



Strauss Manor

Monthly Newsletter

July 2025

Important Numbers



Office Hours:

Monday – Friday
8:00 AM – 5:00PM

Manager

(520) 722 – 9015

Veronica Dicochea

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 Liaison

Vicky



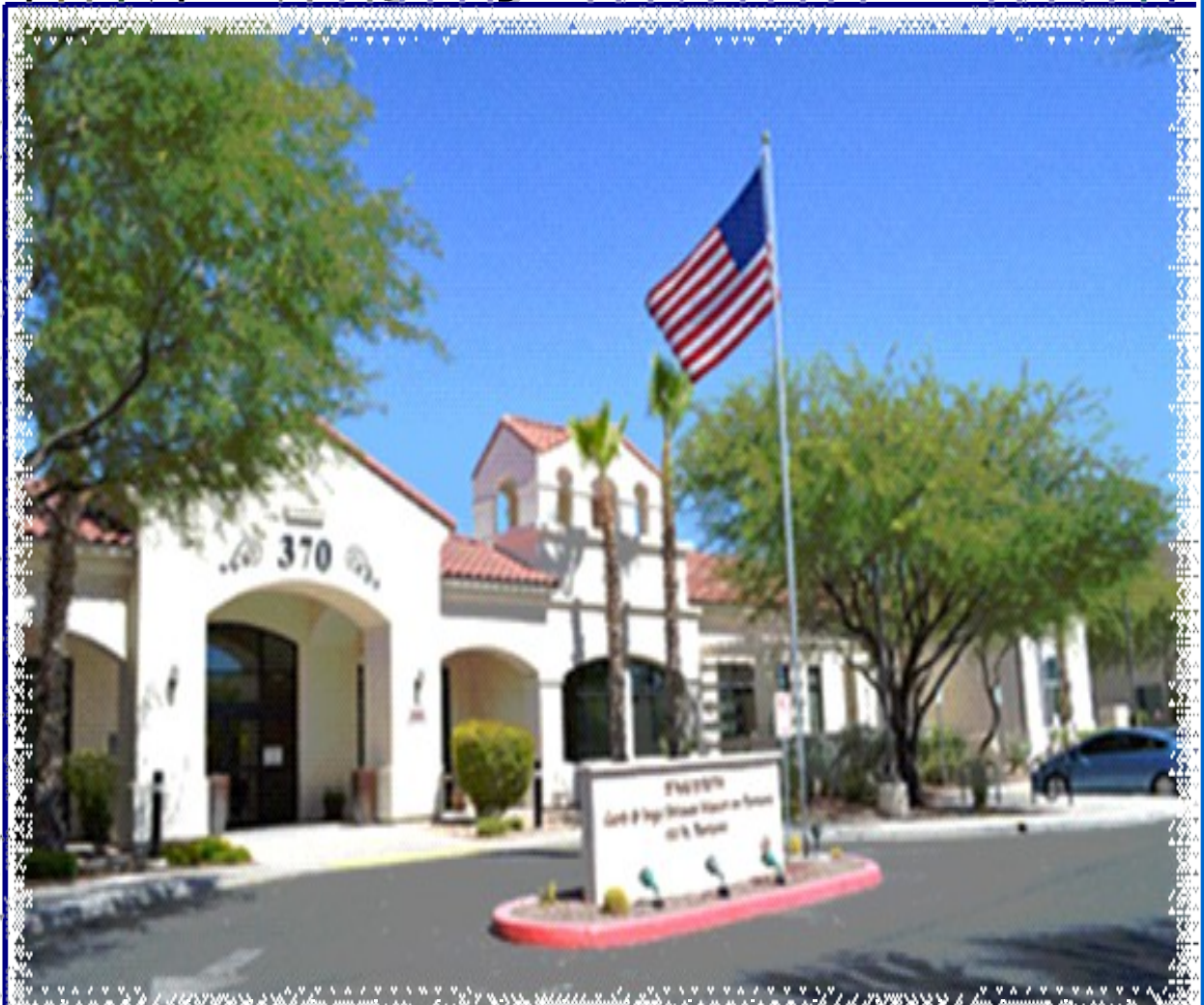
Strauss Manor
Website

straussmanor.org

Strauss Manor

370 N Pantano Rd.

Tucson, Az. 85710



HAPPY 4TH OF JULY

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).



