



**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**

=====

**f 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**



**EQUAL HOUSING  
OPPORTUNITY**

**18**  
*Anniversary*  
CELEBRATION

# Strauss Manor Monthly Newsletter September 2024



*September 2006-September 2024*



*Photo Credit: Phil Chevanne*

**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).

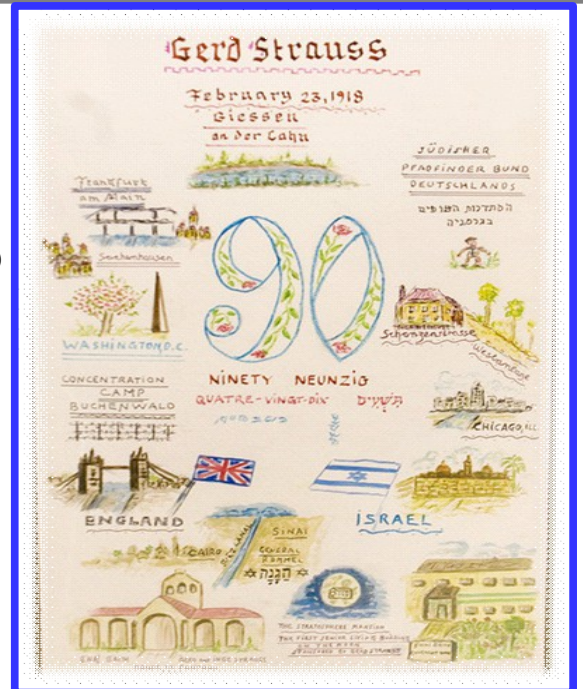
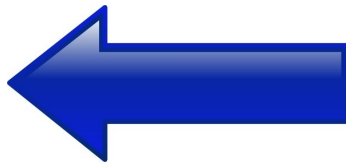




Our September newsletter is dedicated to the Strauss Family in memory of Mr. & Mrs Strauss for the 18<sup>th</sup> year anniversary of B'nai B'rith Gerd & Inge Strauss Manor. We will be celebrating the anniversary with a luncheon. We will also be celebrating resident's birthdays and September holidays on Thursday, September 19<sup>th</sup> @ 11:30am.



B'nai B'rith Strauss Manor Opening day September 2006



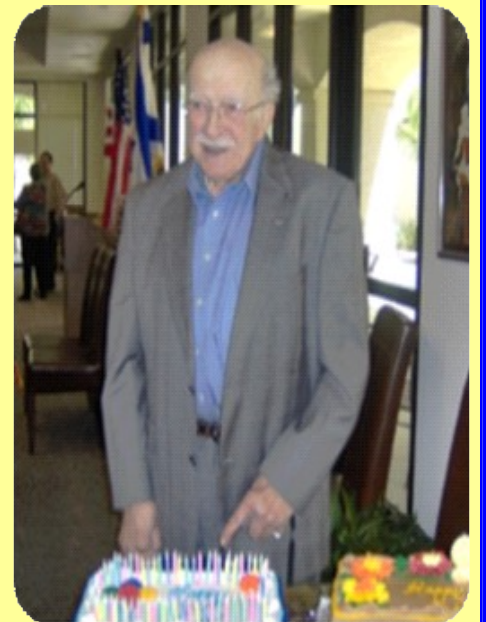
**Gerd Strauss**  
February 23<sup>rd</sup>, 1918-December 30<sup>th</sup>, 2008

Mr. Strauss's last visit to Strauss Manor was on November 21<sup>st</sup>, 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 childhood sweetheart, Inge (Liebman) who passed away in 2003.

Mr. Gerd Strauss (of blessed memory) passed away December 30<sup>th</sup>, 2008







## Service Coordinator

Happy Fall everyone,

Why does time seem to go quicker the older we get? This summer has flown by and now we are heading into September. Fall is a very busy time at Strauss Manor, that's when I start planning for the upcoming holidays:) Looking forward to having some fun in the upcoming months. September is a special month for Strauss Manor, it's our eighteenth year anniversary! We will be celebrating with great food, music, family and friends! Hope you enjoy our September newsletter on the history of our beautiful building (your home).



