The benefits of volunteering can be enormous.

It offers vital help to people in need. Assisting others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated and provide a sense of purpose. Volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day.

Giving in even simple ways can help those in need and improve your health and happiness. You can sign up to volunteer in various areas in Strauss Manor, like the library, garden, emergency pantries etc.... and in many more ways.

Stop by my office to fill out a volunteer form and see how you can help.

Social Connections: Those who are socially engaged on a regular basis may be less likely to experience feelings of depression, stress and anxiety.

Maybe you're new or have not participated in our activities and programs and don't know where to start. We have coffee time Monday-Saturday mornings, you can come join us and meet other residents. If you have any questions, you can call me @ 520-722-9963.

I'll be more than glad to assist in anything you might need.

Take a look at our monthly newsletter for more details on programs, classes and activities. You can join friends for a meal at our regular scheduled events, get together for some laughs and conversations.

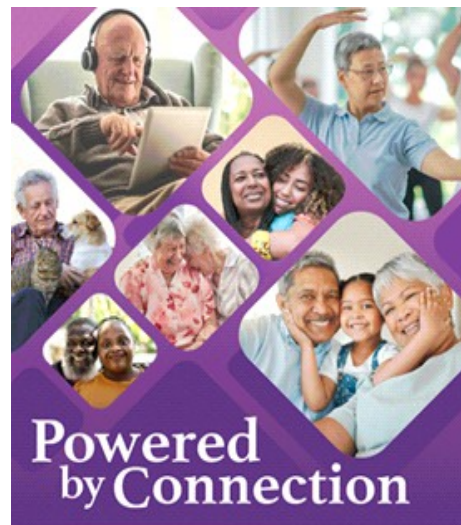
It will make a world of good instead of being home alone.

During the month of May, we have some fun activities planned and would love for you all to take part. Put on your favorite band shirt, grease that hair and rock with us.

We're thankful for your support and are looking forward to seeing you.

Everything that Strauss Manor embodies says connection to us.

What does connection mean to you?



~Luz Servin~Service Coordinator

A few more announcements from your service coordinator:

- * Monday, May 6th @ 9:00am
Avon, Barbara will be in the coffee room with her AVON goodies.
- * Tuesday, May 7th BBQ Grilling DAY! Since residents are not allowed to use the BBQ grill, beginning the month of May, every first Tuesday of the month, you can bring down your own food (beef/chicken/hot-dogs/hamburger patties etc..) the staff and one of our sponsors will grill it for you. You can either eat your meal in the MPR or take it home with you. You must have your food down and ready by the BBQ grill by 10:00am.
- * Wednesday, May 8th @ 11:00am Mother's Day Spa: Cigna Health Plan, ArchWell Health and Senior Med Solutions are sponsoring a Mother's Day spa! Come down and have some fun and get your nails painted, receiving a Mother's Day gift bag, flowers and win some prizes. Finger foods and drinks will be provided.
- * May 14th thru May 17th, I will out of the office for the B'nai B'rith Conference in California. I will return to the office on Monday, May 20th.
- * Tuesday, May 21st Advisa Care Hospice educational presentation @ 9:00am in the coffee room. Donuts will be provided.
- * Thursday, May 23rd we will be celebrating Cinco De Mayo, Mother's Day, Memorial Day and resident birthdays with a delicious Taco bar!
- * Thursday, May 30th High Tea @ 2:00pm.
- * Game/puzzle/coloring any time on Fridays. See me for supplies.

Please take a look at you calendar for events you might want to attend:)
Let's have a great month!

Luz Servin ~Service Coordinator

Of all the special
joys in life,
The big ones
and the small,
A mother's love
and tenderness
Is the greatest
of them all.

Fernando Diaz, Senior Med Solutions,
is available on Tuesdays and Thursdays from
11:30am-1:00pm
(please see calendar) to help you with any questions
you may have about your Medicare, Social Security
and DES/AHCCCS.

