



# Strauss Manor Monthly Newsletter January 2025

## 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

### TDD Hearing Impaired

1-800-367-8939

### AFTER HOURS

### Emergency

Jose Servin

(520) 272-3172

If Life Threatening or  
Emergency Call 911

### Strauss Manor

Website

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



Pima Council on Aging  
Information and Help

(520) 790 - 7262

### Wellness Director

Troy Pearson

### Board Liaisons

Nicky & Vicky

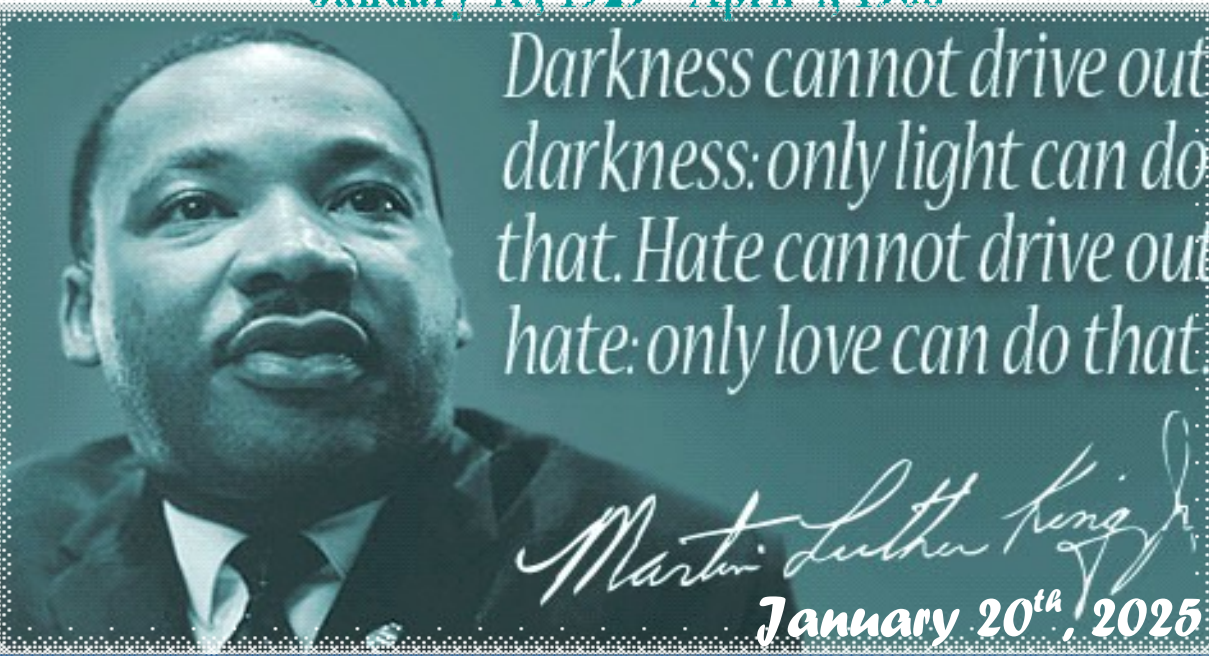
### Strauss Manor

370 N Pantano Rd.  
Tucson, Az. 85710



**DR. MARTIN LUTHER KING, JR**

**January 15, 1929 - April 4, 1968**



**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.

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## *from your Service Coordinator*

It's hard to believe it's already 2025!

As I think about this new year,

I am filled with an overwhelming sense of gratitude and excitement.

I hope that all of you have made some New Year's resolutions and that you can achieve each one this year.

2024 was a year of very special and unique moments, shared laughter and making new connections.

That's what makes Strauss Manor truly exceptional.

I'm excited about the limitless possibilities that lie ahead.

Strauss Manor is not just a place; it is a living, breathing entity fueled by your passion, talents and the vibrant energy you bring.

Whether it's joining an activity that is out of your comfort zone or exploring a new hobby, get ready to experience the thrill of something new.

But beyond the programs, events and presentations,

what truly sets our community apart is the sense of community that flourishes within these walls. It's the sweet conversations over a cup of coffee,

the genuine concern for one another's well-being and the shared understanding that make this place feel like a home to so many.

Your ideas, dreams and passions matter to us, and

I am excited to see what we will be creating together this new year.