Luz Servin~Service Coordinator

## Our 2024 Staff



From left to right  
Network Center Coordinator: Austin Garland  
Housekeeping/Maintenance: Monica George  
Manager: David Mata  
Maintenance Tech: Jose Servin  
Service Coordinator: Luz Servin  
Assistant manager: Stephen Smith  
Wellness Director: Troy Pearson



## Meeting the need/A great idea is born



## Introducing the concept/Planning begins



## Breaking new ground/Original construction begins

Gerd & Inge Strauss B'nai B'rith Manor on Pantano-Tucson



## Welcoming new residents/Comforts of home





Eighteen years ago, September 2006,  
B'nai B'rith Gerd and Inge Strauss Manor opened  
their doors to the public. A not-for-profit HUD federal program that expressly addresses  
the need for affordable elderly housing for low-income seniors.

Founded by Gerd & Inge Strauss on the promise of compassion  
and devotion for every person they encountered.

Since then, we have been blessed to meet and care for many  
seniors and their families who have become part of our community.

We cherish every person and family member we've had the pleasure of serving.  
Over the past 18 years, our community has continue to grow with the help of many  
outside volunteers and community based contacts.

We've added programs, events and classes to better meet the  
changing needs of our senior residents. Strauss Manor- a name that reflects our  
commitment to live our promise every day for the next years and beyond.





**BLAST**  
from the **PAST**



**1<sup>st</sup> Strauss Manor Staff**



**Manager**  
Mary Velasco

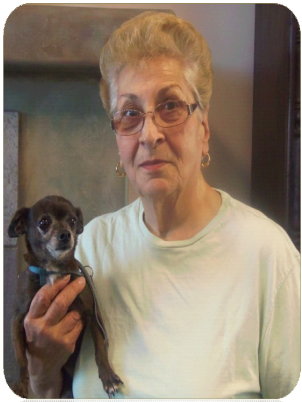


**Service Coordinator**  
Luz Servin



**Maintenance**  
Marco Quevedo

Carol Trombino & Petina  
(Passed away 12/15/2021)

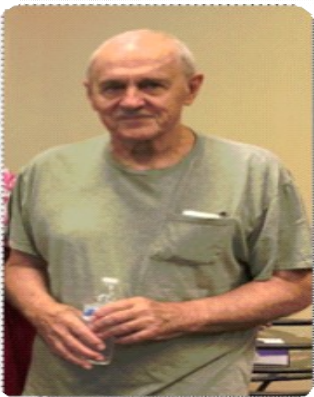


**2006**

*Residents*



Manuela Clarke



Art Knickerbocker

**2007**

*Residents*



Maria Hernandez



*Sweet Memories*

*Memories* are timeless treasures of the *Heart*





*First Christmas 2006*



*First Christmas 2006*



*Walmart Fashion Show 2006*



**Strauss Manor's  
Neighborhood  
Network Center  
Inauguration  
2007**

**Kathy McElvain,  
Michael Strauss,  
Patty Vallance  
and Gerd Strauss**

# BLAST from the PAST

## 2006 2007

# Events



*Coffee time 2007*



*First Resident Volunteers*



**2<sup>nd</sup> Halloween celebration 2007**



# Strauss Manor's

## TIMELINE



2<sup>nd</sup> Halloween celebration 2007



First resident coffee 2006

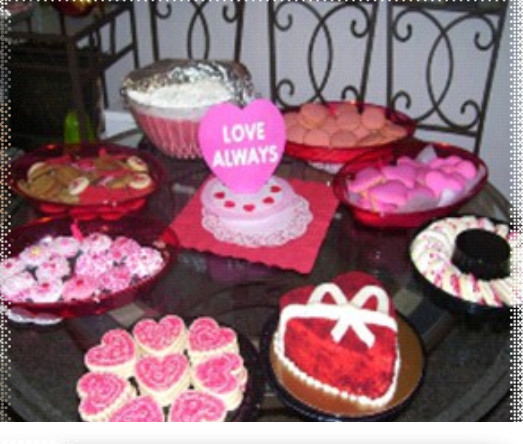
TEP's Resident Valentine's Day 2008



Tucson Electric Power employees' first year of sponsoring our residents for Christmas-2007



2013



### Sweet Memories



Our Intergenerational program 2014



TEP's 2<sup>nd</sup> Resident Christmas 2008



Resident Christmas sponsored by Twilight Wish Foundation 2015



Strauss Manor Resident Luau August 2022









18  
WHOLE YEARS  
OF BEING  
AWESOME



G  
R  
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F  
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2013