From the desk of your
Service Coordinator
HAPPY FOURTH OF JULY!



*LIFE @ STRAUSS MANOR IS:
PAWSOME!*

The month of July has arrived! That means the hot days of summer are here. Drink lots of water and stay cool. We will celebrate July 4th and resident's birthdays on Thursday, July 3rd. Stephen will be grilling hamburgers and hot dogs. Troy has some great games planned for this event. Come down and celebrate with us. Those who participate will receive a prize.



*July fourth can be a lot of fun, but it can also bring a lot of dangers for pets.

More dogs and cats get lost on July fourth than any other day. Follow the tips on this newsletter so you and your animals can enjoy the holiday worry free.

*If you are interested in playing Ping Pong, the ping pong table will be set up in the MPR from Friday evening thru Monday noon. If you're interested in playing cards, a group of residents meet in the coffee room on Saturdays from 1:00pm -3:00pm. Everyone is welcome.)

*Rock Painting Class. Come down and have some fun painting rocks w/ArchWell Health on Thursday, July 10th @10:00am in the coffee room.

*Haircuts by Ashley on Wednesday, July 16th @ 10:00am in the coffee room. If you would like a hair cut, the sign up sheet will be in the coffee room. The cost is \$15.00.

*Come and enjoy a couple of hours of dancing on Wednesday, July 16th @ 3:00pm in the MPR. Music playlist will include many genres and artists—50's, 60's and 70's, and more current tunes, slow and fast music. Whether you're 80 years young or 8 years old, engaging in physical activities that involve dance changes you. From better physical and mental health to a boost in emotional and social well-being, moving your body to the sound of music can transform your life.

*Fire drill on Friday, July 25th @ 2:00pm. Please make sure you go to your designated areas. If you do not know where to go, there should be a map on the inside of your apartment door letting you know where your exit is.

*ArchWell Health workshop on UV Safety Awareness Month. Tuesday, July 29th @ 9:00am in the coffee room.

*Austin's upcoming classes:

Thursday, July 10th he will be showing a film called, "Twelve Angry Men" and Tuesday, July 22nd a class on "Online Shopping" @ 2:00pm.

I hope to see more of you at our events, programs and in-services. Please be mindful that 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. Please keep in mind that there may be times and circumstances that would not allow me to give proper notice.

If you see someone you don't know, please introduce yourself and make them feel welcome.

May you have a great Fourth of July!

Luz Servin - Service Coordinator



Service Coordinator hours are :
Monday thru Thursday 7am-5pm

Time is subject to change, I will try to give you proper notice when possible.

If you need to see me, please call me to schedule an appointment.

My office number is 520-722-9963. Thank you:)

FOURTH OF JULY

Pet Safety Tips

More pets get lost on July 4th than any other day of the year.

Make sure that collars, tags, and microchip ID are all up to date.

Keep your pets away from dangerous party foods like raisins, chocolate, and onions.

Turning on the radio or TV can muffle the sound of fireworks.



Never leave party supplies unattended where pets can get into them. Keep charcoal, lighter fluid, and matches in a safe place.



More pets get lost on July 4th than any other day of the year.

Source: HomeAgain

Keep your dog safe this Independence Day.
Share these eight tips for enjoying the Fourth of July with your dog.



Be sure your dog is wearing an up-to-date and visible ID tag on her collar at all times.



Take a current photo of your dog, just in case.



Exercise your dog early in the day before parties begin.



During cookouts, ask guests to play with your dog away from the flames.



