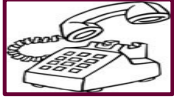




Important Numbers



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



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



GENERAL
ELECTION
DAY

Strauss Manor Monthly Newsletter November 2024



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).

From
the desk
of
your
Service Coordinator



These eight little letters form such a powerful word that means so much. Over the past few years, this word has truly taken on a much more important meaning in all our lives. I am sure you all have experienced many things to be **thankful** for. I would like to thank all of you for kind words of support for our programs, events, services and each other. I feel truly blessed to be able to serve you all.



Luz Servin
Service Coordinator

In November we celebrate National Gratitude Month which encourages us to embrace the power of gratitude. Gratitude is more than simply saying "thank you." Gratitude has the ability to shift us from focusing on the negative to appreciating what is positive in our lives. Practicing daily gratitude gives us a deeper connection to ourselves and the world around us.

Thanksgiving holiday meal on Saturday, November 23rd @ 11:30 am.
Our Thanksgiving meal will be catered by Golden Corral and funded by our Board of Directors. We hope that everyone attends.
If you need your Thanksgiving meal delivered to your door, please call me @ 520-722-9963.



The offices will be closed on Monday, November 11th in observance of Veteran's Day.
A BIG THANK YOU to all who served our country.
We will also be closed on Thursday and Friday, November 28th & 29th for the Thanksgiving holiday.
We have a full calendar scheduled, Please take a look at your calendar for any events you might want to attend.

I am so grateful to our resident volunteers and our community sponsors for the help and dedication they provide. You make it so much easier to run these programs. I will be having a resident volunteer meeting on Friday, November 8th @ 10:00am. If you are a volunteer or would like to become a volunteer, please come join us. May you all have an awesome holiday season:)



**Come down to the MPR and enjoy a great Thanksgiving movie.
Friday, November 22nd @ 3:00pm
Planes, Trains and Automobiles
Popcorn and drinks will be provided.**

Planes, Trains and Automobiles is a 1987 American [road trip comedy](#)³ film written, produced, and directed by [John Hughes](#) and starring [Steve Martin](#) and [John Candy](#), with supporting roles by [Laila Robins](#) and [Michael McKean](#). It tells the story of Neal, an uptight [marketing executive](#), and Del, a well-meaning but annoying [salesman](#), who become travel companions when their flight is diverted, and embark on a three-day odyssey of misadventures trying to reach [Chicago](#) in time for Neal's [Thanksgiving Day dinner](#) with his family.



Did you notice the picture above? What does that mean to you?

**In a world that can sometimes feel chaotic and fast-paced,
it is easy to forget the power of a simple act of kindness.**

**In these challenging times, our community thrives when we support one another,
and that includes our dedicated staff, volunteers and peers.**

**As we see some scary things happening around the world today,
it's normal to experience growing pains.**

Patience and a positive mindset are necessary.

**Here are a few gentle reminders on how we can
foster a culture of kindness within Strauss Manor:**

1. Be Patient:

**We are so fortunate to live in such a beautiful building and we
get to participate in so many different activities with others.
We are grateful to be able to hold programs for everyone to enjoy.
Respect each other's space. Give others a little grace as well.**

2. Respect Each Other's Differences:

**Let's embrace these differences and treat one another with respect and understanding.
Try walking a mile in someone else's shoes.**

3. Express Gratitude:

**Take a moment to thank our staff and volunteers for their hard work and dedication.
Their efforts are instrumental in making this a vibrant and welcoming place.
"Thank You" can go a long way.**

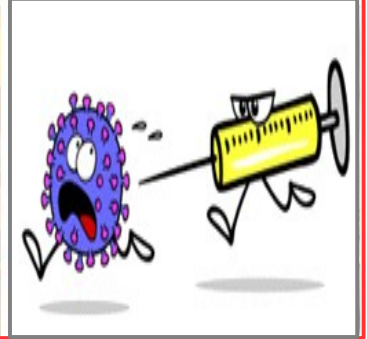
4. Lead by Example:

**As residents, you play a pivotal role in setting the tone for our community.
Lead by example and inspire others to be kind and considerate.
Whether helping out at sewing class or participating
in one of our events, you are the face of Strauss Manor.
Let's make November a month of kindness,
where every interaction is infused with respect and empathy.
What can you do to spread kindness? No act or gesture is too small.
Together, we can create an environment that nurtures personal growth,
fosters positive connections and makes
Strauss Manor an even better place to be than it already is.**