2015



2016



2017



MERRY CHRISTMAS  
STRAUSS MANOR TEAM  
2018



2020



2021



2022

“18”  
WHOLE YEARS  
OF BEING  
AWESOME



2023





2  
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0  
8  
~  
2  
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2  
4



Celebrating







Rep Juan Ciscomani visit

# 2024



Coffee Time



Mother's Day 2024



A big thanks to our friends and sponsors for the awesome support they provide to our seniors.  
Fernando, Rafael, Cruz, Denise Sam & Michelle



Luan 2024





*Thanks Corpus Christi*  
**FOR YOUR GENEROSITY**  
We greatly appreciate you!







# National Service Coordinator Day



In 2014, Congress designated September 19<sup>th</sup> as **National Service Coordinator Day** to "Recognize the value of service coordinators in subsidized and other affordable housing communities for their work to promote and support economic self-sufficiency and independence for low-income families, older Americans, and persons with disabilities."

Older Americans who are assisted by service coordinators experience benefits in their health outcomes and have the ability to age in-place as they become more frail, thereby delaying or preventing the transfer to a more expensive nursing home setting.

Residents in subsidized and affordable housing communities having a service coordinator report higher satisfaction with their living environments and a heightened desire to be productive members of their communities.



The profession of service coordination is dedicated to empowering residents to maximize their independence and self-sufficiency, holds residents' rights to self-determination in the highest regard, and instills trust through maintaining high standards of confidentiality.



*I truly love my job and am so glad I can assist my residents with their needs. I am so grateful to all my resident volunteers without whom I could not do as much. Your constant words of gratitude are all I need to keep me going even on the busiest of days.*



Luz:)



# 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:

**“Computers For Beginners”**

**Thursday, September 5<sup>th</sup> @ 2:00pm**

**“Internet Safety”**

**Tuesday, September 17<sup>th</sup> @ 9:00am**



Congratulations to our residents below who won the gift cards for being the first five to turn in the surveys to Austin.

Austin is grateful for all of you who participated in the survey. It really helped him decide what topics of interest to cover and hopes to see more of you participate in this month's classes. Please let him know if any of you have any ideas for future classes.



#1 Jennifer Flores



#2 Mary Knieter



#3 Allan Silverman



#4 Jean Chalmers



#5 Yvonee Borquez







September 11, 2001 is a day that many will never forget. After the terrorist attacks on our World Trade Center and the Pentagon, many Americans' lives were changed forever. Let's remember that day, fill our hearts with strength and pay tribute to those who lost their lives on 9/11.

## HAPPY LABOR DAY

Monday, September 2<sup>nd</sup> 2024



Artist



Doctor



Nurse



Mechanic



Farmer



Reporter

## Happy Grandparents Day!

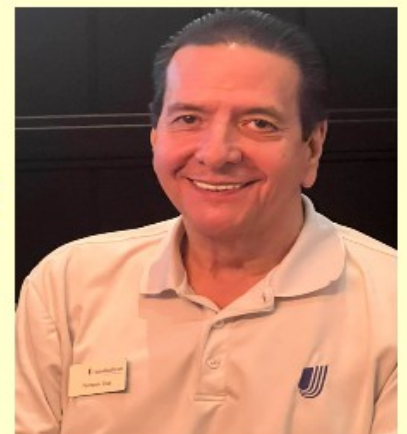


In 1978, the first Sunday after Labor Day was proclaimed National Grandparents Day. It is a day to honor those who have helped shape the character of our Nation, and thank these role models for their immeasurable acts of love, care, and understanding.



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.





**SEPTEMBER 2024**

**B'NAI B'RITH**

**GERD & INGE STRAUSS MANOR**

**WELLNESS CENTER**



TROY J PEARSON—WELLNESS DIRECTOR

## **Tightrope Walk**

This simple drill can help seniors improve balance and stability. This exercise can be performed using a line of tape, the lines between flooring tiles, or any straight line you can find.

Step 1: Pick a destination to walk toward.

Step 2: Like walking a tightrope, extend your arms out to the sides and start walking slowly, being careful to keep your feet on the line at all times.

Step 3: Walk from heel to toe, counting at least five seconds before each step.

