



Strauss Manor Monthly Newsletter February 2025

Important Numbers



Office Hours:
Monday – Friday
8:00 AM – 5:00PM

=====
Manager
David Mata
(520) 722 - 9015

=====
For TTYTDD &
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

Jose Servin

(520) 272-3172

=====
Housekeeping/
Maintenance

Monica George

=====
If Life Threatening or
Emergency Call 911

Strauss Manor

Website

straussmanor.org



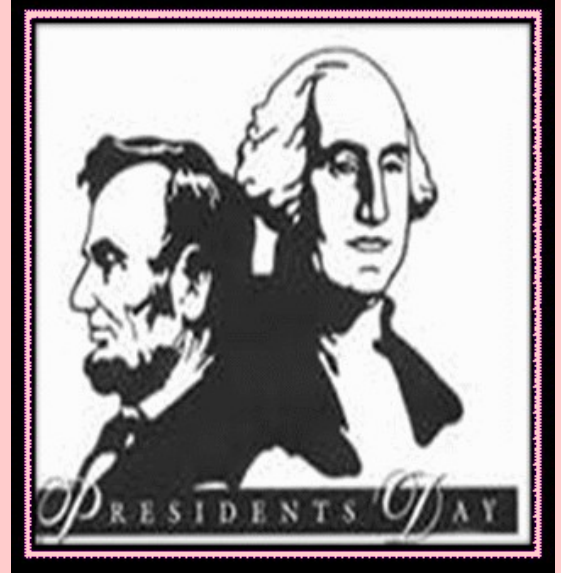
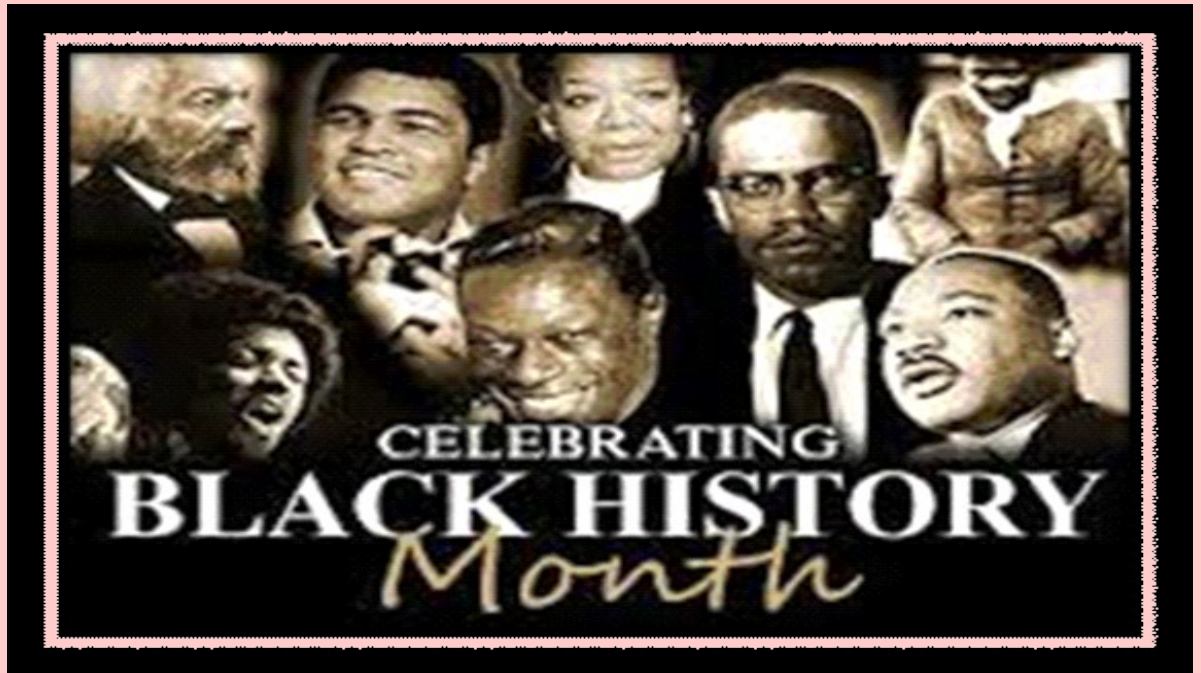
=====
Pima Council on Aging
Information and Help
(520) 790 - 7262

=====
Board Liaisons

Nicky & Vicky

=====
Strauss Manor

370 N Pantano Rd.
Tucson, Az. 85710



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).