One of October's Highlights
**THANKS TO JEFF FROM
SAFEWAY PHARMACY
FOR OUR FLU AND
COVID SHOT CLINIC**



Strauss Manor's October Senior Health Fair Highlights



I Love My Solid Network Group!
Luz Servin~Service Coordinator





WHAT'S GOING ON THIS MONTH

BARBEQUE PARTY

Wednesday, November 6th

**Please bring your food for grilling
by 10:30am**



**Wednesday, November 12th
@ 11:00am
Pizza, Salad and Breadsticks**

Strauss Manor along with Gentiva Hospice invites you to join us in honoring the service and dedication of those who proudly served our country. This special occasion is a time to pay tribute to the brave men and woman and their spouses who have served and continue to serve our country with honor, courage and selflessness.



**Breakfast w/Archwell Health
Wednesday, November 20th
@ 9:00am in the MPR**



WHAT'S GOING ON THIS MONTH

Resident's
Thanksgiving Luncheon
Celebration
Saturday, November 23rd
@11:30am

Our offices will be closed on
Monday, November 11th
in observance
of Veterans Day and
Thursday & Friday,
November 27th & 28th
for the
Thanksgiving Holiday

Thanksgiving Menu

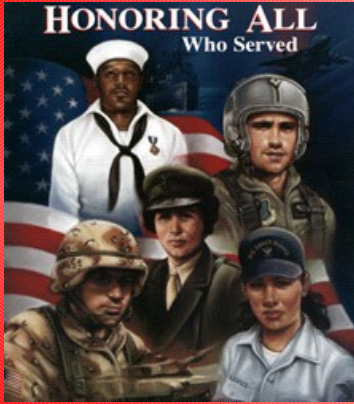
Sliced Turkey, Cornbread
Stuffing, Mashed Potatoes
& Gravy, Sweet Potato
Casserole, Corn, Home-style
Yeast Rolls w/Honey
Butter & Slice of
Pumpkin Pie
w/Whipped Cream



Thanksgiving Poem

May your stuffing be tasty. May your turkey plump.
May your potatoes and gravy, have nary a lump.
May your yams be delicious, and your pies take a prize,
and may your Thanksgiving dinner stay off your thighs!

happy
thanksgiving



Veterans' Day (November 11th) honors all members of the Armed Forces who served this country valiantly, and in a very big way. They served and fought to protect us, to keep our country safe, and to preserve our way of life. Veterans gave their time and risked their lives for you and me. In some cases, they made the ultimate sacrifice. **We would like to THANK all our veterans here @ Strauss Manor and all over the United States for having served to keep the peace and preserve our independence and freedom.**

Please look out for your Social Security Letters that will stipulate your new income amount for the upcoming year 2025. These are very important as you will need them throughout next year. Keep them in a safe place.



Social Security Administration
Supplemental Security Income
Important Information

