



Important Numbers



Office Hours:

Monday – Friday
8:00 AM – 5:00PM

Manager

David Mata

(520) 722 - 9015

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

For TTY/TDD hearing

impaired users

1-800-367-8939

Pima Council on Aging

Information and Help

(520) 790 - 7262

Board Liaisons

Nicky & Vicky



Strauss Manor

Website

straussmanor.org

Strauss Manor

370 N Pantano Rd.

Tucson, Az. 85710



Strauss Manor

Monthly Newsletter

May 2025



MEMORIAL DAY

REMEMBER AND HONOR



OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

Our newsletter is printed courtesy of Cigna Health Plan

Professionally Managed by Biltmore Properties, Inc.

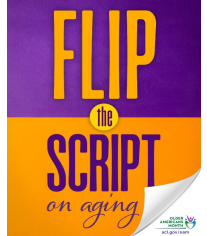
Published for the Residents of B'nai B'rith Gerd & Inge Strauss Manor on Pantano

Por favor, deje saber a Luz si necesita este boletín 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).



Older American Month 2025 theme, Flip The Script On Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for the many opportunities for staying active and engaged as we age, and highlighting the purpose, exploration, and connection that come with aging.



- * Monday, May 5th @ 11:30am we will be celebrating Cinco De Mayo, Mother's Day, Memorial Day and resident birthdays with a delicious Taco bar!
- * Austin will be teaching two classes this month: Tuesday, May 6th iPhones and Thursday, May 15th, Smartphones Texting & Messaging. Both classes are @ 2:00pm.
- * Friday, May 9th @ 11:30am Mother's Day Spa: Cigna Health Plan, Archwell Health and Senior Med Solutions are sponsoring a Mother's Day spa! Come down and have some fun, get your nails painted, receive a Mother's Day gift bag, flowers and win some prizes. finger foods and drinks will be provided.
- * Tuesday, May 13th @ 9:00am UpLift Hospice
The early benefits of hospice and its "misconceptions" in service.
- * Haircuts by Jessica Wednesday, May 14th @ 10:00am. This will be Jessica's last day with us. Jessica will be introducing the new person that will replace her.
- * Thursday, May 15th Hospice of the Valley educational presentation (Advanced Care Planning) @ 9:00am in the coffee room. Donuts will be provided.
- * Bingo w/Fernando Wednesday, May 21st @ 12:00pm.
- * Friday, May 23rd BQ Grilling DAY! Bring down your own food (beef/chicken/hot-dogs/ hamburger patties etc..) the staff and one of our sponsors will grill it for you. You can either eat your meal in the MPR or take it home with you. You must have your food down and ready by the BBQ grill by 10:00am. Grilling starts @ 10:30am.
- * Monday May 26th, our offices will be closed in observance of Memorial Day.
- * Thursday, May 29th High Tea @ 2:00pm.



May you all have a great month!
Luz Servin~Service Coordinator

April's Events

Resident's Seder



**GOOD FRIDAY
Easter Concert
performed by
The Latter-Day Saints
Missionaries**



Resident April events continued



Puppy Time



Resident April Birthdays



Morning Coffee

Mother's Day

Friday,
May 9th, 2025
@ 11:30am



Finger Foods, drinks,
pastries, prizes
and a gift bag

You are invited to a Mother's Day Spa Day! Come get your finger nails painted. You will receive a small gift with goodies and flowers to those who participate. Finger foods and drinks will be available:) Please RSVP by Monday, May 5th 2025 Hope to see you there!

Thank you:)

Luz~520-722-9963

Sponsored by: Cigna Health Plan, Archwell and Senior Med Solutions



Monday, May 5th 2025

We will be celebrating Cinco De Mayo,
Mother's Day, Older Americans Month and Memorial Day
with a Taco Bar!

We hope to see everyone come and enjoy the fun!





Anyone can be prone to a Mental Health crisis, so know there is help you can reach out to:

"988" is the three-digit, nationwide phone number to connect directly to the 988 Suicide and Crisis Lifeline. By calling or texting 988, you'll connect with mental health professionals with the 988 Suicide and Crisis Lifeline, formerly known as the National Suicide Prevention Lifeline. Through the 988 Lifeline, you have access to free, quality, one-on-one assistance. Our skilled, judgment-free counselors are here to provide compassionate support. You deserve to feel heard and cared about anytime, anywhere, 24/7/365.



Anyone who needs mental health-, suicide- or substance use-related crisis support, or who has a loved one in crisis, can call, text, or chat 988 (as long as telephone, cellular or internet services are available) and reach a crisis counselor who will provide skilled, caring support.