FEBRUARY



Random Acts of
Kindness
Day
February 17



From the desk of your
Service Coordinator

February may be the shortest month of the year,
but it is one of the sweetest months.

Our calendar is full with sweet events and activities.

One of our favorite sweet treats that most of you look forward to is our "High Tea".

Come join us for a cup of tea and pastries on Thursday, February 27th @ 2:00pm.



BBQ grilling is on Wednesday, February 5th Bring down your favorite food.
Stephen will be ready to grill by 10:30am.



Super Bowl party on Sunday, February 9th @ 4pm in the MPR. You can wear your favorite team jersey.
Hot Dogs, Chips, Drinks and Cake will be provided.

Monday, February 10th @ 11:00am, join us for a Valentine's Day craft class.

We will be spreading love and joy by making Valentine's Day cards for one of our sister buildings,
(Viviendas Asistenciales). Fernando will deliver them for us.

February 14th Valentine's Day @ 9:00am, we will be celebrating the day with a big breakfast.
(pancakes/eggs/bacon etc...)

Thursday, February 20th we will be celebrating Resident Birthdays and Rodeo.

Come down to enjoy some games, music, food and fun!

We will be serving chili and corn bread, along with a delicious birthday cake.



Since the fire drill was canceled last month, we have it on the schedule for Friday, February 28th @ 2:00pm.

As a reminder, the offices will be closed on Monday, February 17th
in observance of Presidents Day.

Monday's activities will resume as scheduled.



All activities and events are subject to change and/or cancellation.

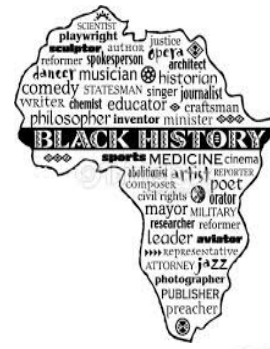
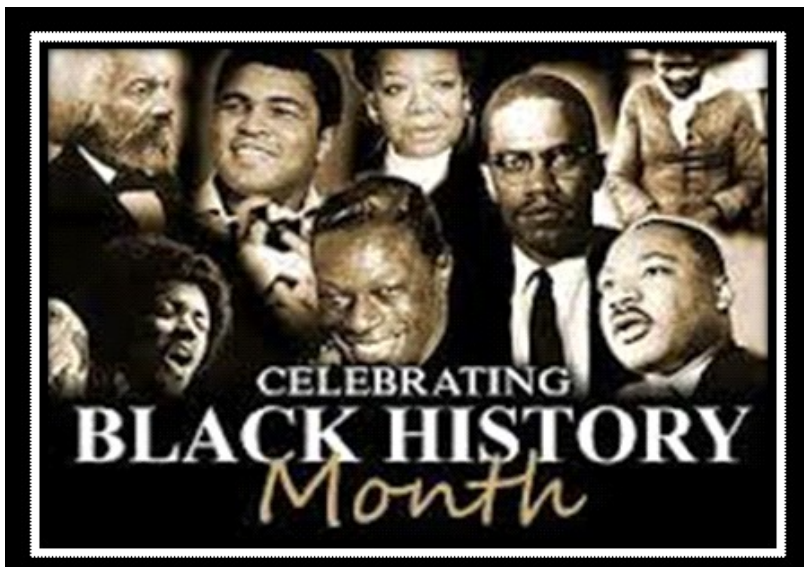
I will try my best to give you proper notice of these changes when possible.

Thank you in advance for your understanding.

Thanks to our board of directors, Fernando Diaz from Senior Med Solutions,
and Cruz Duran from Archwell Health for sponsoring our February events.



Luz Servin~Service Coordinator



Black History Month is observed in the month of February. Black History Month, also known as African-American History Month in America, is an annual observance in the United States, Canada, and the United Kingdom for remembrance of important people and events in the history of the African diaspora.

The African diaspora refers to the communities throughout the world that are descended from the historic movement of peoples from Africa, predominantly to the Americas, Europe, Asia, and the Middle East, among other areas around the globe.

The expansion of Black History Week to Black History Month was first proposed by the leaders of the Black United Students at Kent State University in February 1969. The first celebration of the Black History Month took place at Kent State one year later, in February 1970.



