



# Strauss Manor Monthly Newsletter October 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

Austin Garland

\*\*\*\*\*

### Wellness Director

Troy Pearson

\*\*\*\*\*

### AFTER HOURS

### Emergency

Jose Servin

(520) 272-3172

\*\*\*\*\*

If Life Threatening or

Emergency Call 911

\*\*\*\*\*

### Housekeeping


Monica George

\*\*\*\*\*

Strauss Manor

Website

[straussmanor.org](http://straussmanor.org)

 Join us

Pima Council on Aging  
Information and Help

(520) 790 - 7262

=====

TDD Hearing Impaired

1-800-367-8939

=====

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 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).



Welcome to all our new 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. **Safeway pharmacy** will be here on **Wednesday, October 9<sup>th</sup>** administering vaccines.

The vaccines available are: **FLU, COVID, RSV, SHINGLES, and PNEUMONIA.**

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.

Come down to the MPR on **Wednesday, October 16<sup>th</sup> @ 3:00pm** for an hour of dancing. Dance like no one is watching. Some people like to dance freely and wildly, not caring about form or technique, but simply wanting to let go and loose themselves in the flow of the music.

I have scheduled a **Senior Health Fair** on **Monday, October 21<sup>st</sup> From 9:00am-1:00pm** in the MPR. Come down for some great info and resources.

Thanks to those of you who have signed up to volunteer. We appreciate you! It's been great seeing a lot of you participating in our daily activities. We hope you continue to keep volunteering and encourage your friends and neighbors. We have a very busy October. Please take a look at your calendar for activities you may wish to attend.

**Thursday, October 31<sup>st</sup>** we will be having Strauss Manor's **JACK-O-LANTERN JUMP** event and we will be celebrating October birthdays with a delicious luncheon. Michelle will be bringing her delicious cakes for us. We will have lots of games and prizes for best costumes!

For those of you who wish to participate, you will receive a **JACK-O-LANTERN JUMP** t-shirt.

I'd like to thank my residents for the beautiful plaque I received from you. I am overwhelmed with gratitude, your kindness has touched my heart.

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



## FLU SHOTS

### Protect yourself this season

Come Get Your Flu Shot  
**Safeway will be onsite**

**When: Wednesday, October 9th, 2024**

**Time: 9:00am-1:00pm**

**Where: Coffee Room**

**Vaccines available upon request:**

- **Flu**
- **Pneumonia**
- **RSV**
- **Shingles**
- **COVID**



No cost to you with your medical insurance information.

**Sewing Class on Wednesdays @ 10am in the MPR**  
**We are sewing Peace and Comfort pillows**  
**for our Veterans in Hospice.**





# SENIOR HEALTH FAIR

**When: Monday, October 21, 2024**

**Time: 9:00am-1:00pm**

**Come down and join us, you may win a prize**



## **Strauss Manor Senior Health Fair**

**All of the topics presented are focused on health promotional/health prevention topics.**

**The purpose of the interactive health fair is to examine a multitude of social, cultural, historical and economic characteristics in aging.**

**This interactive health fair gives our residents an opportunity to engage healthy, Community-dwelling with other older adults.**

2006

# STRAUSS MANOR

celebrated 18<sup>th</sup> years in September

2024



# Computer Network Center Coordinator



## Computer Network Center Coordinator

Office Hours:  
Tuesdays and Thursdays  
From 9:00am-5:00pm

Sign-up sheet is outside  
Austin's office door.

Classes this month:  
“**Smart phones/Tablets**”  
Tuesday, October 15<sup>th</sup>  
@ 9:00am  
“**Internet Safety**”  
Thursday, October 24<sup>th</sup>  
@ 2:00pm



If anyone runs low on food or other items during the month, I have an **emergency food pantry** with various items, such as **tuna, sardines, soups, can milk, ground coffee as well as instant coffee**, etc. I also provide such things as, **hearing aide batteries, dish soap, laundry soap, paper towels, Kleenex, toilet paper**, etc., so please call me @ 520-722-9963 and let me know if you need anything.

Luz?