LOCAL SUPPORT

Help is available 24/7 through Tucson's community crisis hotline, 520-622-6000

CODAC Mental & Behavioral Health, 520-327-4505

COPE Community Services, 520-792-3293

El Rio Behavioral Health, 520-670-3909

Hope, Inc., 520-770-1197

National Alliance on Mental Illness Southern Arizona, 520-622-5582

Sonora Behavioral Health Hospital, 866-419-1464



Gardening

Is good for your mental health



**The offices will be closed for Memorial Day
Monday, May 26th 2025**

To all our residents, family members and
friends who have served in the military, we
Thank You
for your dedication and service
to our country!

Words We Got From the Military

Military Appreciation Month, held every May, celebrates the members of the armed forces who have given so much to our nation. Among the military's contributions through the years is a registry of words and phrases that wouldn't exist without them. Here's a small sample:

Hotshot — This term for a talented, successful person likely came from the use of heated cannonballs, aka hot shots, to ignite enemy ships or buildings. Handling the volatile ammo was risky and required a lot of skill.

With flying colors — A naval ship returning home after a victory proudly displays their flags, called colors, from the masthead. The tradition of "coming through with flying colors" is now a metaphor for a victory such as acing a test or exceeding at a task.

Avant-garde — Describing someone or something that is new and unusual, typically referring to the arts, this comes from the French word for vanguard, or advance guard: a small group of soldiers who lead armed forces into battle.

Murphy's law — Pessimists are familiar with this philosophy of "If something can go wrong, it will." Capt. Edward A. Murphy gave this age-old concept a name while working on a project at Edwards Air Force Base in 1949. His fellow engineers credited the law for motivating them to find ways to avoid negative outcomes, making their project a success.

Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories — Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org.

Tune in to a TV tradition — On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

Post a tribute — If you have a loved one who is a fallen hero, post a photo and story about them on social media.

Send a letter — Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

Visit a memorial — Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

Pause at 3 p.m. — Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.

Flower of Remembrance

It's a flower that has come to represent all those who have given their lives in times of war. Around Memorial Day, Buddy Poppies start popping up.

The bright red artificial flowers, each with a tag that says "Wear It Proudly," are given out by members of the Veterans of Foreign Wars. The group began the tradition in 1922. The flowers got the name Buddy Poppies because they honored the many military buddies who never came home.

Today, men and women in Veterans Affairs hospitals and homes assemble the poppies, an activity that provides them with financial help and a form of physical therapy. VFW posts distribute the poppies to the public, and the donations collected for them are used to fund programs for veterans and military families.

Using the poppy as a memorial flower was inspired by the famous battlefield poem "In Flanders Fields," written during World War I by Canadian army doctor John McCrae. Poppies were later adopted as symbols by veterans groups in the U.S., Canada, the U.K., Australia, New Zealand and parts of Europe.

Mother's Day Word Search



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



MOTHER
AUNT
FAMILY
RESPECT
COOKING



MOMMY
LOVE
PARENT
WISDOM
NURTURE



GRANDMA
SPECIAL
HUGS
KISSES
BEAUTIFUL



PLEASE DO NOT KNOCK ON THE MAINTENANCE APARTMENT DOOR AT ANYTIME!

Maintenance and management issues should only be addressed during normal business hours. If you have an emergency during after hours and weekends, please call the emergency number.

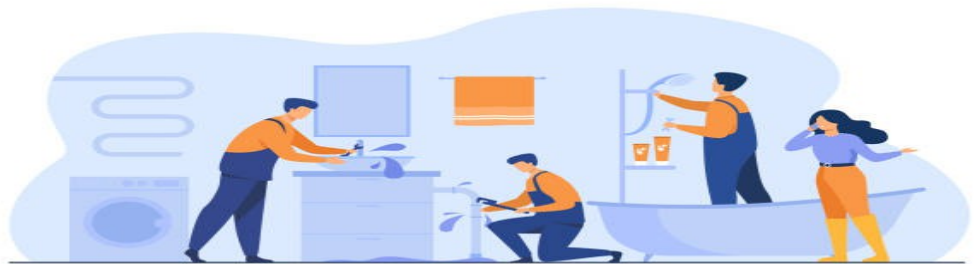
Reminder – please report all maintenance requests promptly to management. If we are not available, please leave a message for routine maintenance requests. If you cannot reach the office or if after hours, please call the building maintenance phone 272-3172 for building maintenance emergencies. Please use your pull cord or call 911 for all other non-building emergencies.