Please call Luz @ 520-722-9963
if you have any questions.



April's Events



Resident Birthdays



Resident event



Dance sequences Joyful Movements



Dance Class



Morning Coffee

Resident April events continued



Residents, sponsors and volunteers



Village Medical Clinic and Senior Med Solutions



Sponsors: Fernando Diaz w/Senior Med Solutions, Cruz Duran w/ArchWell Health, Troy Pearson, our Wellness Director and Luz Servin, your Service Coordinator



Smoking Area view

Mother's Day

Wednesday,
May 8th, 2024
@ 11:00am



Finger Foods, drinks,
pastries, prizes
and a gift bag

You are invited to a Mother's Day Spa Day! Come get your finger nails painted. You will receive a small gift with goodies and flowers to those who participate. Finger foods and drinks will be available:) Please RSVP by Wednesday, May 1st 2024 Hope to see you there!

Thank you:)

Luz~520-722-9963

Sponsored by: Cigna Health Plan, Archwell and Senior Med Solutions



TACO BAR

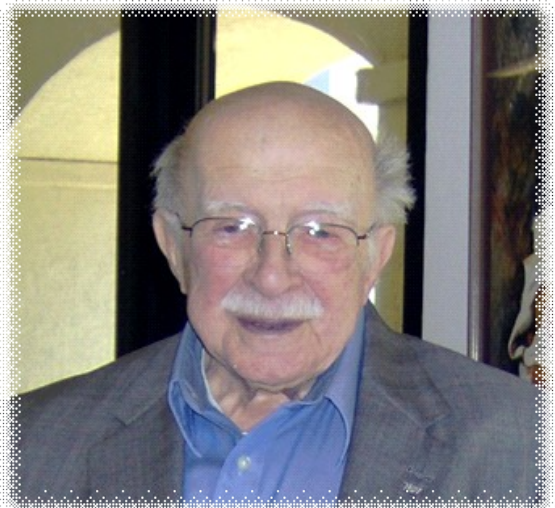


Thursday, May 23rd 2024

We will be celebrating Cinco De Mayo,
Mother's Day, Older Americans Month and Memorial Day
with a Taco Bar!

We hope to see everyone come and enjoy the fun!





Holocaust Remembrance Day is on May 6th!

It is never too late, and we should always remember those who lost their lives during the Holocaust and make sure it never happens again.

Gerd Strauss

February 23rd, 1918—December 30, 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 affordable housing to low income seniors.

He will be remembered for the difference he made in so many lives and the deeds he accomplished.

Mr. Gerd Strauss, (of blessed memory) 90 passed away December 30th, 2008. Son of Moritz and Emma Strauss, nee Schaumberg, both victims of the Holocaust.

Gerd, a resident of Tucson since 1986, founded the B'nai B'rith Covenant House and the Gerd & Inge Strauss on Pantano, senior housing projects

that have served hundreds of Tucson residents.

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

Gerd was born in Germany in 1918 and spent 8 months in Buchenwald before being permitted to emigrate to Palestine in 1939.

There he joined the Palestine Regiment of the British Army, the Jewish Brigade and later saw action with the 8th Army in North Africa and Italy. He also was part of the Haganah, forerunner of the Israel Defense Forces, for 8 years.

Married his childhood sweetheart, Inge (Liebman) who passed away in 2003, they settled in the USA in 1947.

**The offices will be closed for Memorial Day
Monday, May 29th 2024**



**To all our residents, family members and
friends who have served in the military, we
Thank You
for your dedication and service
to our country!**

Words We Got From the Military

Military Appreciation Month, held every May, celebrates the members of the armed forces who have given so much to our nation. Among the military's contributions through the years is a registry of words and phrases that wouldn't exist without them. Here's a small sample:

Hotshot — This term for a talented, successful person likely came from the use of heated cannonballs, aka hot shots, to ignite enemy ships or buildings. Handling the volatile ammo was risky and required a lot of skill.

