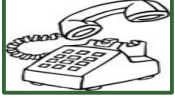




# Strauss Manor Monthly Newsletter March 2025

## Important Numbers



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

=====  
Manager  
David Mata  
(520) 722 - 9015  
For TTY/TDD users  
1-800-367-8939

=====  
Assistant Manager  
Stephen Smith  
(520) 722-9687

=====  
Service Coordinator  
Luz E. Servin  
(520) 722 - 9963

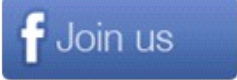
=====  
Network Center  
Coordinator  
Austin Garland

=====  
Wellness Director  
Troy Pearson

=====  
**AFTER HOURS  
Emergency**  
Jose Servin  
(520) 272-3172

=====  
Housekeeping/Maint  
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



Although clovers are most often found in nature with three leaves, rare four-leaf clovers do exist. Finding one is thought to bring someone extreme luck. It is believed that each leaf of a four-leaf clover represents something different: first is hope, the second is faith, the third is love, and the fourth is happiness.



*Celebration will be held  
on Monday, March 17<sup>th</sup>  
@ 11:30am*



St Patrick's Day is celebrated annually on March 17th. A dish of corned beef and cabbage, while delicious, is more American than Irish.

The dish is a variation of a traditional Irish meal that included bacon. But because early Irish-Americans were poor, beef was a cheaper alternative, and cabbage happened to be a springtime vegetable.

Many St. Patrick's Day celebrants enjoy corned beef and cabbage, and we know how much our residents enjoy this tradition every year!



**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).

# Service Coordinator Page

## Happy St. Patrick's Day



February arrived and left quickly, but we sure did have a great February!  
(check out pages 7 & 8 on your newsletter)

March is here, and with it comes the new life of spring. Flowers are beginning to bloom, the weather is getting warmer, and the sun is shining on all. We have so many things to celebrate in March as well as to incorporate activities to make it a fun filled month.

**The calendar is full of many programs and opportunities.**

\*Barb from AVON will be here on Monday, March 3<sup>rd</sup> @9:00am

\* French toast sticks w/coffee Wednesday, March 5<sup>th</sup> at coffee time

\* AZ Health Choice Home Care and Hospice of the Valley

In Service Wednesday, March, 12<sup>th</sup> @ 9:00am in the coffee room.

\*Wednesday, March 12<sup>th</sup> @ 10:00am we will be cleaning out our flower beds to plant new ones. If you're interested in joining us, come down to the courtyard ready to have some fun:) Thanks to Cigna Health Plan for sponsoring us.

\* Uplift Hospice In Service Thursday, March 13<sup>th</sup> @ 9:00am in the coffee room

\* Ice Cream Social Friday, March 14<sup>th</sup> @ 2:30pm

Movie will follow

Saturday, March 15<sup>th</sup> from 11:30am-1:00pm

Resident Memorial Service for Evan Hensley

\*On Monday, March 17<sup>th</sup> we will be celebrating St. Patrick's Day with our yearly corn beef and cabbage meal.

\* Americorps Seniors Foster Grandparent Program.

Become a foster grandparent and make a difference in the community and your life. This program provides great benefits to a child and you!

Wednesday, March 19<sup>th</sup> @ 9:00am in the coffee room.

\* Bingo with Fernando on Wednesday, March 19<sup>th</sup> @ 2:00pm in the MPR

\*March is National Nutrition month.

ArchWell Health in service on Nutrition

Thursday, March 25<sup>th</sup> @ 9:00am

\*High Tea, Thursday , March 27 @ 2:00pm

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

**I will try my very best to give proper notice of these changes when possible. Thank you in advance for your understanding.**

**I look forward to seeing everyone at all of our events.**

**Thank you all and have an awesome month!**

**Luz Servin- Service Coordinator**



MAY YOUR TROUBLES  
BE LESS  
AND YOUR BLESSINGS  
BE MORE  
AND NOTHING BUT  
HAPPINESS COME  
THROUGH YOUR DOOR

Irish Blessing



# SERVICES & RESOURCES

Fernando Diaz, Medicare Agent is available on Tuesdays and Thursdays from 11:30am-1:30pm to help you with any medical questions you may have. This is by appointment only, you can call me to schedule your appointment.  
Thank you,  
Luz:)