Quotes For Black History Month

Celebrate Black History Month in February by reflecting on these quotes by influential African Americans.

“The time is always right to do what is right”.

-Martin Luther King Jr.

“History has shown us that courage can be contagious, and hope can take on a life of its own.”

-Michelle Obama

“Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly.”

-Langston Hughes

“We must never forget that Black history is American history.

The achievements of African American have contributed to our nation's greatness.”

-Yvette Clarke

“Do the best you can until you know better. Then when you know better, do better.”

-Maya Angelou



TRIVIA ABOUT PAST PRESIDENTS

PRESIDENT'S DAY OCCURS ON THE THIRD MONDAY OF FEBRUARY EVERY YEAR. CELEBRATE BY LEARNING A FEW FUN FACTS ABOUT PAST PRESIDENTS.

1. John Tyler, the 10th president, had the most children-15!
2. In 1939, Franklin D. Roosevelt was the first president on TV.
3. Gerald Ford, who was president from 1974 to 1977, turned down offers to play professional football for both Detroit Lions and the Green Bay Packers.
4. There have been eight left-handed U.S. Presidents, including James A. Garfield, George H.W. Bush and Barack Obama.
5. Without the top hat, Abraham Lincoln stood at 6 feet 4 inches-making him the tallest president. The shortest was James Madison, coming in a foot shorter than "Honest Abe."



Happy Valentine's Day!

Candle Light
Cards
Chocolate
Cupid
Date
Dinner
First Kiss
Memories
Movie
Pink
Poem
Proposal
Red
Romance
Roses
St. Valentine
Sweetarts
Teddy Bear
True Love



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

Chicken Scratch NY

A Heart Full Of Quotes

Get in the holiday spirit with these quotes from the "heart".

"Wherever you go, go with all your heart"- Confucius

"In the sweetness of friendship let there be laughter, and sharing of pleasure .

For in the dew of little things the heart is the truest wisdom." - Kahlil Gibran

"A loving heart is the truest wisdom."- Charles Dickens

"The best and most beautiful things in the world cannot be seen or even touched -

They must be felt with the heart."- Helen Keller

"When you fish for love, bait with your heart, not your brain."-Mark Twain

Post Your Love!

For Valentine's Day, let's spread kindness, appreciation,

and love all around the building! Post-it notes

and pens will be located in the coffee room, library and on the table in the front entrance.

Take time out of your day to write down some positive words and share

them by posting the notes on your neighbor's door!

Let's cover the building with love!

THE GRAND ESSENTIALS of HAPPINESS ARE: SOMETHING TO DO, SOMETHING TO LOVE, SOMETHING TO GIVE, AND SOMETHING TO HOPE FOR.

♥ AFTER ALLAN CHAMBERS

GOOD ADVICE

"Life is not the way it's supposed to be..
It's the way it is..

The way we cope with it,
is what makes the difference."

"Not everyone can do great things. But we can all do small things with great love!" Mother Teresa

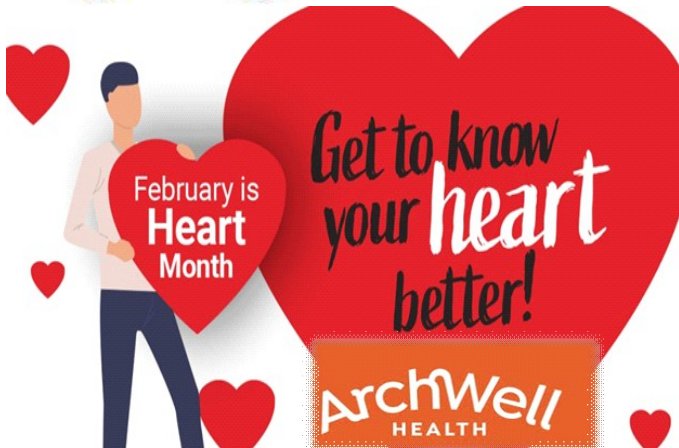
Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.



IMPORTANT

Announcements



American Heart Health Month
In-service By ArchWell Health
Tuesday, February 25th
@ 9:00am



PLEASE JOIN US FOR A
Tea Party
Thursday,
February 27th @ 2:00pm

140ET forms for a \$25 tax credit are coming!