# AmeriCorps Seniors Foster Grandparent Program

## VOLUNTEER & SERVICE WORK OPPORTUNITIES IN YOUR COMMUNITY!

Stipend available upon certain conditions

**Tuesday, October 29<sup>th</sup>  
@ 9:00am!**

<h1>FGP</h1> <p>Foster Grandparent Program</p>	<p>The Foster Grandparent Program provides one-on-one support to children with special needs to improve their academic, social, or emotional development.</p>
	<p>Have questions or want more information? Contact Program Coordinator Marga Gamas 520-305-2482   marga.gamas@nau.edu</p>
<p><b>NORTHERN ARIZONA UNIVERSITY</b> Center for Service and Volunteerism</p>	

In the Coffee Room  
Enjoy some refreshments and learn about a great way to volunteer with children and get a Stipend.



## Manager's Corner

Please let us know if you have any questions on your annual re-certification, 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 newsletters/calendar, presentations, events, volunteers. Luz coordinates all services for our residents.

Please contact her directly.

Please **DO NOT** ask Jose to complete a work order. **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



MEDICARE



HEALTH INSURANCE

**Medicare's Open Enrollment period is October 15th - December 7th**

This is when ALL people with Medicare can change their Medicare health plan and prescription drug coverage for 2025.

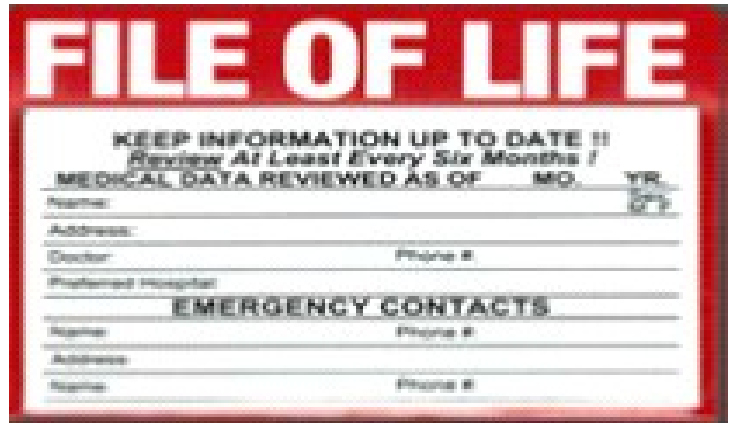
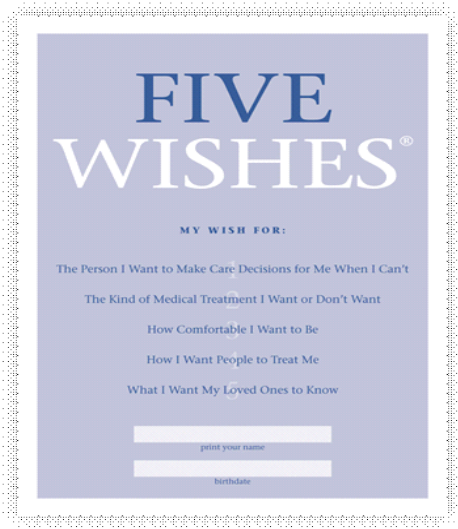
If you are on a Dual AHCCCS plan, please call Fernando about questions as rules are changing this year!

Information on 2025 plans will be available beginning in October.

People with Medicare can call 1-800-633-4227 or visit [www.medicare.gov](http://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:)



# Fall Word Search



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



**OCTOBER 2024**

**B'NAI B'RITH**

**GERD & INGE STRAUSS MANOR**

**WELLNESS CENTER**



**TROY J PEARSON – WELLNESS DIRECTOR**



**WHAT? 2024 JACK-O-LANTERN JUMP!!!**

**LUNCH – SPAGHETTI & MEATBALLS!!! FREE T-SHIRTS, HATS  
AND GLASSES!!! WIN HALLOWEEN BEADS BY PLAYING FUN  
GAMES!!! COSTUME CONTEST WITH TROPHIES FOR SCARIEST,  
FUNNIEST, MOST CREATIVE AND OVERALL COSTUME!!!**

