



Important Numbers



Office Hours:
Monday – Friday
8:00 AM – 5:00PM

=====
Manager
David Mata
(520) 722 - 9015
For TTY users
1-800-367-8939
TDD Hearing Impaired
1-800-367-8939
=====
Assistant Manager
Stephen Smith
(520) 722 - 9687
=====
Service Coordinator

Luz E. Servin
(520) 722 - 9963
=====
Network Center
Coordinator
Austin Garland
=====
Wellness Director
Troy Pearson
=====

AFTER HOURS

Emergency
Maintenance Tech

Jose Servin
(520) 272-3172

=====
If Life Threatening or
Emergency Call 911
=====

Housekeeping

Monica George

Board Liaisons

Nicky & Vicky
=====

 Join us

Strauss Manor
Website
straussmanor.org
=====

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

Strauss Manor

370 N Pantano Rd.
Tucson, Az. 85710



Strauss Manor Monthly Newsletter August 2024

August

"Let the sunshine of August
inspire you to shine your
brightest." – Unknown



Thursday, August 15th @ 11:30am

**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

Hello everyone and Happy August!

Hope everyone enjoyed July's cookout and entertainment.

A BIG thanks to Mike and Rod for their amazing musical talent, our Board of Directors for their continual financial support, Michelle Corradini for her delicious cakes, Fernando Diaz and Cruz Duran for their continual support for our events, our resident volunteers who so cheerfully give of their time and to our Tucson community volunteers. We appreciate every one of you:)

This month of August, we have a busy calendar with exciting activities. As always guests are invited and encouraged to attend events with their loved one(s).

Fall Prevention presentation by The Tucson Fire Department on Monday, August 5th @ 9:00am in the coffee room.

We will be celebrating our resident birthdays with a LUAU on Thursday, August 15th @ 11:30am. Come down and enjoy a great lunch, birthday cake and fun! If it's your birthday month, make sure you attend so we can celebrate with you:)

Advisa Care Hospice is here twice a month, come down for a discussion on managing grief and sharing experiences.

Archwell Health workshop on Advanced Directives, Wednesday, August 14th @ 9:00am in the coffee room. Donuts will be provided.

Monthly Bingo w/Fernando, Wednesday, August 21st @ 1:00pm.

Modge Podge Art Class w/Archwell Health, Wednesday, August 28th @ 1:00pm.



Luz Servin~Service Coordinator

Austin will be teaching the same classes as last month. (YouTube and Google)
There were a few residents that missed the classes last month and a few others that would like to attend the same classes again.
Tuesday, August 13th & Tuesday, August 27th @ 9:00am
In the coffee room.

Check your calendar for dates for all other weekly activities and let's have a GREAT month!

Luz Servin
-Service Coordinator

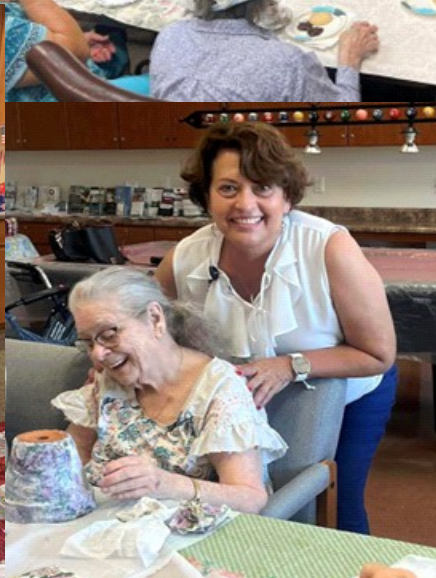




**BACK
IN
JULY**



**FUN
JULY
MEMORIES**



**MODGE
PODGE
CLASS**

HIGH TEA



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.



**JULY
COMPUTER
CLASSES w/
AUSTIN**

Manager's Corner

Attention Residents!

*Please let your family members, visitors, care givers etc...
know that the visitor's parking is on the north side of the building.
This issue has caused a big problem with residents not being able
to park in their assigned spaces.*

*Parking spaces that have an assigned letter
are assigned to particular residents.*

*Please do not park on those assigned parking spaces
or your vehicle will be towed.*

Thank you,

Management



Resident Birthday Party LUNU!
Thursday, August 15th
@11:30am



High Tea
Thursday, August 29th
@ 2:00pm





The Dog Days of Summer!