Try this exercise once a day to keep your coordination sharp.





# **WELLNESS CENTER CALENDAR SEPTEMBER 2024**



**TUESDAY, SEPTEMBER 3RD**

**NOON— SIT & BE FIT**

**2:00PM—CHAIR YOGA**



**THURSDAY, SEPTEMBER 5TH**

**1:00PM—JOYFUL MOVEMENTS**

**TUESDAY, SEPTEMBER 10TH**

**NOON—SIMPLY SEATED**

**2:00PM—CARDIO DRUMMING**

**THURSDAY, SEPTEMBER 12TH**

**1:00PM—JOYFUL MOVEMENTS**

**TUESDAY, SEPTEMBER 17TH**

**NOON—UPPER BODY STRETCH**

**2:00PM—LOWER BODY STRETCH**

**THURSDAY, SEPTEMBER 19TH**

**NO CLASSES**

**TUESDAY, SEPTEMBER 24TH**

**NOON—SIMPLY SEATED**

**2:00PM—CARDIO DRUMMING**

**THURSDAY, SEPTEMBER 26TH**

**NOON—CHAIR-DANCING**

**2:00PM—HIGH TEA**





# Resident Activities September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1 Mondays &amp; Thursdays @ 5:00pm Tatyana Piano Time</b></p> 	<p><b>2 Offices Closed</b></p> 	<p><b>3 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</b></p>	<p><b>4 9:00am AVON 10:00am Sewing Class</b></p>  <p><b>3:30pm BIBLE Study</b></p> 	<p><b>5 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz 1:00pm Joyful Movements 2:00pm Computers For Beginners Workshop w/Austin</b></p>	<p><b>6 9:00am Haven Home Health Hospice presentation</b></p> 	<p><b>7 2:00pm MOVIE TIME</b></p> 
<p><b>8 Happy Grandparents Day</b></p> 	<p><b>9 11:00am ARTS &amp; CRAFTS 2:00pm BINGO</b></p> 	<p><b>10 9:00am AdvisaCare Hospice 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</b></p>	<p><b>11 9:00am ArchWell HEALTH Advanced Directives 10:00am Sewing Class</b></p> 	<p><b>12 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz 11:30am gentiva HOSPICE Bereavement Group 1:00pm Joyful Movements</b></p>	<p><b>13 FRIDAY GAME DAY</b></p> 	<p><b>14 2:00pm MOVIE TIME</b></p> 
<p><b>15 NATIONAL SELF-CARE AWARENESS MONTH</b></p> 	<p><b>16 9:00am AdvisaCare Hospice 2:00pm BINGO</b></p> 	<p><b>17 9:00am Internet Safety Workshop w/Austin 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</b></p>	<p><b>18 10:00am Sewing Class 1:00pm Monthly Bingo w/Fernando</b></p> 	<p><b>19 11:30am Strauss Manor 18th Anniversary CELEBRATION</b></p> 	<p><b>20 FRIDAY GAME DAY</b></p> 	<p><b>21 2:00pm MOVIE TIME</b></p> 
<p><b>22 world alzheimer's month</b></p> 	<p><b>23 11:00am ARTS &amp; CRAFTS 2:00pm BINGO</b></p> 	<p><b>24 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</b></p>	<p><b>25 10:00am Sewing Class 3:30pm BIBLE Study</b></p> 	<p><b>26 1:30am-1:30pm Medicare/DES Information W/Fernando Diaz 11:30am gentiva HOSPICE Bereavement Group</b></p>	<p><b>27 FRIDAY GAME DAY</b></p> 	<p><b>28 10:00am MPR RESERVED</b></p>
<p><b>29 September is LIBRARY CARD SIGN-UP MONTH!</b></p> <p><i>A library card brings stories to life!</i></p>	<p><b>30 SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH</b></p> <p><i>One conversation can change a life.</i></p> <p><b>2:00pm BINGO</b></p> 		<p><b>I Service Coordinators! September 19, 2024</b></p> <p>Celebrate with me</p> <p>National Service Coordinator Day</p>	<p><b>20 AASC</b></p> <p>American Association of Service Coordinators Est. 1989</p> <p>September 19</p> <p><i>Service Coordinator Day</i></p> <p>#ServiceCoordinatorDay19</p> 		