Keep dog treats on hand for those who want to give your dog food.



Leave your dog at home with a frozen stuffed treat during the fireworks.



If your dog is afraid of loud noises, leave gentle music playing to cover the fireworks.



Keep charcoal, fireworks, sparklers and glow sticks far from curious canines.



Petfinder
SUMMER **Pet**
Safety

Learn more at www.petfinder.com/SummerPetSafety



Three Tips To Staying Hydrated

Extreme thirst and sweating are signs of dehydration.

Dehydration occurs when your body loses more fluids than it takes in. Keep these tips in mind to stay safe when temperatures soar:



When exercising, drink about 10 ounces (or 10 large sips from a water bottle) every 15-20 minutes



Snack on fruit like oranges, watermelon, and grapes—they taste great and rehydrate



Stay away from drinks that have caffeine or lots of sugar; water is best

RED, WHITE & Brews

ALE

AMERICA

BARLEY

BEER

BREWS

BREWSKI

CRAFT

FOURTH

HOPS

JULY



KEG

LAGER

MALT

MICRO

PILSNER

PORTER

RED

STOUT

WHEAT

WHITE

A T E C G M F R P E O C R A F T J U L A
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FUN FACTS ABOUT OUR NATION!



- * Benjamin Franklin wanted the turkey to be the national bird, but was outvoted by John Adams & Thomas Jefferson choosing the bald eagle.
- * Over an estimated 150 million hot dogs will be consumed on July 4th. That's roughly one dog for every two people in the U.S.
- * Over \$211 million has been spent on the importation of fireworks from China.
- * The first 4th of July party held at the White House was in 1801.
- * The 4th of July was not declared a national holiday until 1941.
- * More than 70 million Americans will BBQ on the 4th.
- * The stars on the original American flag were arranged in a circle to ensure the colonies were equal.
- * Presidents John Adams, Thomas Jefferson & James Monroe all died on July 4th.





Bar-B-Que Time



Fourth of July Celebration BBQ Luncheon Thursday, July 3rd 2025 @ 11:30am



Above is Bob Hope's secret weapon for his 1969 Christmas USO tour, Raquel Welch.

Did you know that Bob Hope entertained the US troops from 1941 to 1990? I think many remember him as a comedian back in vaudeville for his start and next a stage performer followed by a movie star. However, he has endeared himself to Americans through the years performing in over 60 USO shows with his last at the age of 87. While he wrote several books, I have noted a few of his more notable quotes below - some full of heartfelt warmth and some full of humor which these days both are equally important.

- * I don't feel old. I don't feel anything till noon. That's when it's time for my nap.
- * I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful.
- * I do benefits for all religions - I'd hate to blow the hereafter on a technicality.
- * If you haven't got any charity in your heart, you have the worst kind of heart trouble.
- * You know you are getting old when the candles cost more than the cake.
- * A sense of humor is good for you. Have you ever heard of a laughing hyena with heartburn?

- * When we recall the past, we usually find that it is the simplest things - not the great occasions - that in retrospect give off the greatest glow of happiness.

Bob Hope passed away in 2003 at the age of 100. Whether you are a fan of Bob Hope or not, this is just a good reminder that empathy and humor can help you get through the tough times.

Happy 4th of July!

Upcoming Events



Rock Painting Class
w/ArchWell Health

Thursday, July 10th @ 10:00am
In the coffee room



PING PONG!

The Ping Pong table will be set up in the MPR from Friday evening thru Monday noon for anyone who wishes to play.



Dance

Wednesday, July 16th, from 3:00-4:00 pm in the MPR.

Music playlist will include many genres and artists—50s, 60s, 70s, and more current tunes—slow and fast.