The Dog Days of summer last from July 3rd August 11

What are the Dog Days of summer, exactly? What do they have to do with dogs?
The ancient origins of this common phrase might surprise you.

Hot Diggity Dog it's August!

What Are the Dog Days of Summer? The term "Dog Days" traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere. In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat! Today, the phrase doesn't conjure up such bad imagery. Instead, the Dog Days are associated purely with the time of summer's peak temperatures and humidity.

Why Are They Called the "Dog Days" of Summer? This period of sweltering weather coincides with the year's heliacal (meaning "at sunrise") rising of Sirius, the Dog Star. Sirius is part of the constellation Canis Majoris —the "Greater Dog"—which is where Sirius gets its canine nickname, as well as its official name, Alpha Canis Majoris. Not including our own Sun, Sirius is the brightest star in the sky.

In ancient Greece, Egypt, and Rome, it was believed that the dawn rising of Sirius in mid- to late summer contributed to the extreme weather of the season. In other words, the "combined heat" of super-bright Sirius and our Sun was thought to be the cause of summer's sweltering temperatures. The name "Sirius" even stems from Ancient Greek seirios, meaning "scorching." For the ancient Egyptians, the dawn rising of Sirius (known to them as Sothis) also coincided with the Nile River's flood season. They used the star as a "watchdog" for that event. Of course, the appearance of Sirius does not actually affect seasonal weather here on Earth, but its appearance during the hottest part of summer ensures that the lore surrounding the star lives on today!



Hail, Hail, August is here! Hail!

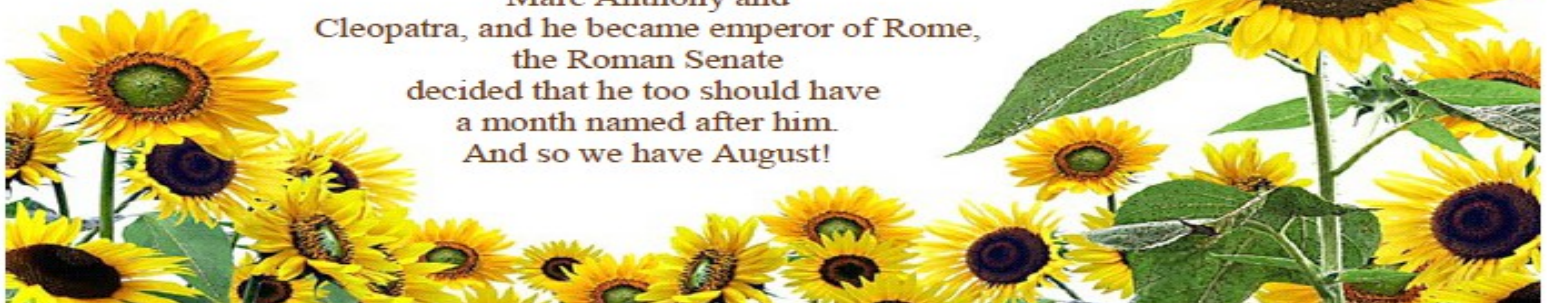
Did you know that the calendar we use today was, in part, created by Julius Caesar? July is even named by the ruler.

After Julius's grandnephew Augustus defeated Marc Anthony and

Cleopatra, and he became emperor of Rome, the Roman Senate

decided that he too should have a month named after him.

And so we have August!





Remembering Susan Dann February 24th, 1947 ~July 3rd, 2024

Susan came to Strauss Manor in 2016.

She enjoyed being involved in our resident activities.

She was a faithful resident volunteer.

Susan got to enjoy the B'nai B'rith resident retreat in Pennsylvania.

She enjoyed our Strauss Manor Choir, game day, the Christmas Stocking project and celebrating her birthday! A few of the jobs she had as a resident volunteer was keeping the library nice and organized, setting up for game day and helping me with decorating our bulletin boards.

Susan made lots of friends, she will surely be missed:(



TO OUR VOLUNTEERS!

Have you all noticed our library? A special "Thank You" to Susan Dann. She has been working very hard in organizing our books and keeping our library neat. Please make sure that when you return your book that it goes back into its proper place. Susan is also in charge of our Game Day, she sets up the games on Wednesdays for everyone can come down and enjoy. Thank you Susan!!!