Thank you for making Strauss Manor a sanctuary of extraordinary moments.

Here's to a year of discovery, joy and the magic that happens when unique individuals come together.

My door is always open if you need help, would like to chat or have ideas or feedback. This will always be my home away from home and serving you

is one of the most rewarding jobs a person could have and

I continue to appreciate the opportunity.

Thank you for being the heartbeat of Strauss Manor.

On behalf of our Board of Directors and Staff, we wish you a year filled with health, happiness and prosperity.

~ Luz Servin ~ Service Coordinator



The Holocaust is a European heritage which has common roots in the European nations, and there is a European responsibility that should be accepted.

On the morning of 27 January 1945, the Auschwitz-Birkenau camps still held some 7,000 prisoners. Over a million people deported to Auschwitz perished there. It is estimated that six million Jews were exterminated in the death camps.

The Council of Europe was the moving spirit behind the introduction of a Day of Holocaust Remembrance and Prevention of Crimes against Humanity. Education ministers from member states took the decision in October 2002. While Germany and France have chosen 27 January, the day when Auschwitz was liberated, Holocaust Day varies in other countries according to the respective historical experience.

The Council of Europe also helps teachers with their Holocaust Remembrance Day preparations by making available teaching material for raising pupil awareness of those dark times and exploring the topics of genocide and crimes against humanity so as to promote prevention, understanding, tolerance, and friendship between nations, races and religions.



**Holocaust survivor Gerd Strauss founded B'nai B'rith Covenant House I and II and Gerd & Inge Strauss Manor on Pantano. He was an active member of the Holocaust Survivors group in Tucson where he taught thousands of students about the Holocaust.**



# The Piatigorsky Foundation

Thursday,  
January 9<sup>th</sup>  
@ 3:00pm  
In the MPR

**Nicholas Shaneyfelt**

*pianist*

**Nicholas Shaneyfelt** is Associate Professor of Music in Collaborative Piano at Luther College in Decorah, Iowa, where he coaches singers, provides musical direction for the opera program, and collaborates in recital regularly with faculty and students. He completed doctoral studies in the Collaborative Piano studio of Martin Katz at the University of Michigan. Prior to Michigan, he served as Staff Accompanist for the Department of Music and Dance at the University of Massachusetts Amherst.

Dr. Shaneyfelt serves as associate director of the International Music Festival of the Adriatic, a summer festival for instrumentalists, singers, and composers in Duino, Italy. He was also a music director at Belvoir Terrace in the Berkshires of Massachusetts. Dr. Shaneyfelt appears on saxophonist Jonathan Hulting-Cohen's album "Second Flight," released in 2021 on Innova Records.



Originally from Knightstown, Indiana, Dr. Shaneyfelt received Bachelor's degrees in Music and Computer Science from the University of Notre Dame, and a Master of Music degree from UMass with a dual focus in Solo and Collaborative Piano. His piano trio, "The Nora Trio," was the first Notre Dame chamber ensemble to be selected as a finalist in the Fischhoff National Chamber Music Competition.



**Kelly W. Burns**

*tenor*

**Tenor Kelly W. Burns** is an active performer of opera, musical theater, recital and concert works throughout North America in vocal repertoire spanning over 400 years. He has sung with opera companies and orchestras such as the Chautauqua Opera, Opera Roanoke, Memphis Symphony Chamber Orchestra, Little Orchestra Society of New York, the Roanoke Symphony Orchestra, Charleston Chamber Opera, Opera Project Columbus, and the Oxford Shakespeare Festival. Among his stage credits are roles from Mozart's *Don Giovanni*, *Così fan tutte*, and *The Magic Flute*, Donizetti's *The Elixir of Love*, Sondheim's *Sweeney Todd* and *A Little Night Music*, and Rodgers & Hammerstein's *Carousel*. From the concert repertoire, Kelly has performed tenor solos in Handel's *Messiah*, Bach's *Magnificat*, Mozart's *Requiem*, Beethoven's *Symphony No. 9*, and Orff's *Carmina Burana*. Kelly's recital repertoire includes songs and chamber works in numerous languages from all over the world, and his interest in new music led to World and American Premieres of works by several living composers.