Card Game
Saturdays

1:00pm-3:00pm

In the coffee room



Bingo
W/Fernando
Wednesday,

July 30th @ 12:00pm





**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.**



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



Austin's July Classes:

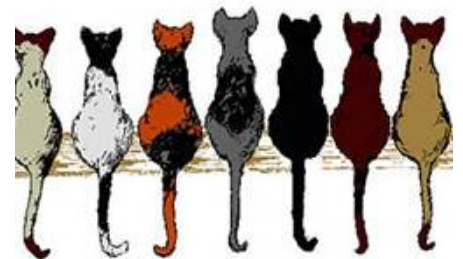
Thursday, July 10th @ 2:00pm
FILM:
"Twelve Angry Men"

Tuesday, July 22nd @ 2:00pm
CLASS:
Online Shopping

Manager's Corner

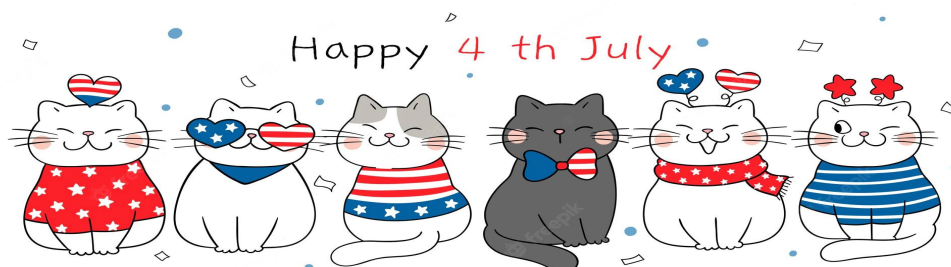
Just a friendly reminder:

We enjoy visting with you and your pets!



Please ensure that you are properly cleaning up after your furry companions after walking them and taking them out to do their business. The designated pet potty area is located on the south side of the building to the right of the dumpsters. Dog waste bags are provided compliments of the facility. Please ensure to properly dispose of your pets waste in the dumpster.

Thank you,
Management



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



TROY J PEARSON—WELLNESS DIRETOR

WHY SENIORS ARE MORE SUSCEPTIBLE TO DEHYDRATION

Decreased Thirst Sensation: As people age, their sense of thirst diminishes, making them less aware of their need for fluids. By the time they feel thirsty, they may already be experiencing early signs of dehydration.

Body Composition Changes: Older adults generally have a lower percentage of body water compared to younger individuals, which means they have less fluid reserve to draw upon.

Medications: Many seniors take medications that can increase the risk of dehydration, such as diuretics, which promote fluid loss.

Reduced Kidney Function: Aging can lead to decreased kidney function, affecting the body's ability to conserve water.

Temperature Regulation: Seniors may have a reduced ability to regulate body temperature, leading to increased fluid loss during heat or physical activity.

To learn more about staying hydrated this summer please attend

Healthy Hydration Power Point presentation on

Thursday, July 17th at 1:30pm in the Multi-Purpose Room.

FREE WATER BOTTLES FOR ALL ATTENDEES!!!