I will make copies of the credit form, along with some samples, and leave them on the table in the library. Please call me to discuss whether you qualify to get a \$25 check from the state. The quickest way to get it back is to have it directly deposited into your checking or saving account. If you do not get your refund back in six weeks of sending it in, call me so I can help you call the state revenue office to inquire about it. Thank you, Luz:)



Free Grocery Shopping Day

Wednesday, February 26th
@10:00am
in the MPR
Bring your shopping bags!



8 types of self care

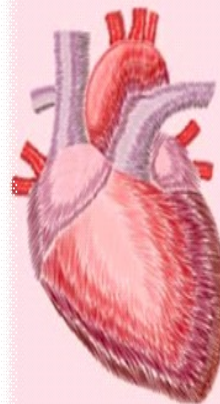


HEART HEALTH PRESENTATION
Thursday, February 13th

@ 9:00am

HOSPICE CARE &

HEART DISEASE



- Heart Disease is the second most common hospice diagnosis.
- Individuals with heart disease are twice as likely to have emergency room visits.
- Palliative and Hospice care can manage symptoms of advanced heart disease in home or inpatient hospice.
- Studies show longer survival rates when hospice is involved earlier.
- Studies also show hospice care helps reduce significant medical costs.




The Importance of Quality Sleep




Sleep has a major impact on our overall quality of life. Quality sleep affects our mental and physical health. Sleep patterns vary from person to person. In the winter the decrease in daylight hours affects our internal clocks for wake/sleep cycles.

Getting enough sleep is very important for all of our health systems. Repeated, fragmented sleep can make us less energetic, more irritable and decrease our immune systems. Those who get regular sleep tend to have less colds and illnesses. Lack of sleep can lead to less focused concentration, an increase in falls and accidents. Sleep gives the tissues and organs a chance to relax and allow repairs to take place.

So what can you do? Here are some beneficial tips to support sleep:

- * Have a consistent bedtime routine - a dark and quiet bedroom. Do some stretches or a short walk the length of the hall. Assure your pillow gives you proper neck and head support. It may be time to replace that pillow. 
- * Avoid spicy and large meals at least 4-5 hours before bedtime.
- * Technology from cell phones, computers, lap tops, tablets and TV can affect sleep patterns – reduce the time spent on technology in the evening prior to sleep.
- * Minimize or eliminate caffeine/alcohol. Both impact sleep patterns.
- * Do some deep breathing to calm and promote sleep.

If sleep continues to be a problem tell your healthcare provider to evaluate for sleeping disorders. Sleep is a vital part of our daily lives and routines. If you need a nap then take one – try to avoid very long nap so you can ensure a good night rest. 



Stay Connected!

Join Our Facebook Group

Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.



Super Bowl Stats

The best teams in the NFL face off this month in the biggest sporting event of the year, "The Super Bowl"

Enjoy these fun facts in between football plays: People in the U.S. eat over 1 billion chicken wings on Super Bowl Sunday.

It's also one of the busiest days of the year for pizza restaurants.

Tiffany & Co. creates a new sterling silver Vince Lombardi Trophy each year for the winning team.

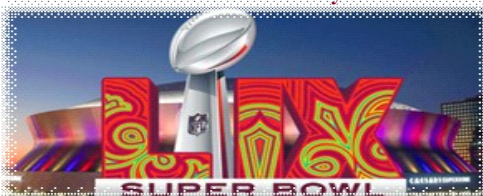
The average price of ticket to the very first Super Bowl in 1967 was only \$12!

Today, tickets to the big game sell for thousands of dollars.

Because of the large viewing audience, advertisers strive to make

Super Bowl commercials unique and memorable.

About 90 ads air during the game, and about a third of viewers say the sports are a main reason they tune in.



It's Super Bowl time!
Which team are you rooting for?
Or are you cheering for the commercials
or just looking for the chips and dip?
Whatever draws you to the big game,
join us for football, food and fun
during our Super Bowl party!



Super Bowl Party

Sunday, February 9th

@ 4:00pm

Manager's Corner:

Please do not remove any items from other resident's shelves/door areas or in the common areas in the building. We have a designated area on the counter in the coffee room for residents to donate or take donated items left on that counter only.

Emergency Evacuation Plan:

The Emergency Evacuation Plan maps (first and second floors) given to every resident must be posted 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 advise of fire drills and review the Emergency Evacuation plan recommendations from the Tucson Fire Department with all residents.