August



2024



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

SEASHELL

SUNSCREEN

SEA TURTLES

BEACH BLANKET

SUNGLASSES

UMBRELLA

SEAHORSE

SAILBOAT

SAND

VISOR

HORSESHOE CRAB

SUN

WAVES

SUNHAT

FISH

BEACH HOUSE

OCEAN

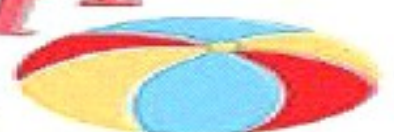
DOLOPHINS

JELLYFISH

VIBURNUM



Summer





August 2



AUGUST 2024

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



TROY J PEARSON—WELLNESS DIRECTOR



SLEEP TIPS FOR OLDER ADULTS

Research has shown that older people can take steps to improve their sleep. These steps often involve focusing on improving sleep hygiene and developing habits that encourage quality sleep.

Exercise: Older people who exercise regularly fall asleep faster, sleep longer, and report better quality of sleep. Exercise is one of the best things older people can do for their health.

Reduce bedroom distractions: Televisions, smartphones, and bright lights can make it more challenging to fall asleep. Keep the television in another room and try not to fall asleep with it turned on. Move electronics out of the bedroom and reserve the bedroom for only sleeping.

Avoid substances that discourage sleep: Substances like alcohol, tobacco, caffeine, and even large meals late in the day can make sleep more challenging. Consider quitting smoking, reducing caffeine intake, and eating dinner at least four hours before bedtime.

Keep a regular sleep schedule: Aging can make it more difficult to recover from lost sleep. Avoid sudden changes in sleep schedules. This means going to bed and waking up at the same time every day and being careful about napping too long or too close to bedtime.

Develop a bedtime routine: Find activities that help you relax before bed. Many older people enjoy taking a warm bath, reading, or finding some quiet time before getting into bed.

WELLNESS CENTER CALENDAR AUGUST 2024



THURSDAY, AUGUST 1ST

NOON— SIT & BE FIT

2:00PM—CHAIR YOGA

TUESDAY, AUGUST 6TH

NOON—SHOULDER MOBILITY

2:00PM— HIP MOBILITY

THURSDAY, AUGUST 8TH

NOON—SIMPLY SEATED

2:00PM—CARDIO DRUMMING

TUESDAY, AUGUST 13TH

NOON—CHAIR TAI-CHI

2:00PM—CHAIR DANCING

THURSDAY, AUGUST 15TH

11:30AM— ***TIKI PARTY***

TUESDAY, AUGUST 20TH

NOON—UPPER BODY STRETCH

2:00PM—LOWER BODY STRETCH

THURSDAY, AUGUST 22ND

NOON—SIMPLY SEATED

2:00PM—CARDIO DRUMMING

TUESDAY, AUGUST 27TH

NOON—LOW-IMPACT UPPER BODY

2:00PM—LOW-IMPACT LOWER BODY

THURSDAY, AUGUST 29TH

NOON—SHOULDER MOBILITY

2:00PM—HIGH TEA



Resident Activities August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Tatyana's Piano time 					1 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz	2 	3 2:00pm 
Mondays and Thursdays @5pm							
4	5 9:00am City of Tucson TFD Fall/Fire Prevention 2:00pm 	6 9:00am AdvisaCare Hospice 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz	7 9:00am  3:30pm COME JOIN OUR BIBLE Study 	8 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz	9 	10 2:00pm 	
11	12 11:00am  2:00pm 	13 9:00am  YouTube Workshop w/Austin 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz	14 9:00am  Advanced Directives 10:00am Sewing Class 	15 11:30am Resident Birthday 	16 	17 2:00pm 	
18	19 11:00am  2:00pm 	20 9:00am AdvisaCare Hospice 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz	21 1:00pm Monthly Bingo w/Fernando 	22 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz	23 	24 2:00pm 	
25	26 11:00am  2:00pm 	27 9:00am Google Workshop w/Austin 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz	28 10:00am Sewing Class  1:00pm Arts/Crafts W/ArchWell Health 	29 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz 2:00pm High Tea 	30 	31 2:00pm 	