WELLNESS CENTER CALENDAR JULY 2025

TUESDAY, JULY 1ST

NOON—SIMPLY SEATED

2:00PM—CARDIO-DRUMMING

THURSDAY, JULY 3RD

NOON—4TH OF JULY CELEBRATION

TUESDAY, JULY 8TH

NOON—NO-FALL BALLOON PONG

2:00PM—CHAIR DANCING

THURSDAY, JULY 10TH

NOON—UPPER BODY STRETCH

2:00PM—LOWER BODY STRETCH

TUESDAY, JULY 15TH

NOON—BOOMWHACKERS

2:00PM—HANDBELLS

THURSDAY, JULY 17TH

1:30PM—HEALTHY HYDRATION

POWERPOINT PRESENTATION

TUESDAY, JULY 22ND

NOON—LOW-IMPACT UPPER BODY

2:00PM—LOW-IMPACT LOWER BODY

THURSDAY, JULY 24TH

NOON—CHAIR DANCING

2:00PM—SIT & BE FIT

TUESDAY, JULY 29TH

NOON—SIMPLY SEATED

2:00PM—CHAIR TAI-CHI

THURSDAY, JULY 31ST

NOON— AGELESS YOGA

2:00PM—HIGH TEA



Resident Activities July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Coffee </div>	<div>Monday-Saturday @ 9:00am</div>	<div>1 11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</div> <div></div>	<div>2</div> <div></div>	<div>3 11:30am Resident Birthday/ Holiday Celebration</div> <div></div>	<div>4OFFICES CLOSED</div> <div> HAPPY 4TH OF JULY!</div>	<div>5</div> <div>1:00pm- 3:00pm Resident Card Game In the Coffee room</div>
<div>Tatyana's Piano Time Mondays & Thursdays @ 5:00PM</div> <div>** These events are not sponsored by Strauss Manor</div>						
<div>6</div> <div></div>	<div>7</div> <div>2:00pm</div> <div></div>	<div>8 **10:30am</div> <div>COME JOIN OUR BIBLE Study</div> <div>11:30am-1:30pm Medicare/DES Information W/Fernando Diaz</div>	<div>9 9:00am</div> <div>Aria Hospice Blood Pressure</div> <div></div>	<div>10 10:00am</div> <div>Rock Painting Class w/ArchWell</div> <div>11:30am-1:30pm Medicare/DES Information W/Fernando Diaz 2:00pm FILM "Twelve Angry Men" W/Austin</div>	<div>11**10:45am</div> <div>COME JOIN OUR BIBLE Study</div> <div>3:00pm</div> <div> MOVIE TIME</div> <div>5:00pm Ping pong</div>	<div>12</div> <div>1:00pm- 3:00pm Resident Card Game In the Coffee room</div>
<div>13</div> <div></div>	<div>14 2:00pm</div> <div> Piano Concert with Tatyana @ 4:00PM</div>	<div>15 11:30am-1:30pm</div> <div>Medicare/DES Information W/Fernando Diaz</div>	<div>16 10:00am</div> <div>HAIRCUTS by Ashley</div> <div> 3:00pm Dance</div> <div></div>	<div>17 11:30am-1:30pm</div> <div>Medicare/DES Information W/Fernando Diaz 1:00pm Healthy Hydration Power Point W/Troy</div>	<div>18**10:45am</div> <div>Bible Study</div> <div>2:30pm</div> <div> Ice Cream Social</div> <div>3:00pm</div> <div>5:00pm Ping pong</div> <div> MOVIE TIME</div>	<div>19</div> <div>1:00pm- 3:00pm Resident Card Game In the Coffee room</div>
<div>20</div> <div></div>	<div>21</div> <div>2:00pm</div> <div></div>	<div>22 11:30am-1:30pm</div> <div>Medicare/DES Information W/Fernando Diaz 2:00pm On Line Shopping Class W/Austin</div>	<div>23</div> <div>9:00am</div> <div>Haven Home Health In-Service</div>	<div>24 11:30am-1:30pm</div> <div>Medicare/DES Information W/Fernando Diaz</div>	<div>25**10:45am</div> <div>COME JOIN OUR BIBLE Study</div> <div>2:00pm</div> <div> FIRE DRILL</div> <div>3:00pm</div> <div>5:00pm Ping pong</div> <div> MOVIE TIME</div>	<div>26</div> <div>1:00pm- 3:00pm Resident Card Game In the Coffee room</div>
<div>27</div> <div></div>	<div>28</div> <div>2:00pm</div> <div></div>	<div>29</div> <div>9:00am</div> <div>ArchWell Health UV Safety Awareness Month</div>	<div>30</div> <div>12:00pm</div> <div>Bingo W/Fernando</div> <div></div>	<div>31 11:30am-1:30pm</div> <div>Medicare/DES Information W/Fernando Diaz 2:00pm High Tea</div> <div></div>	<div></div>	