Please see management if you have any questions, we can review at any time the recommendations from the Tucson Fire Department.

It is important to keep your completed File of Life on your refrigerator. The paramedics always look there when responding to an emergency. Please take the time to look at your File of Life and see if it needs up-dated or if you do not have one, please see Luz.

Please let us know if you have any questions.

Thank you,
Management



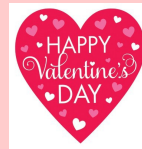
Valentine Arts & Craft Class
Paint, color, cut and glue.
Let's make Valentines together!



Join us as we make
Valentines Day Cards
for one of our sister buildings
(Viviendas Asistenciales)
We can also make cards
for our Strauss Manor
friends and neighbors.
Monday, February 10th
@ 11:00am

It's important to keep your completed File of Life on your Refrigerator. The first responders always look there when responding to an emergency. Please take the time to look at your File of Life and see if it needs updated. If you do not have one, please call me or come see me.

Thank you,
Luz:)



FILE OF LIFE	
KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF	
Name:	MO. YR. Sex M F
Address:	Phone #:
Doctor:	
Preferred Hospital:	
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	
Name:	Phone #:



Valentines Day Breakfast

Funded by our Board of Directors and Archwell Health.

~MENU~



Pancakes, Eggs, bacon, hash browns,
coffee, tea, and orange juice!



Friday, February 14th

@ 9:00am





Movie and popcorn!

With February being the month of love and romance, I thought I'd share some favorite romance movies and quotes. If you haven't watched these, you might want to check them out. Who doesn't love curling up on the couch and getting lost in a good romance movie? Ok guys, maybe not you. There have been some good romance comedies or sport movies with a little romance thrown in. I would love to hear from you. Let me know what your favorites are. We have movie day on Friday's @ 3:00pm if you are interested in enjoying a good romantic movie and popcorn during this month of February. ~Luz:)



The Notebook. "If you're a bird, I'm a bird!" Ryan Gosling's character to Rachel McAdams in *The Notebook*

Jerry Maguire

"You had me at Hello" from Renee Zellweger's character to Tom Cruise in *Jerry Maguire*.



Pride & Prejudice "You have bewitched me, body and soul, and I love... I love... I love you" by Mr. Darcy (Matthew Macfadyen) to Elizabeth (Keira Knightley) in *Pride & Prejudice*.

Gone with the Wind.

"You should be kissed and often and by someone who knows how" by Rhett Butler to Scarlett O'Hara in *Gone with the Wind*.

Pretty Woman.

"Big mistake. Big. Huge. I have to go shopping now" by Julia Robert's character to a store clerk in *Pretty Woman*.



P.S. I Love You. Favorite quote from that movie

is "If you can promise me anything, promise me that whenever you're sad, or unsure, or you lose complete faith, that you'll try to see yourself through my eyes" by Harry Connick Jr.'s Character to Hillary Swank in *P.S*



Trivia: Better Off Red

1. National Wear Red Day, on the first Friday in February, raises awareness for what organization?
2. In what state did the first Red Lobster restaurant open?
3. Erythrocytes are more commonly known as what?
4. What famous landmark in Paris means "red mill" in French?
5. True or false: Red appears on more national flags than any other color.



Answers on page 14

ATTITUDE

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company...a church...a school...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our ATTITUDES.

CHARLES SWINDOLL



Spread the Love in Your Neighborhood

Living with others, whether they're in the same household or in the same building, can take work, but the results are worth the effort! With a little patience and understanding, everybody in your home and community can live in harmony, even if you have different habits and backgrounds. Here are some tips to help create a peaceful neighborhood:

Get to know your neighbors – This is the first step to any relationship. Start with a friendly wave when you see neighbors out and about, and then introduce yourself. Ask basic questions including their name, if they're new to the area, and their profession. Share your favorite local restaurants, grocery stores and other businesses.



Show kindness – Building relationships with both your neighbors and the people you live with is easier than you might think. Small acts go a long way: Give them a smile when you see them, hold doors for others and help them out if you see them struggling with shopping bags.



Be respectful – When you have guests, remind them of the community rules, show them where to park and be especially mindful of noise levels during their stay. Even when you have no visitors, it's easy to go about a regular day without realizing how loud you are. Adjust your habits to be as quiet as you can. Talk to the people you live with when you're in the same room, rather than shouting across your home. Avoid loud activities—such as vacuuming, hanging décor or exercising—early in the morning or late at night.