## COMPUTER NETWORK CENTER COORDINATOR CLASSES THIS MONTH



“GOOGLE SLIDES”  
THURSDAY, MARCH 6 @ 2:00PM

“IPHONE CLASS”  
TUESDAY, MARCH 11 @ 2:00PM

“NATURE DOCUMENTARY”  
TUESDAY, MARCH 18 @ 2:00PM



March is National Nutrition Month

In service

On Tuesday, March 25<sup>th</sup>

@ 9:00am

National Nutrition Month is celebrated each year during March.

It focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Join us for an educational in service provided by ArchWell Health

### AMERICORPS SENIORS

#### FOSTER GRANDPARENT PROGRAM

Become a Foster Grandparent and make a difference in the community and your life!

This program provides great benefits to a child and to YOU!

#### Eligibility

- 55 years of age or older
- Income level must meet guidelines
- Pass criminal background check

Wednesday, March 19<sup>th</sup>  
@ 9:00am

#### Benefits

- Tax-free stipend \*
- Limited accident/liability insurance while volunteering
- Transportation reimbursement
- Social connections and
- Civic engagement through service
- and more!

\* This stipend does not count as income and will not affect most benefits.

Call today to learn how to become a Foster Grandparent:

Marga Gamas  
Program Coordinator  
Marga.Gamas@nau.edu  
520-305-2482  
Center for Service and Volunteerism

**NAU** NORTHERN ARIZONA  
UNIVERSITY

Center for Service and Volunteerism



# WHAT'S GOING ON THIS MONTH



HELLO!  
I'M THE



AVON

LADY!

BARBARA BAILEY  
MONDAY,  
MARCH 3RD @ 9:00AM

Wednesday, March 5<sup>th</sup>  
@ 9:00am  
French Toast  
and coffee



BINGO W/FERNANDO  
WEDNESDAY,  
MARCH 19<sup>TH</sup>  
@ 2:00PM



10:00am  
"Gardening"  
Renewing our flowers  
beds for Spring



*Always  
Time  
For  
Tea*  
**High Tea  
Thursday,  
March 27<sup>th</sup>  
@ 2:00pm**



## SERVICES & RESOURCES

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.

### FILE OF LIFE

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

### 140ET forms for a \$25 tax credit

I'm still working on the  
140ET forms  
for the \$25 tax credit.  
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 send it in,  
call me so I can help you call  
The state revenue office  
to inquire about it.

Thank you,  
Luz Servin~Service Coordinator





ST. PATRICK'S DAY



St. Patrick's Day

St. Patrick's Day Meal

Monday, March 17<sup>th</sup>

@ 11:30am



## St. Patrick's Day



### This month...

... consider harnessing a little luck and trying your hand at a new activity or program. You just might meet a new friend or find a new hobby...if you're lucky!



**T**here are many superstitions about luck. How many of these will bring you good luck, and how many will bring you bad luck, according to superstition?

- Opening an umbrella indoors
- Knocking on wood
- Throwing salt over your shoulder
- Walking under a ladder
- Finding a heads up penny
- Eating 12 grapes on New Year's Eve
- Breaking a mirror
- Having an itchy palm



A good friend is like a four-leaf clover, hard to find and lucky to have.

We are lucky for all of our friends here at Strauss Manor, so let's get out and enjoy some time with them. Invite a new resident, neighbor or friend to join us at our events, activities and programs:)

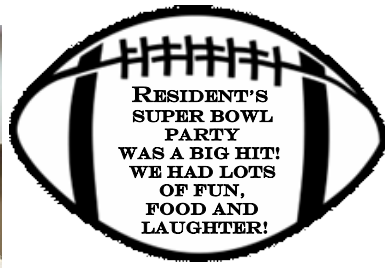


### A Positive Habit

March is Optimism Month. Celebrate by writing down one thing you are thankful for at the end of each day. Keep up this habit for the rest of the year to help maintain a positive outlook.



