



Strauss Manor Monthly Newsletter December 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

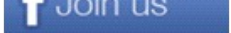
Housekeeping

Monica George

Strauss Manor

Website

straussmanor.org



Pima Council on Aging

Information and Help

(520) 790 - 7262

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TDD Hearing Impaired

1-800-367-8939

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Board Liaisons

Nicky & Vicky

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Strauss Manor

370 N Pantano Rd.

Tucson, Az. 85710



Merry Christmas & Happy Hanukkah

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.

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From the desk of your Service Coordinator

Happy Holidays!

*We all survived Thanksgiving,
though perhaps a couple pounds heavier...*

WOW, wasn't that a great meal?

We hope everyone enjoyed our Thanksgiving meal.

I received lots of great compliments from our residents.

A special thanks to our Board of Directors for funding our event.

Christmas? Already? And a New Year...2025 is just around the corner!

*May this holiday season be filled with the simple pleasures of cards,
calls and visits from family and friends.*

*December is a wonderful time to get together with the ones that mean
so much to us. Showing kindness to everyone and helping one
another is something to be proud of here at Strauss Manor.*

Make this season of giving and gratitude.

The smallest acts of kindness can be our biggest blessings and gifts.

*We have a few holiday events planned that you don't want to miss,
So mark your calendars!*

*Kids Unlimited Dance Studio will be performing on Saturday,
December 14th @ 3:00pm.*

We will be celebrating Christmas/Hanukkah on

*Saturday, December 21st @ 11:30 am catered by Golden Corral and
Funded by our Board Of Directors:)*

*Santa will be visiting, let's hope you made the nice
(not the naughty) list:)*

*Luz Servin~
Service Coordinator*



*Merry Christmas
& Happy Chanukah!*



*"Count your
blessings in-
stead of your
crosses.*

*Count your
gains instead of
your losses.*

*Count your
joys instead of
your woes.*

*Count your
friends instead
of your foes.*

*Count your
courage in-
stead of your
fears.*

*Count your full
times instead
of your lean.*

*Count your
health instead
of your wealth.*

*Love your
neighbor as
much as your-
self.*

*~Irish New Year
toast*



Happy **HOLIDAYS**

From our

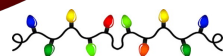
ENTIRE TEAM



Join us for our
Christmas/Hanukkah
Holiday celebration
Saturday, December 21st
@ 11:30am



Our luncheon is catered by
Golden Corral
and sponsored by our
Board of Directors.
~Menu~
Sliced Brisket,
Mashed Potatoes and Gravy
Cornbread Stuffing,
Sweet Potato Casserole
Green Beans,
Home Style Yeast Roll
w/Honey Butter and a
Slice of Pecan Pie





HANUKKAH



TRIVIA



© MEEBILY

- Q.1. What does the word "Chanukah" mean?
- Q.2. How many days is Hanukkah celebrated?
- Q.3. What is the number of Matisyahu's sons who fought Greeks?
- Q.4. What type of Oil is used for Menorah?
- Q.5. What number of Lambs does Menorah has in Temple?
- Q.6 How long does "Chanukah" lasts?
- Q.7. What is the alternative name "Hanukkah"?
- Q.8. On which day does Chanukah starts every year?
- Q.9. What is the number of branches of Menorah Temple?
- Q.10. What is the number of blessings Jews say on first night?
- Q.11. What is the spinning toy children play with on Hanukkah?
- Q.12. Which prayer is said on lightening of Menorah?
- Q.13. In which community, the Jewish revolt begin?
- Q.14. How many candles are needed for all of Hanukkah?
- Q.15. What is the name of candle used to light other candles?

- | | | | |
|-----------------|------------------------|-----------------------|----------------|
| 4). Olive Oil | 12). Haneiros Hallalu | 10). Three | 1). Dedication |
| 14). Fouty Four | 7). Festival of Lights | 6). 8 Days & 8 Nights | |
| 11). Dreidel | 9). Seven | 2). 8 Days | 15). Shamash |
| 5). Seven | 8). 25th Kislev | 13). Modin | 3). Five |



THE DANGER OF GOSSIP

Why does it hurt so much when someone spreads rumors about you?

It's been said, knowledge is power. Unfortunately, many people like to spread damaging information or intimate details about others, whether true or NOT.

This is what is called gossip.

People use gossip to hurt people, to try and tear people down, in order to feel good about themselves, and to feel like they have power over others.

Some people seem to thrive on it.

The most dangerous part about gossip is that it steals another person's reputation. A reputation is very fragile. When you gossip, you are helping to destroy something extremely valuable.

If you think it's time for you to decide you don't want to have any part of gossip, here are some tips on how to do that.



1. Make a commitment, you're not going to gossip. Even though the temptation to gossip is powerful, you will always win when you choose to use it. And really, with all gossip, there's no way of knowing for sure **what is true or not.**

2. Don't listen to others when they gossip. Gossip grows an audience. You simply being there listening, adds to its appeal. If someone starts to tell you something gossipy, say, I'm sorry, but I don't feel comfortable talking about this person when they're not here to defend themselves. Not only will you break the gossip chain, but you also will gain the trust of other people, as someone who won't spread rumors.