Kelly makes his home in Fargo, North Dakota where he is a member of the faculty of the North Dakota State University Challey School of Music. He teaches voice and diction and is also director of NDSU Opera. Kelly is a graduate of the University of North Carolina at Greensboro and the University of Mississippi (Ole Miss).

# CHRISTMAS 2024



# CHRISTMAS 2024



*So very*  
**THANKFUL**

I feel love receive  
gratitude connect

**THE DECORATED DOOR  
CONTEST WINNERS ARE!**



**Diana 107**



**Connie C. 237**



**Connie H. 208**



# FIRE DRILL

**Fire Drill  
Friday,  
January 17<sup>th</sup>  
@ 2:00pm**



**Fire Drills and Emergency Evacuation Plan:**

The Emergency Evacuation Plan maps (first and second floors) must remain on the back of the exit door inside your apartment. Please do not remove these maps. If you need additional maps, please come to the office. In addition, it is important for every resident to know what they will do should there be an emergency evacuation. Have both a plan and a back-up plan.

Management will continue to review our Emergency Evacuation plan at move in and recertification's. Please see management if you have any questions, we can review at any time the recommendations from the Tucson Fire Department. During the pandemic we stopped our fire drills, we (management) will continue to conduct quarterly fire drills and review the Emergency Evacuation plan recommendations from the Tucson Fire Department with all residents.



Let's thank those who have blessed us throughout the 2024 year with their kindness, generosity, and time.



**Girl Scout  
Cookies  
w/Lucy  
Troop 16  
Saturday,  
January, 25<sup>th</sup>  
@9:00am  
in the coffee room**



- Corpus Christi Quilting Group:**  
Diane Arnold and the Quilting group, Richard & Carol Poirier
- Senior Med Solutions:** Fernando Diaz & Rafael Rascon
- Cigna:** Denise DeHaven
- ArchWell Health:** Cruz Duran
- Thrivent Financial:** Barbara Bailey
- and Strauss Manor Board of Directors**
- Bonnie Dombrowski
- Colette Altaffer
- Nicky Anspach
- Vickie Levine
- Lisa Kimmel
- Pauline Lanum
- Millie Lierman
- Michael Esser
- Michelle Corradini
- Fran Donnellan
- Jessica Lanum
- Fonda Insley
- Consuelo Hernandez



*grateful*





# New Year's Word Search

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

BABY

BALL

CALENDAR

CELEBRATION

CLOCK

CONFETTI

COUNTDOWN

EVE

FAMILY

FRIENDS

HAPPY

JANUARY

MIDNIGHT

NEW YEAR

NOISEMAKER

PARTY

RESOLUTION

TOAST



**STRAUSS MANOR  
WELLNESS CENTER  
JANUARY 2025**



**TROY J PEARSON—WELLNESS DIRECTOR**

## **TIPS TO A HAPPY AND HEALTHY 2025**

**START SLOWLY**— According to the National Institute on Aging, you should start slowly when beginning an exercise routine in order to avoid injury.

The following is recommended:

- Begin your exercise routine with low-intensity and low-impact exercises.
  - Warm-up before exercising and cool down afterward.
  - Pay attention to your surroundings when exercising outdoors
- Drink water, before, during and after exercise, even if you don't feel thirsty.
  - Wear appropriate fitness clothes and shoes for your activity.

Some of the best exercises recommended for seniors include:

- Walking
- Resistance band exercises
  - Tai-Chi
  - Bodyweight exercises
- Dumbbell strength training
  - Stretching
  - Chair yoga

**BE CONSISTENT**—Regardless of the exercise routine you choose, it is important to consistently stay active. Even if you only have a few minutes during a day and can't complete your entire routine, you should do part of it or find other ways to keep physically moving throughout the day. Better fitness is a life-enhancing goal you can achieve!