# Strauss Manor February 2025 Highlights



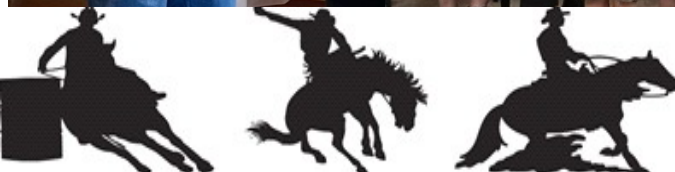
LUCY, GIRL SCOUTS TROOP 16 STOP BY WITH SOME GIRL SCOUTS COOKIES:) THANK YOU TO OUR RESIDENTS FOR YOUR SUPPORT.

A BIG thanks to IHOP, Fernando Diaz, Cruz Duran and our Board Of Directors for our resident's Valentines Day Breakfast:)



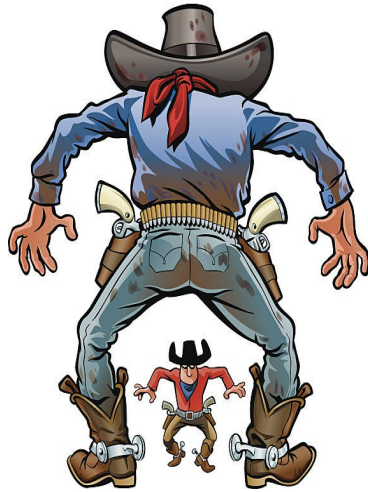
Happy Valentines Day! 2025

## Strauss Manor Rodeo 2025





# Strauss Manor February 2025 Highlights

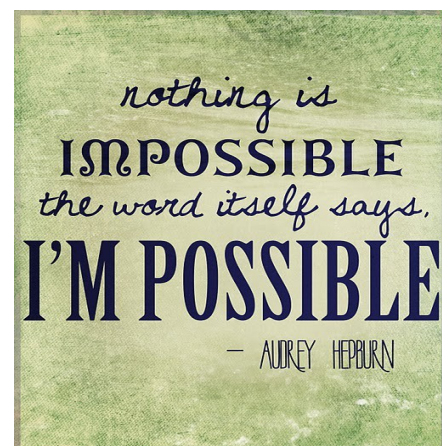
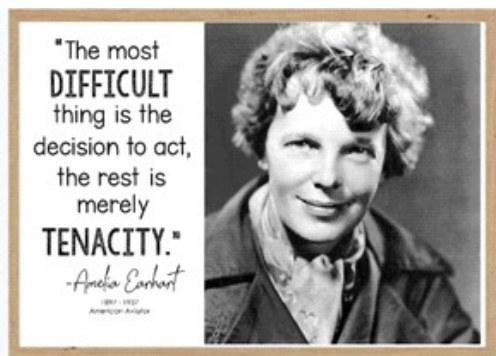
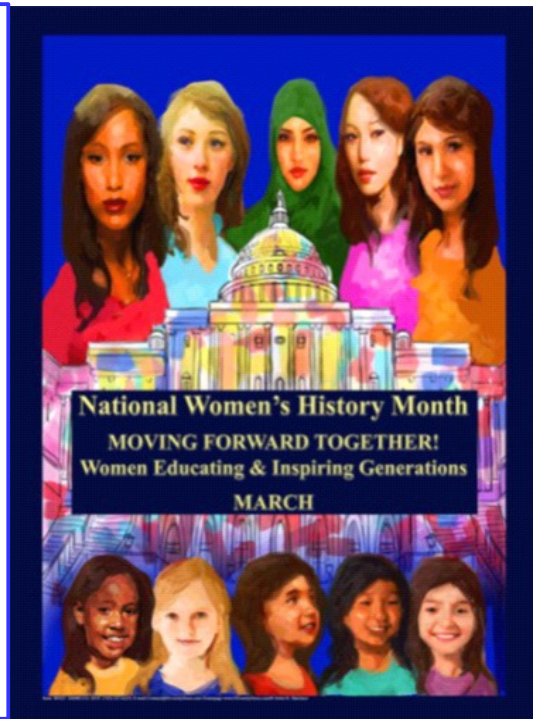




# WOMEN'S HISTORY MONTH

The theme for Women's History Month in 2025 is **"Moving Forward Together! Women Educating & Inspiring Generations"**.