Keep up curb appeal – Keeping the visible parts of your home tidy will help everyone take pride in the community. Make sure window coverings are in good condition, and report maintenance issues, inside and out, as soon as you notice them. Throw trash away in the proper places, and leave common areas clean.

STRAUSS MANOR
WELLNESS CENTER
FEBRUARY 2025



TROY J PEARSON—WELLNESS DIRECTOR

♥ HAPPY
Valentine's
DAY ♥

RODEO



WHAT? VALENTINE'S DAY RODEO!!!

EARN YOUR SHERIFF BADGE IN A QUICK-DRAW SHOOT-OUT, CALF-
ROPING, HORSESHOES AND RING TOSS!!!

WHERE? MULTI-PUPOSE ROOM

WHEN? THURSDAY, FEBRUARY 20th

WELLNESS CENTER CALENDAR FEBRUARY 2025

TUESDAY, FEBRUARY 4TH

NOON- SIT & BE FIT

2:00PM-CHAIR YOGA



THURSDAY, FEBRUARY 6TH

NOON-CHAIR TAI-CHI

2:00PM-CHAIR DANCING

TUESDAY, FEBRUARY 11TH

NOON-BOOM-WHACKERS

2:00PM-CARDIO DRUMMING

THURSDAY, FEBRUARY 13TH

NOON-BREATH & CHI-KUNG TAI-CHI

2:00PM-BALANCE & BREATH

TUESDAY, FEBRUARY 18TH

NOON-UPPER BODY STRETCH

2:00PM-LOWER BODY STRETCH

THURSDAY, FEBRUARY 20TH

NOON-RODEO DAYS

TUESDAY, FEBRUARY 25TH

NOON-LOW-IMPACT UPPER BODY

2:00PM-LOW-IMPACT LOWER BODY

THURSDAY, FEBRUARY 27TH

NOON-CHAIR DANCING

2:00PM-HIGH TEA



Resident Activities February 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Monday - Saturday
@ 9:00am



PianoTime
w/Tatyana
Mondays &
Thursdays
@5:00pm



1

Network Center Coordinator

Austin's weekly schedule:
Tuesdays & Thursdays
From
9:00am-5:00pm

2



3 9:00am

AVON

2:00pm



4 9:00am
Conversations
W/Board
Liaison
Nicky

Medicare/DES
Information
11:30am-1:00pm
W/Fernando Diaz

5 10:30am



6 9:00am
Google
Sheets
w/Austin

Medicare/DES
Information
11:30am-1:00pm
W/Fernando Diaz

7



8



9



4:00pm



10 11:00pm
Valentine
Craft



2:00pm



11 9:00am
Artificial
Intelligence
Scams
w/Austin

Medicare/DES
Information
11:30am-1:00pm
W/Fernando Diaz

12 10:00am
Haircuts



11:00am
Sewing

13 9:00am
Uplift
Hospice

Medicare/DES
Information
11:30am-1:00pm
W/Fernando Diaz

14 9:00am
Valentine's
Day Breakfast



15



16



17 **Offices**
Closed

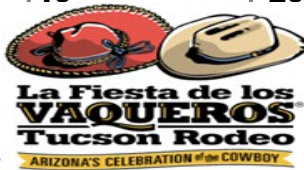


Happy Presidents Day

18

Medicare/DES
Information
11:30am-1:00pm
W/Fernando Diaz

19



1:00pm
Bingo w/
Fernando



20 11:30am
Resident
Birthday/
Rodeo
Celebration



Medicare/DES
Information
11:30am-1:00pm
W/Fernando Diaz

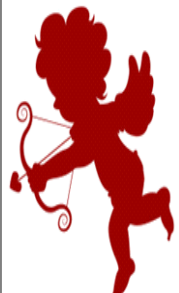
21



3:00pm



22



23



24

2:00pm



25 9:00am
American
Heart Health
Month
In-service
By ArchWell



26

10:00am
Shopping
Day in the
MPR
Bring your
own bags



27 2:00pm
High Tea

It's
Tea Time!



28 2:00pm
Fire Drill



Answers to Trivia: Better off RED

1. American Heart Association
2. January 18, 1968 in Lakeland, FL
3. A Red Blood Cell
4. Le Moulin Rouge
5. YES, 78% of all national flags have red in one way or another