3. Don't judge people based on gossip. If you should hear gossip about someone you don't know, you have two choices: allow the gossip to determine what you believe, or let your own personal experience determine what you think. The first time you have an experience with someone that is contrary to the gossip you've heard; you'll be a lot more careful about spreading or believing gossip the next time you hear it.

4. Think before you speak. Before you repeat something you've heard about another person, think: does this really do any good for me to spread this information? Or am I just trying to be in the know? Is this information even true? Could I be hurting someone by telling this, even if it's true? If the person you are talking to is not part of the problem, or part of the solution, there is no need to tell them anything.

5. Stay away from people who gossip to you because guess what-they will gossip about you too. Don't associate with people who find such great joy in belittling others. Be very careful about what you choose to tell these people. If it's a close friend, you might consider saying how you want to stop spreading gossip, and that you'd really like to help.

There's an old saying, sticks and stones can break break my bones, but words will never hurt me. **That's not true.** Being gossiped about can be extremely painful if you don't want it done to you, don't do it to others. In the end, it never pays to gossip.



THINK
before you speak

T is it **TRUE** ?

H is it **HELPFUL** ?

I is it **INSPIRING** ?

N is it **NECESSARY** ?

K is it **KIND** ?



**Rumors can make you dislike innocent people.
Don't judge people by what others say about them.
Be wise, get to know them for yourself, then form
your own opinion. The one talking to you may be
the one you need to stay away from.**

Be careful
what you tell people.
A friend today could be an
enemy tomorrow.

Christmas Stocking Project

This is one of my many projects I love doing with my residents.

Sending holiday cheer to the children that will be spending Christmas in the hospital.

A Christmas stocking with a stuffed toy (bear) for the children during the holidays.

If you would like to help with getting this project going,

come down to the coffee room on Wednesday, December 18th @ 2:00pm

Luz:)



NOVEMBER HIGHLIGHTS



THANKSGIVING 2024



The Meaning of HANUKKAH

Hanukkah is the eight-day Jewish celebration commemorating the rededication of the Second Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire.



Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25th as a religious and cultural celebration among billions of people around the world.

New Year's Eve is a day of mixed feelings for many people. It is a time to celebrate the end of the year gone by and welcome what is in store in the New Year!



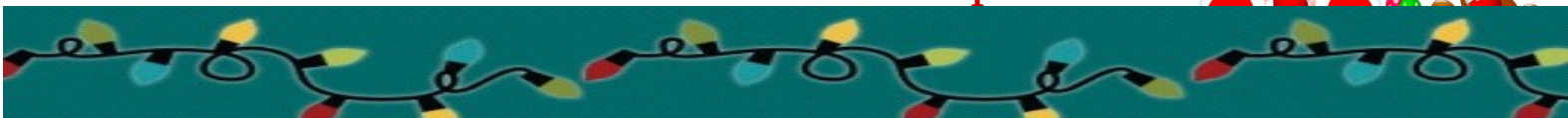
★
joy
peace
Love
Christ
Family
Laughter
believe
memories
snowball fights
TOGETHER
warm & cozy
happiness
hugs and kisses
harmony
magic

Strauss Manor Door Decorating Contest
Starting-December 2nd Ending- December 20th



The winners will be notified by phone.

Prizes for 1st 2nd & 3rd place

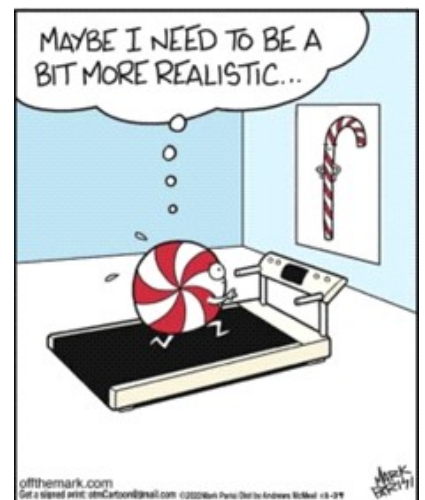
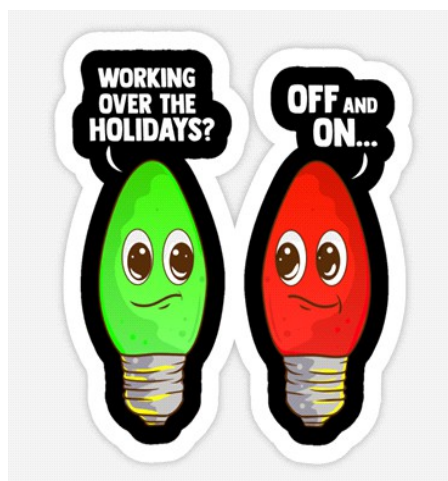