With flying colors — A naval ship returning home after a victory proudly displays their flags, called colors, from the masthead. The tradition of "coming through with flying colors" is now a metaphor for a victory such as acing a test or exceeding at a task.

Avant-garde — Describing someone or something that is new and unusual, typically referring to the arts, this comes from the French word for vanguard, or advance guard: a small group of soldiers who lead armed forces into battle.

Murphy's law — Pessimists are familiar with this philosophy of "If something can go wrong, it will." Capt. Edward A. Murphy gave this age-old concept a name while working on a project at Edwards Air Force Base in 1949. His fellow engineers credited the law for motivating them to find ways to avoid negative outcomes, making their project a success.

Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories — Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org.

Tune in to a TV tradition — On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

Post a tribute — If you have a loved one who is a fallen hero, post a photo and story about them on social media.

Send a letter — Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

Visit a memorial — Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

Pause at 3 p.m. — Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.

Flower of Remembrance

It's a flower that has come to represent all those who have given their lives in times of war. Around Memorial Day, Buddy Poppies start popping up.

The bright red artificial flowers, each with a tag that says "Wear It Proudly," are given out by members of the Veterans of Foreign Wars. The group began the tradition in 1922. The flowers got the name Buddy Poppies because they honored the many military buddies who never came home.

Today, men and women in Veterans Affairs hospitals and homes assemble the poppies, an activity that provides them with financial help and a form of physical therapy. VFW posts distribute the poppies to the public, and the donations collected for them are used to fund programs for veterans and military families.

Using the poppy as a memorial flower was inspired by the famous battlefield poem "In Flanders Fields," written during World War I by Canadian army doctor John McCrae. Poppies were later adopted as symbols by veterans groups in the U.S., Canada, the U.K., Australia, New Zealand and parts of Europe.



Manager's
LET'S WORK
Together



PLEASE DO NOT KNOCK ON THE MAINTENANCE APARTMENT DOOR AT ANYTIME!

Maintenance and management issues should only be addressed during normal business hours. If you have an emergency during after hours and weekends, please call the emergency number.

Reminder – please report all maintenance requests promptly to management. If we are not available, please leave a message for routine maintenance requests. If you cannot reach the office or if after hours, please call the building maintenance phone 272-3172 for building maintenance emergencies. Please use your pull cord or call 911 for all other non-building emergencies.

*Examples of building emergencies: flood, fire, smoke detector(s) beeping, air conditioning or heating, plumbing, electricity, water, ceiling/wall leaks.

*Examples of non-building emergencies: car alarms going off, light bulb replacement (if you still have lighting in each room, this would not be an emergency), ice maker not working. In the case of light bulb replacement or ice maker not working, these are considered routine maintenance requests and the work order request should be given to the office on the phone or in person by the resident.

As always, please let our office know if you have any questions or concerns.

Thank you,
Management:)

In Loving Memory



Ruth Louise Warren
October 20, 1927 ~ March 31st 2024

May 2024

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



TROY J PEARSON—WELLNESS DIRECTOR

Dehydration Prevention Tips

- Drink fluids regularly, especially water, fruit juices, sports drinks, milk, and broth. Avoid high-protein drinks and alcoholic beverages.
- Eat a balanced diet that includes fruits and vegetables, which contain water, salt, and vitamins.
- Drink more fluids before, during, and after physical exertion, especially in hot and humid weather.
- Monitor the color of your urine, which should be pale yellow or clear. Dark or cloudy urine may indicate dehydration.
- Pay attention to the symptoms of dehydration, such as dry mouth, thirst, headache, fatigue, dizziness, and confusion.

Know your risk for dehydration, which may be higher if you have certain medical conditions, take certain medications, or are elderly.