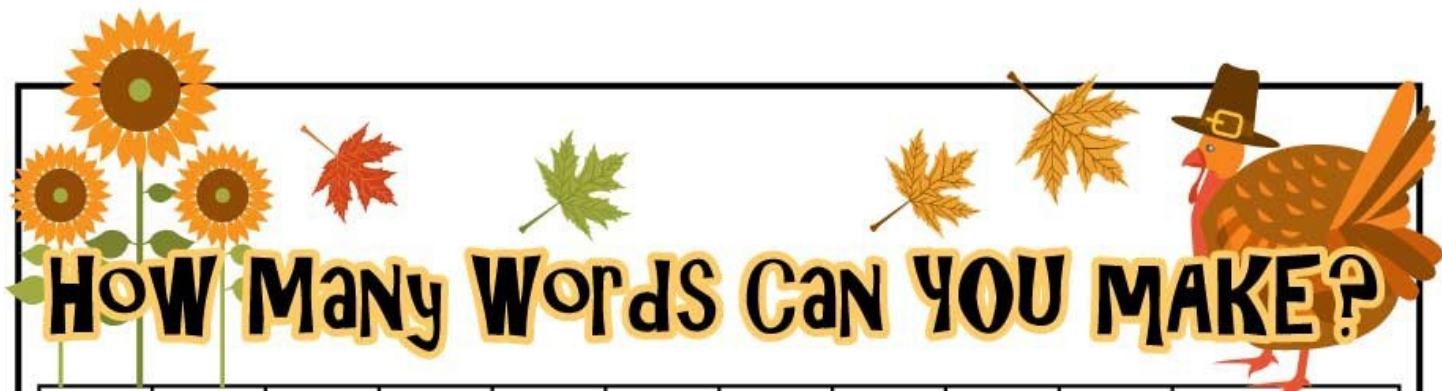
Manager's Corner

ATTENTION ALL RESIDENTS:

Please bring your NEW Social Security award letters to the office as soon as you get them, so we can make a copy.

Everyone should be getting a 2.5% cost of living (COLA) raise and we need this information as it is a change in your income. Social Security will be mailing the new award letters out in December.

Also, if you have a new phone number, please make sure you let the office know to update on your file.



How Many Words Can YOU MAKE?

T H A N K S G I V I N G

1 _____ 11 _____

2 _____ 12 _____

3 _____ 13 _____

4 _____ 14 _____

5 _____ 15 _____

6 _____ 16 _____

7 _____ 17 _____

8 _____ 18 _____

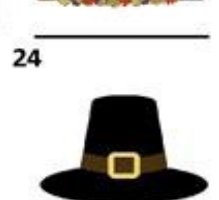
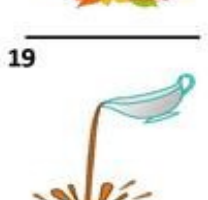
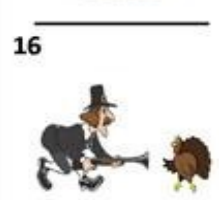
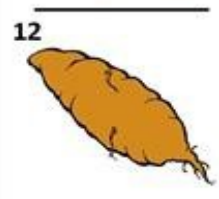
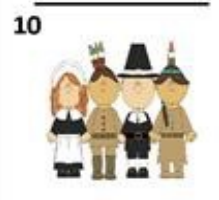
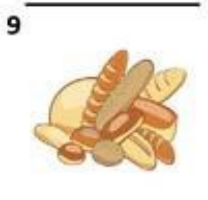
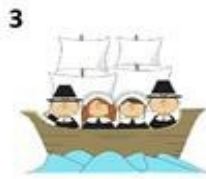
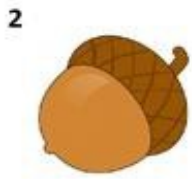
9 _____ 19 _____

10 _____ 20 _____



Find the words in the puzzle, and write them under the appropriate picture.

HAPPY THANKSGIVING



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

STRAUSS MANOR
WELLNESS CENTER
NOVEMBER 2024



TROY J PEARSON—WELLNESS DIRECTOR

TIPS FOR A HEALTHY THANKSGIVING

Don't skip breakfast! Skipping breakfast to save room for Thanksgiving dinner leads to eating more later. Eat a nutrient-rich breakfast to start your day off right!

Stay hydrated. Drink plenty of water throughout the day. Staying hydrated can help suppress your appetite and jump start your metabolism. Don't drink your calories!

Practice portion control. Use a smaller plate and choose smaller portions of the healthier foods on the menu.

Choose veggies, fruits and protein first! Before filling your plate with less healthier foods, start with the healthy choices that will help you stay on track.

Practice mindful eating. Eat slowly and savor every bite. It takes our bodies about 20 minutes after we start eating to feel like we are full. Eating at a slow pace will often keep us from going back for seconds.

Avoid snacking temptations. While waiting for the main courses, it is so easy to fill up on snacks or to eat a little here and there while you cook. Try to avoid snacking and filling up on the wrong foods before you get to savor some of your favorites.

Go for a walk. Gather your family and friends and walk some of those calories away with your loved ones!