HOLIDAY CONCERT



**Kids Unlimited Studios will be Performing
on Saturday, December 14th
@ 3:00pm in the multi purpose room**

A Little Christmas Humor





Please visit our Facebook page where I posts all our events, newsletters, etc., so please check it out and link it to your page if you have one. You do not need a Facebook account in order to view our page and we have a link on the computers in the computer room if you want to view it there. Also tell your friends and family so they can keep up with the happenings at Strauss Manor.
Thank you,
Luz:)

Manager's Corner

Please be respectful of others and help keep our building beautiful. Management would appreciate your cooperation with the following:

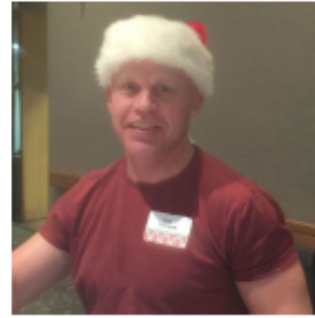
- * **Observe “quiet hours” after 9:00p.m.on weeknights and 10:00p.m. On weekends- including patio & outside areas.**
- * **Bag/tie trash and pet litter and place in trash chutes or designated trash bins.**
- * **Grocery bags are not trash bags. (these bags tend to be thin & have small holes allowing contents to spill through)**
- * **Place only recycling items in the recycling bins.**
- * **Propping the exterior doors is not permitted unless management has given approval for move-in, move outs, etc.**
- * **No eating or drinking in the computer/library.**
- * **Do not leave your unwanted mail, advertisement, etc. in the common areas. A shredder, recycle bin, and trash bin are provided in the library.**
- * **Pick up tissues, papers, wrappers, or any items you drop in the common areas.**
- * **Report any spills in the common areas to management so we can clean the floors properly (laundry detergent, etc.)**

Thank you all of you who continually respect others and our building, it is appreciated!

**Thank you very much!
Management**



**STRAUSS MANOR
WELLNESS CENTER
DECEMBER 2024**



TROY J PEARSON—WELLNESS DIRECTOR

4 SIMPLE HEALTHY HOLIDAYS TIPS

1. STAY HYDRATED- Drinking water is one way you can stay healthy during the holidays. Senior citizens, especially, need to drink plenty of fluids, as not drinking enough water could cause many minor and serious issues including hospitalization, To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.

2. FOLLOW DIETARY RESTRICTIONS- Some seniors must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren't any healthy options available. When people get stressed, they tend to overeat and don't stick to their diets. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

3. DRINK IN MODERATION- Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.

4. KEEP EXERCISING- The holidays are synonymous with cold weather. To stick to an exercise schedule, bundle up for a walk around the block . If it's too cold outside, visit the Wellness Center or drive to an indoor shopping mall and walk a few laps while window-shopping.



WELLNESS CENTER CALENDAR DECEMBER 2024



TUESDAY, DECEMBER 3RD

NOON- SIT & BE FIT

2:00PM—CHAIR YOGA



THURSDAY, DECEMBER 5TH

NOON—CHAIR TAI-CHI

2:00PM—CHAIR DANCING

TUESDAY, DECEMBER 10TH

NOON—SIMPLY SEATED

2:00PM—CARDIO DRUMMING

THURSDAY, DECEMBER 12TH

NOON—BREATH & CHI-KUNG TAI-CHI

2:00PM—BALANCE & BREATH

TUESDAY, DECEMBER 17TH

NOON—UPPER BODY STRETCH

2:00PM—LOWER BODY STRETCH

THURSDAY, DECEMBER 19TH

NOON—SIMPLY SEATED

2:00PM—CARDIO-DRUMMING

TUESDAY, DECEMBER 24TH

NO CLASSES

THURSDAY, DECEMBER 26TH

NO CLASSES

TUESDAY, DECEMBER 31ST

NO CLASSES



Resident Activities December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 9:00am  2:00pm 	2 9:00am AdvisaCare Hospice Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz	4 10:00am Sewing Class 	5 Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz	6 3:00pm 	7
8 	9 11:00am Arts and Crafts 2:00pm 	10 9:00am Haven Home Health Hospice Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz	11 10:30am BBQ  1:00pm Arts & Crafts w/ Archwell Health	12 9:00am Email Basics W/Austin Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz	13 3:00pm 	14 3:00pm Kids Unlimited Studios Christmas Concert
15 	16 11:00am Arts and Crafts 2:00pm 	17 9:00am AdvisaCare Hospice Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz	18 9:00am Up Lift Hospice In Service 2:00pm Christmas Stocking Project	19 9:00am  10:00am Bereavement W/Gentiva Hospice Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz	20 Offices Closed Staff in Phoenix	21 11:30am Resident Christmas/ Hanukkah Celebration 
22 4:00pm- 8:00pm RESERVED 	23 9:00am Research For Life 2:00pm 	24 Start of  	25 Offices Closed  Merry Christmas	26 Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz	27 3:00pm 	28
29 	30 Service Coordinator Off	31 Medicare/DES Information 11:30am-1:30pm W/Fernando Diaz 	Computer Network Center Coordinator Austin Garland Office Hours: Tuesdays and Thursdays From 9:00am-5:00pm Piano Time w/Tatyana Mondays & Thursdays @ 5:00pm		 Monday- Saturday @ 9:00am	