WELLNESS CENTER CALENDAR MAY 2024



THURSDAY, MAY 2ND

1:00PM—JOYFUL MOVEMENTS

TUESDAY, MAY 7TH

NOON—CHAIR TAI-CHI

2:00PM—CHAIR DANCING

THURSDAY, MAY 9TH

NOON—SIMPLY SEATED

2:00PM—CARDIO-DRUMMING

TUESDAY, MAY 14TH

NOON— SIT & BE FIT

2:00PM— TAI-CHI

THURSDAY, MAY 16TH

1:00PM—JOYFUL MOVEMENTS

TUESDAY, MAY 21ST

NOON—PING-PONG

2:00PM—HORSESHOES

THURSDAY, MAY 23RD

NOON—UPPER BODY STRETCH

2:00PM—LOWER BODY STRETCH

TUESDAY, MAY 28TH

NOON—BALANCE & BREATH

BREATH & TAI CHI

THURSDAY, MAY 30TH

NOON—AGELESS YOGA

2:00PM—HIGH TEA



Resident Activities May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Austin Garland</p>	<p>Austin's weekly schedule is Tuesdays & Thursdays From 9:00am-5:00pm</p>		<p>1 10:00am Sewing Class</p>  <p>**3:30pm</p> <p>COME JOIN OUR BIBLE Study</p> 	<p>2 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p> <p>1:00pm Joyful Movements</p> <p>5:00pm Tatyana Piano Time</p>	<p>3 Anytime Puzzles/games/coloring Day</p> 	<p>4</p> <p>3:00pm-8:00pm PRIVATE PARTY</p> <p><i>Reserved</i></p>
<p>5</p> 	<p>6 9:00am AVON</p> <p>2:00pm</p>  <p>5:00pm Tatyana Piano Time</p>	<p>7 10:00am Bring your own food</p>  <p>11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p>	<p>8</p> <p>11:00am Mother's day</p> 	<p>9</p> <p>11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p> <p>5:00pm Tatyana Piano Time</p>	<p>10 Anytime Puzzles/games/coloring Day</p> 	<p>11 12:00pm in coffee room</p>  <p>4:00pm</p> 
<p>12</p> 	<p>13</p> <p>2:00pm</p>  <p>5:00pm Tatyana Piano Time</p>	<p>14</p> <p>11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p>	<p>15 12:00pm Bingo W/Fernando</p>  <p>2:00pm ORIGAMI CLASS</p> 	<p>16 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p> <p>1:00pm Joyful Movements</p> <p>5:00pm Tatyana Piano Time</p>	<p>17 Anytime Puzzles/games/coloring Day</p> 	<p>18 2:00pm in coffee room</p>  <p>4:00pm</p> 
<p>Service Coordinator will be out of the office for the @ B'nai B'rith Conference</p>						
<p>19</p>	<p>20</p> <p>2:00pm</p>  <p>5:00pm Tatyana Piano Time</p>	<p>21 9:00am Avisa Care Hospice</p> <p>11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p>	<p>22 10:00am Sewing Class</p>  <p>**3:30pm</p> <p>COME JOIN OUR BIBLE Study</p> 	<p>23 11:30am Resident Birthday/Holiday Celebration</p> 	<p>24 Anytime Puzzles/games/coloring Day</p> 	<p>25 2:00pm in coffee room</p>  <p>12:00pm-3:00pm RESERVED PRIVATE PARTY</p>
<p>26</p>	<p>27 Offices Closed</p> 	<p>28</p> <p>11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p>	<p>29 10:00am Sewing Class</p>  <p>**3:30pm</p> <p>COME JOIN OUR BIBLE Study</p> 	<p>30 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p> <p>High Tea 2:00pm</p>  <p>5:00pm Tatyana Piano Time</p>	<p>31 Anytime Puzzles/games/coloring Day</p> 	<p>** not Sponsored by Strauss Manor</p> <p>Coffee Time Monday-Saturday 9:00am</p>