The theme recognizes the role of women in shaping society, and the importance of acknowledging and celebrating their contributions. It also highlights the importance of inclusive and equitable education. To recognize the contributions of women who have dedicated their lives to education, mentorship, and leadership. To celebrate the collective strength and influence of women. To inspire future generations to pursue education and leadership roles.



## HYGIENE &

## FOOD PANTRY



If anyone runs low on food or other items during the month,  
I have an emergency food pantry.

I have various items, such as tuna, soups, oatmeal, cereal etc.

Since many items are not covered by food stamps, I also provide such things as,  
dish soap, laundry detergent, paper towels, Kleenex, toilet paper, etc.,

so please call me at

520-722-9963 and let me know if you need anything.

If you need any of the  
above items please see me during my office hours.

All distributions are kept confidential.

Thank you,  
Luz:)





# Manager's Page

**Recycling containers are in the trash rooms**

## **RECYCLING**

**PLEASE BE CONSIDERATE AND RECYCLE RESPONSIBLY**

**Do not throw food in the recycle bins  
Absolutely NO glass!**

**Do not throw plastic food containers in the recycle bins  
unless they are clean of food residue**

**Do not throw any small appliances down the shoot  
or leave them in the trash room or common areas.  
Do not throw boxes all over the room, please break them down.**

**Please dispose cat litter to the outside dumpsters only!**

**Read the recycle flyer and place  
only approved items in the bins  
(do not place metal cans in the recycle bin)**

**PLEASE DO YOUR PART IN PARTICIPATING  
IN RECYCLING AND HELP KEEP  
OUR BUILDING BEAUTIFUL AND CLEAN**

**Thank you,  
Management**







# Word Search



See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2013

- |            |             |           |                |
|------------|-------------|-----------|----------------|
| 1. HOLIDAY | 5. GREEN    | 9. CLOVER | 13. LEPRECHAUN |
| 2. SAINT   | 6. SHAMROCK | 10. LUCK  | 14. RAINBOW    |
| 3. PATRICK | 7. FOUR     | 11. POT   | 15. MARCH      |
| 4. IRISH   | 8. LEAF     | 12. GOLD  | 16. SEVENTEEN  |



STRAUSS MANOR  
WELLNESS CENTER  
MARCH 2025



TROY J PEARSON—WELLNESS DIRECTOR



## MINUTE MARCH

This month we will be doing the MINUTE MARCH!!!  
There will be a monthly log available in the lobby or the  
Wellness Center to keep track of your daily walking times.  
Whether you are going for a brisk walk around the property,  
a walk to the store, a dog walk or a walk on the treadmill.

LOG YOUR MINUTES!!!!

Turn your MINUTE MARCH LOG SHEETS in at the  
end of the month and see how many total minutes we have  
as a collective group during the month of March.

Walking is great, low-impact activity and has many benefits  
like caloric expenditure, improved heart health, reduced  
risk of chronic disease and reduced stress level.