**WHEN? TUESDAY, OCTOBER 29TH AT NOON!!!**

**WHERE? MULTI-PURPOSE ROOM!!!**

# WELLNESS CENTER CALENDAR OCTOBER 2024



## TUESDAY, OCTOBER 1ST

NOON- SIT & BE FIT

2:00PM-CHAIR YOGA



## THURSDAY, OCTOBER 3RD

NOON-CHAIR TAI-CHI

2:00PM-CHAIR DANCING

## TUESDAY, OCTOBER 8TH

NOON-SIMPLY SEATED

2:00PM-CARDIO DRUMMING

## THURSDAY, OCTOBER 10TH

NOON-BREATH & CHI-KUNG TAI-CHI

2:00PM-BALANCE & BREATH

## TUESDAY, OCTOBER 15TH

NOON-UPPER BODY STRETCH

2:00PM-LOWER BODY STRETCH

## THURSDAY, OCTOBER 17TH

NOON-SHOULDER MOBILITY

2:00PM-PING-PONG

## TUESDAY, OCTOBER 22ND

NOON-SIMPLY SEATED

2:00PM-CARDIO DRUMMING

## THURSDAY, OCTOBER 24TH

NOON-CHAIR-DANCING

2:00PM-HIGH TEA

## TUESDAY, OCTOBER 29TH

NOON-LOW-IMPACT UPPER BODY

2:00PM-LOW-IMPACT LOWER BODY

## THURSDAY, OCTOBER 31ST

**11:30AM-JACK-O-LANTERN JUMP**



# Resident Activities October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Morning Coffee</b></p> <p>Monday-Saturday @ 9:00am</p>	<p><b>1</b></p> <p>11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</p>	<p><b>2</b> 9:00am</p>  <p>10:30am Resident BBQ Bring Your Own Beef 1:00pm Monthly Bingo w/Fernando</p> 	<p><b>3</b> 11:30am Bereavement Group</p>  <p>11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</p>	<p><b>4</b> 10:00am Haircuts W/Jessica</p> 	<p><b>5</b></p> <p>2:00pm</p> 	
<p><b>6</b></p> 	<p><b>7</b> 11:00am</p>  <p>2:00pm</p> 	<p><b>8</b> 9:00am</p>  <p>11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</p> <p>9:00am</p>	<p><b>9</b> 9:00am-1:00pm</p>  <p>Flu Shots</p>	<p><b>10</b></p> <p>11:30am Personal Emergency Response Information W/Fernando Diaz</p>	<p><b>11</b></p> 	<p><b>12</b></p> <p>2:00pm</p> 
<p><b>13</b></p> 	<p><b>14</b> Offices Closed</p>  <p>2:00pm</p> 	<p><b>15</b> 9:00am Smart Phones/ Tablets Workshop w/Austin</p> <p>11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</p>	<p><b>16</b> 9:00am Soulistic Hospice</p> <p>10:00am Sewing Class</p> <p>3:00pm DANCE HOUR</p>	<p><b>17</b> 11:30am Bereavement Group</p>  <p>11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</p>	<p><b>18</b></p> 	<p><b>19</b></p> <p>2:00pm</p> 
<p><b>20</b></p> 	<p><b>21</b> 9:00am</p>  <p>2:00pm</p> 	<p><b>22</b> 9:00am</p>  <p>11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</p>	<p><b>23</b> 9:00am</p>  <p>10:00am Sewing Class</p> 	<p><b>24</b> 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</p> <p>2:00pm Computer File organization w/Austir</p> <p>2:00pm High Tea</p> 	<p><b>25</b></p> 	<p><b>26</b></p> <p>2:00pm</p> 
<p><b>27</b></p> 	<p><b>28</b> 11:00am</p>  <p>2:00pm</p> 	<p><b>29</b> 9:00am Americorps Seniors</p> <p>11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</p>	<p><b>30</b> 9:00am Hospice of the Valley</p> <p>1:00pm Monthly Bingo w/Fernando</p> 	<p><b>31</b></p>  <p>11:30am Resident JACK-O-LANTERN &amp; Bday Celebration</p>	<p><b>Mondays &amp; Thursdays @ 5:00pm Tatyana Piano Time</b></p> 	