WELLNESS CENTER CALENDAR NOVEMBER 2024



TUESDAY, NOVEMBER 5TH

NOON- SIT & BE FIT

2:00PM—CHAIR YOGA



THURSDAY, NOVEMBER 7TH

NOON—CHAIR TAI-CHI

2:00PM—CHAIR DANCING

TUESDAY, NOVEMBER 12TH

NOON— No Class

2:00PM—CARDIO DRUMMING

THURSDAY, NOVEMBER 14TH

NOON—BREATH & CHI-KUNG TAI-CHI

2:00PM—BALANCE & BREATH

TUESDAY, NOVEMBER 19TH

NOON—UPPER BODY STRETCH

2:00PM—LOWER BODY STRETCH

THURSDAY, NOVEMBER 21ST

NOON—SIMPLY SEATED

2:00PM—CARDIO-DRUMMING

TUESDAY, NOVEMBER 26TH

NO CLASSES

THURSDAY, NOVEMBER 28TH

NO CLASSES



Resident Activities November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning</p> <p>Monday-Saturday @ 9:00am</p> 		 <p>Computer Network Center Coordinator Austin Garland Office Hours: Tuesdays and Thursdays From 9:00am-5:00pm</p> <p>Piano Time w/Tatyana Mondays & Thursdays @ 5:00pm</p>	<p>1</p> <p>3:00pm</p> 		<p>2</p> 	
<p>3</p> 	<p>4 9:00am</p>  <p>11:00am</p>  <p>ARTS & CRAFTS W/Melissa</p> <p>2:00pm</p>  <p>BINGO</p>	<p>5 9:00am</p> <p>AdvisaCare Hospice</p>  <p>NOVEMBER 5, 2024</p> <p>GENERAL ELECTION DAY</p> <p>9:00am</p> <p>Email Basics W/Austin</p>	<p>6 10:30am</p> <p>BBQ</p>  <p>1:00pm</p>  <p>BINGO W/Fernando</p>	<p>7 11:30am</p>  <p>Bereavement Group Medicare/DES Information</p> <p>11:30am-1:30pm W/Fernando Diaz</p>	<p>8 10:00am</p> <p>Resident Volunteer Meeting</p> <p>3:00pm</p> 	<p>9</p> 
<p>10</p> 	<p>11 Offices Closed</p>  <p>Veterans Day</p>	<p>12 11:00am</p> <p>Veteran's Day Light Lunch celebration W/Gentiva Hospice</p> 	<p>13 9:00am</p>  <p>1:00pm</p> <p>Arts & Crafts w/ Archwell Health</p>	<p>14 9:00am</p> <p>The Cool Kids W/Austin</p> <p>Medicare/DES Information</p> <p>11:30am-1:30pm W/Fernando Diaz</p>	<p>15</p> <p>3:00pm</p> 	<p>16</p> 
<p>17</p> 	<p>18 11:00am</p>  <p>ARTS & CRAFTS W/Melissa</p> <p>2:00pm</p>  <p>BINGO</p>	<p>19 9:00am</p> <p>AdvisaCare Hospice</p> <p>11:00am</p> <p>Haircuts W/Jessica</p> <p>Medicare/DES Information</p> <p>11:30am-1:30pm W/Fernando Diaz</p>	<p>20 9:00am</p> <p>Breakfast w/ Archwell Health</p> <p>10:00am</p> <p>Sewing Class</p> 	<p>21 9:00</p> <p>Food Documentary W/Austin</p> <p>11:30am</p> <p>Bereavement w/ gentiva HOSPICE</p> <p>Medicare/DES Information</p> <p>11:30am-1:30pm W/Fernando Diaz</p> 	<p>22 3:00pm</p> <p>STEVE MARTIN JOHN CANDY A JOHN HUBERT FILM PLANES, TRAINS AND AUTOMOBILES</p>  	<p>23 11:30am</p> <p>Resident Thanksgiving Meal</p> 
<p>24 MPR Reserved 12:00pm-3:00pm</p> <p>grateful thankful blessed</p> 	<p>25 9:00am</p>  <p>2:00pm</p>  <p>BINGO</p>	<p>26 9:00am</p> <p>Advanced Directives w/ Archwell Health</p> <p>Medicare/DES Information</p> <p>11:30am-1:30pm W/Fernando Diaz</p>	<p>27 10:00am</p> <p>Sewing Class</p>  <p>1:00pm</p>  <p>BINGO W/Fernando</p>	<p>28</p> <p>29</p> <p>Offices Closed For the Thanksgiving Holiday</p>		<p>30</p> 