# WELLNESS CENTER CALENDAR MARCH 2025



## TUESDAY, MARCH 4TH

NOON- SIT & BE FIT

2:00PM-CHAIR YOGA



## THURSDAY, MARCH 6TH

NOON-CHAIR TAI-CHI

2:00PM-CHAIR DANCING

## TUESDAY, MARCH 11TH

NOON-BOOM-WHACKERS

2:00PM-CARDIO DRUMMING

## THURSDAY, MARCH 13TH

NOON-BREATH & CHI-KUNG TAI-CHI

2:00PM-BALANCE & BREATH

## TUESDAY, MARCH 18TH

NOON-UPPER BODY STRETCH

2:00PM-LOWER BODY STRETCH

## THURSDAY, MARCH 20TH

NOON-LOW-IMPACT UPPER BODY

2:00PM-LOW-IMPACT LOWER BODY

## TUESDAY, MARCH 25TH

NOON-BOOM-WHACKERS

2:00PM-CARDIO-DRUMMING

## THURSDAY, MARCH 27TH

NOON-CHAIR DANCING

2:00PM-HIGH TEA





# Resident Activities March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p><b>Monday-Saturday</b> <b>@ 9:00am</b></p>	<p><b>Piano Time</b> w/Tatyana Mondays &amp; Thursdays <b>@ 5:00pm</b></p> 	<p><b>Network Center</b> Coordinator Austin's weekly schedule: Tuesdays &amp; Thursdays From <b>9:00am-5:00pm</b></p> 	<p><b>1</b></p>  <p><b>DEVELOPMENTAL DISABILITIES AWARENESS MONTH</b></p>		
<p><b>2</b></p> 	<p><b>3</b> <b>9:00am</b> <b>AVON</b></p>  <p><b>2:00pm</b> <b>BINGO</b></p> 	<p><b>4</b></p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p><b>2:00pm</b> Google Slides W/Austin</p>	<p><b>5</b> <b>9:00am</b> <b>French Toast</b> and coffee</p> 	<p><b>6</b></p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p><b>2:00pm</b> Google Slides W/Austin</p>	<p><b>7</b></p>  <p><b>3:00pm</b> <b>MOVIE TIME</b></p> 	<p><b>8</b></p> 
<p><b>9</b></p> 	<p><b>10</b> <b>10:00am</b> <b>Arts &amp; Crafts</b></p>  <p><b>2:00pm</b> <b>BINGO</b></p> 	<p><b>11</b></p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p><b>2:00pm</b> iPhone Class W/Austin</p>	<p><b>12</b> <b>10:00am</b> <b>"Gardening"</b> <b>Renewing our</b> <b>Flowers beds</b> <b>for Spring</b></p> <p>PLANT A FLOWER DAY - MARCH 12TH</p> 	<p><b>13</b> <b>9:00am</b> <b>Up Lift</b> <b>Hospice</b></p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p><b>14</b> <b>2:30pm</b> <b>Ice Cream</b> <b>Social</b> followed by our <b>Friday</b> <b>movie</b></p>  <p><b>MOVIE TIME</b></p>	<p><b>15</b> MPR RESERVED 11:30am- 1:00pm Evan Hensley Memorial</p> 
<p><b>16</b></p> 	<p><b>17</b> <b>11:30am</b> <b>Resident Bday/</b> <b>St. Patrick's</b> <b>Day luncheon</b></p> <p><b>HAPPY</b> <b>ST. PATRICK'S</b> <b>DAY</b></p> 	<p><b>18</b></p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p><b>2:00pm</b> Nature Documentary Class W/Austin</p>	<p><b>19</b> <b>9:00am</b> <b>NAU</b> <b>Americorps</b> <b>Seniors</b> <b>Foster Grand-</b> <b>parents program</b></p> <p>Happy National Let's Laugh Day!</p>  <p><b>2:00pm</b> Bingo w/ Fernando</p> 	<p><b>20</b></p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p><b>happy</b> <b>Spring</b></p> 	<p><b>21</b></p> <p><b>3:00pm</b> <b>MOVIE TIME</b></p> 	<p><b>22</b></p>
<p><b>23</b></p> <p><b>HAPPY PUPPY DAY</b></p>  <p><b>MARCH 23</b></p>	<p><b>24</b></p> <p><b>2:00pm</b> <b>BINGO</b></p> 	<p><b>25</b> <b>9:00am</b> <b>National</b> <b>Nutrition</b> <b>Month</b> w/ArchWell Health In Service</p> <p>World Waffle Day 25 MARCH</p> 	<p><b>26</b></p> <p><b>10:00am</b> <b>Sewing</b> <b>Class</b></p> 	<p><b>27</b></p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p><b>2:00pm</b> <b>High Tea</b></p> 	<p><b>28</b></p> <p><b>3:00pm</b> <b>MOVIE TIME</b></p> 	<p><b>29</b></p> <p><i>be</i> <b>KIND</b> TO OTHERS.</p>
<p><b>30</b></p> 	<p><b>31</b></p> <p><b>2:00pm</b> <b>BINGO</b></p> 					