**Examples of building non-emergencies: flood, fire, smoke detector(s) beeping, air conditioning or heating, plumbing, electricity, water, ceiling/wall leaks.*

**Examples of non-building emergencies: car alarms going off, light bulb replacement (if you still have lighting in each room, this would not be an emergency), ice maker not working. In the case of light bulb replacement or ice maker not working, these are considered routine maintenance requests and the work order request should be given to the office on the phone or in person by the resident.*

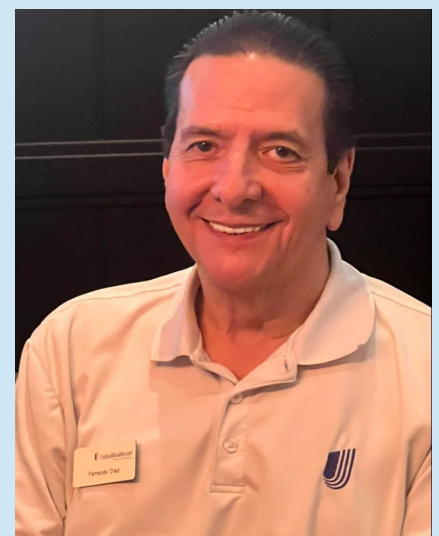
As always, please let our office know if you have any questions or concerns.

Thank you,
Management:)



Fernando Diaz, Senior Med Solutions,
is available on Tuesdays and Thursdays from
11:30am-1:00pm
(please see calendar)
to help you with any questions
you may have about your Medicare,
Social Security and DES/AHCCCS.

Please call Luz @ 520-722-9963
if you have any questions.



MAY 2025
B'NAI B'RITH
GERD & INGE STRAUSS MANOR
WELLNESS CENTER



TROY J PEARSON—WELLNESS DIRECTOR

WHAT? CINCO DE MAYO CELEBRATION

WHEN? MONDAY, MAY 5TH AT 11:30AM

WHERE? MULTI-PURPOSE ROOM

FUN!!! TACO BAR!!! DANCING!!! EARN YOUR
MARACAS WITH FUN GAMES!!!



WELLNESS CENTER CALENDAR MAY 2025

MONDAY, MAY 5TH

11:30AM—CINCO DE MAYO CELEBRATION



TUESDAY, MAY 6TH

NOON—BOOM-WHACKERS

2:00PM—CARDIO-DRUMMING

THURSDAY, MAY 8TH

NOON—CHAIR TAI-CHI

2:00PM—CHAIR DANCING

TUESDAY, MAY 13TH

NOON—BREATH & CHI-KUNG TAI-CHI

2:00PM—BALANCE & BREATH

THURSDAY, MAY 15TH

NOON—UPPER BODY STRETCH

2:00PM—LOWER BODY STRETCH

TUESDAY, MAY 20TH

NOON—BOOM-WHACKERS

2:00PM—CARDIO-DRUMMING

THURSDAY, MAY 22ND

NOON—LOW-IMPACT UPPER BODY

2:00PM—LOW-IMPACT LOWER BODY

TUESDAY, MAY 27TH

NOON—SIT & BE FIT

2:00PM—AGELESS YOGA

THURSDAY, MAY 29TH

NOON—CHAIR DANCING

2:00PM—HIGH TEA



Resident Activities May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Austin's weekly schedule is Tuesdays & Thursdays From 9:00am-5:00pm</p>				<p>1 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p>  <p>NATIONAL DAY of PRAYER</p>	<p>2</p> <p>Of all the special joys in life, The big ones and the small, A mother's love and tenderness Is the greatest of them all.</p>	<p>3</p>
<p>4</p> 	<p>5</p> <p>Cinco de Mayo 11:30am Resident B/day/Holiday Taco Bar celebration 2:00pm BINGO</p>	<p>6</p> <p>11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p> <p>2:00pm iPhones W/Austin</p>	<p>7</p>  	<p>8</p> <p>11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p> 	<p>9</p> <p>11:30am Mother's day</p> 	<p>10</p> 
<p>11</p> <p>Happy Mother's Day</p>	<p>12</p>  <p>2:00pm BINGO</p>	<p>13 9:00am UpLift Hospice</p> <p>11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p>	<p>14 10:00am Haircuts W/Jessica</p> 	<p>15 9:00am Hospice of the Valley Advance Care Planning</p> <p>2:00pm Smart Phones Texting/ Messaging W/Austin</p>	<p>16</p>  <p>4:00pm MOVIE TIME</p>	<p>17</p> 
<p>18</p> <p>May is national barbecue month!</p> 	<p>19</p> <p>2:00pm BINGO</p>	<p>20</p> <p>11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p>	<p>21</p>  <p>12:00pm Bingo W/Fernando</p> 	<p>22</p> <p>11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p>	<p>23</p> <p>10:30am</p>  <p>Bring your own food for grilling</p>	<p>24</p> 
<p>25</p> 	<p>26 Offices Closed</p> 	<p>27 9:00am ArchWell Mental Health Awareness month</p> <p>11:30am-1:00pm Medicare/DES Information W/Fernando Diaz</p>	<p>28</p> 	<p>29 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz 2:00pm High Tea</p> 	<p>30</p>  <p>Monday-Saturday @ 9:00am</p>	