**WELLNESS CENTER CALENDAR JANUARY 2025**

**HAPPY  
NEW  
YEAR**

**THURSDAY, JANUARY 2ND**

**NOON- SIT & BE FIT**

**2:00PM—CHAIR YOGA**

**TUESDAY, JANUARY 7TH**

**NOON—CHAIR TAI-CHI**

**2:00PM—CHAIR DANCING**

**THURSDAY, JANUARY 9TH**

**NOON—SIMPLY SEATED**

**2:00PM—CARDIO DRUMMING**

**TUESDAY, JANUARY 14TH**

**NOON—BREATH & CHI-KUNG TAI-CHI**

**2:00PM—BALANCE & BREATH**

**THURSDAY, JANUARY 16TH**

**NOON—UPPER BODY STRETCH**

**2:00PM—LOWER BODY STRETCH**

**TUESDAY, JANUARY 21ST**

**NOON—SIMPLY SEATED**

**2:00PM—CARDIO-DRUMMING**

**THURSDAY, JANUARY 23RD**

**NOON—LOW-IMPACT UPPER BODY**

**2:00PM—LOW-IMPACT LOWER BODY**

**TUESDAY, JANUARY 28TH**

**NOON—CHAIR DANCING**

**2:00PM—CHAIR-TAI CHI**

**THURSDAY, JANUARY 30TH**

**NOON—AGELESS YOGA**

**2:00PM—HIGH TEA**



# Resident Activities January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Network Center Coordinator</b> Austin's weekly schedule is <b>Tuesdays and Thursdays</b> From <b>9:00am-5:00pm</b></p>			<p><b>1 Offices Closed</b></p> 	<p><b>2</b></p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p><b>3</b></p> <p><b>3:00pm</b></p> 	<p><b>4</b></p> 
<p><b>5</b></p> 	<p><b>6 9:00am</b></p> <p><b>AVON</b></p> <p><b>2:00pm</b></p> 	<p><b>7 10:00am</b></p> <p><b>Arts &amp; Crafts</b></p>  <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p><b>8 10:00am</b></p> <p><b>Hair Cuts W/Jessica</b></p> <p><b>10:30am</b></p> 	<p><b>9</b></p> <p>The Piatigorsky Foundation</p> <p><b>3:00pm</b></p> <p>The Piatigorsky Foundation Concert</p>	<p><b>10</b></p> <p><b>3:00pm</b></p> 	<p><b>11</b></p> 
<p><b>12</b></p> 	<p><b>13</b></p> <p><b>2:00pm</b></p> 	<p><b>14 9:00am</b></p> <p><b>Google Docs Class W/Austin</b></p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p><b>15 9:00am</b></p> <p>ArchWell HEALTH</p> <p><b>Advanced Directives</b></p> <p><b>3:00pm</b></p> <p><b>Dance</b></p> 	<p><b>16 9:00am</b></p> <p><b>Uplift Hospice</b></p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p><b>17 2:00pm</b></p> <p><b>Fire Drill</b></p> 	<p><b>18</b></p>  <p><b>MPR Reserved 12:00pm-5:00pm</b></p>
<p><b>19</b></p> 	<p><b>20 Offices Closed</b></p> <p>Dr. Martin Luther King Jr. HOLIDAY</p>  <p>EVERYBODY can be great. Because ANYBODY can SERVE. You only HEART full of a grace. SOUL generated by LOVE.</p> <p>REMEMBER! CELEBRATE! ACT!</p>	<p><b>21 10:00am</b></p> <p><b>Arts &amp; Crafts</b></p>  <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p><b>22 10:00am</b></p> <p><b>Sewing Class</b></p>  <p><b>1:00pm</b></p> <p><b>Bingo w/ Fernando</b></p> 	<p><b>23 9:00am</b></p> <p>gentiva HOSPICE</p> <p><b>11:30am</b></p> <p><b>Resident Holiday/ Birthday</b></p> 	<p><b>24</b></p> <p><b>3:00pm</b></p> 	<p><b>25 9:00am</b></p> <p><b>Girls Scout Cookies W/Lucy Troop 16</b></p> <p><b>MPR Reserved 1:00pm-5:00pm</b></p>
<p><b>26</b></p> 	<p><b>27 2:00pm</b></p> 	<p><b>28</b></p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p><b>29 9:00am</b></p> <p><b>Diabetes presentation</b></p> 	<p><b>30 9:00am</b></p> <p><b>ChatGPT Class W/Austin</b></p> <p><b>2:00pm</b></p> <p><b>High Tea</b></p>	<p><b>31</b></p> <p><b>3:00pm</b></p> 	
 <p><b>Coffee Time</b> Monday- Saturday From <b>9am-10am</b></p>		 <p><b>Piano Time w/Tatyana</b> Mondays &amp; Thursdays @ <b>5:00pm</b></p>				