



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



Strauss Manor Monthly Newsletter June 2025



Happy First Day of
Summer!
June 21, 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 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**

Hello Residents and Happy June!

I just want to remind everyone to keep well hydrated and stay safe during our warmer weather. Make sure you are drinking enough fluids, wearing sunscreen, and coming inside to cool off when you feel too hot.

We are looking forward to sitting outside more to get some vitamin D and fresh air. We have more exciting activities and events planned for you this month.

On Thursday, June 12th we will have a Father's Day celebration to honor the men who have molded us into the people we are today!

For some, Father's Day is a joyous day where time is spent recognizing their father and the impact they have made on their children's lives.

For others, this is a difficult day remembering someone they miss dearly. Happy Father's Day to all of the dads and grandfathers who have helped shape the lives of others.

"To the world, you are a dad. But to our family, you are the world"
(author unknown).

We will also be celebrating resident birthdays and June holidays on that same day.
(Thursday, June 12th, 2025)

Please take a look at your calendar, there are a couple of resident organized activities that are not sponsored by Strauss Manor. Everyone is welcome.

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.

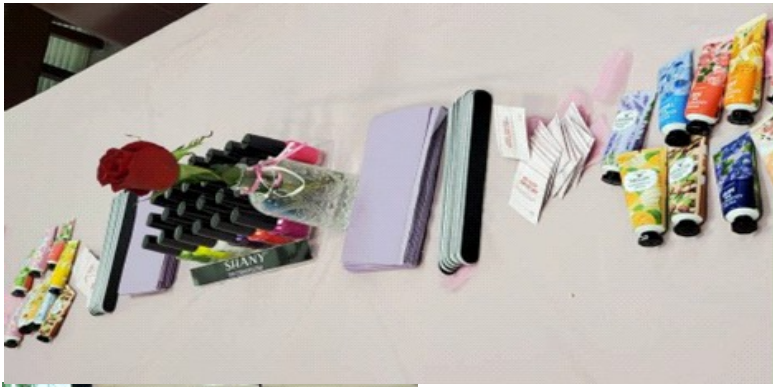
Please keep in mind that there may be times and circumstances that would not allow Me to give proper notice If you see someone new you don't know, please introduce yourself and make them feel welcome.

The offices will be closed on Thursday, June 19th,
for the Juneteenth holiday.

I hope everyone has an exciting month,
Luz Servin~ Service Coordinator

Happy
FATHER'S
Day

May's Happenings:



Cinco de Mayo



Board THANK YOU Staff Appreciation Event



Strauss Manor Staff



From left to right
Network Center Coordinator: Austin Garland
Housekeeping/Maintenance: Monica George
Manager: David Mats
Maintenance Tech: Jose Servin
Service Coordinator: Luz Servin
Assistant manager: Stephen Smith
Wellness Director: Troy Peterson

Congrats
Team!



Flag Day (June 14th), is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation....one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon. As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride!

The United States Army also celebrates its birthday on this day. (June 14th) One year earlier the United States declared Independence from Great Britain with the signing of the Declaration of Independence on July 4, 1776.



What Is Juneteenth?

On January 1, 1863, during the Civil War, U.S. President Abraham Lincoln issued the Emancipation Proclamation. It granted freedom to “all persons held as slaves” in 10 Confederate-controlled states.

Juneteenth is celebrated annually on the 19th of June; this federal holiday commemorates the end of slavery in the United States.



It's that time of year in the Old Pueblo when the temperatures start to soar!



Please remember to use sun screen and a wide-brimmed hat when going outdoors.



It is also important to drink plenty of fluids to stay hydrated. At least 6-8, 10 ounce glasses of water per day is recommended.



HEALTH AND WELLNESS

What are the stages of Alzheimer's?

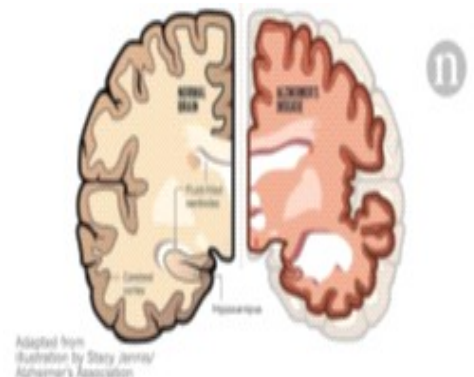
Alzheimer's disease is broken into seven stages.

- **Stage 1:** No Impairment. Alzheimer's is not detectable, and no memory problems or other symptoms of dementia are evident.
- **Stage 2:** Very Mild Decline. There may be minor memory problems, but it isn't easy to distinguish from normal age-related memory loss.
- **Stage 3:** Mild Decline. Family members and friends may begin to notice cognitive problems. Performance on memory tests is affected. Physicians will be able to detect impaired cognitive function.
- **Stage 4:** Moderate Decline. Clear-cut symptoms of the disease are apparent. Memories are becoming foggy, basic math is difficult, and day-to-day financial management is challenging.
- **Stage 5:** Moderately Severe Decline. By this stage, a person with AD may experience significant confusion. While they usually still know their family members, can bathe themselves, and use the bathroom alone, they may have difficulty with tasks such as dressing themselves.
- **Stage 6:** Severe Decline. At this stage, a person with Alzheimer's needs constant supervision. They experience significant confusion, may be unable to recognize most people, may lose bladder and bowel control, and may wander off.
- **Stages 7:** Very Severe Decline. In stage seven of the disease, people lose the ability to communicate or respond to their environment.

June is National Alzheimer's & Brain Awareness Month

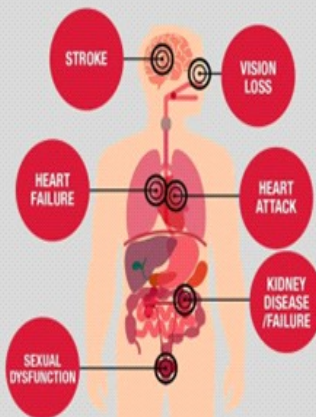
Worldwide, there are at least 44 million people living with Alzheimer's.

According to the Alzheimer's Research and Prevention Foundation, regular physical exercise can reduce your risk of develop Alzheimer's disease by up to 50 percent.

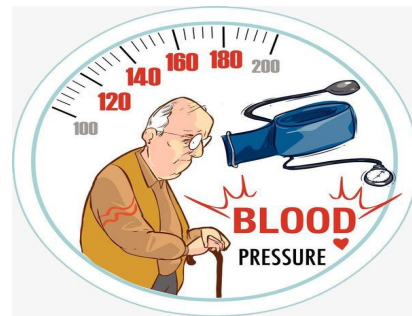


Why Is Hypertension Important?

If left uncontrolled, over time high blood pressure can lead to many health problems....



**Aria Hospice
Blood Pressure Check
Wednesday, June 11th
@ 9:30am in the
coffee room**



Grilling once this month. Bring your seasoned items in a plate/container to have it grilled.

Grilling once a month!
Bring your seasoned food items
in a plate/container to have it grilled
by Stephen by 10:30am.



Wednesday, June 4th @ 10:30am

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:)



Five Wishes Booklets and File of Life Pouch Available

Five wishes is a legal document that helps adults express how they want to be cared for in case they become seriously ill and can't speak for themselves. It is written in everyday language and covers medical, legal, personal, spiritual and family matters. It brings the peace of mind that comes from knowing your wishes will be known and respected. It is also a gift for family members who now won't have to guess or second guess what you want. I also have the File Of Life magnetic pouch. It is very important to keep the File of Life on your refrigerator.

The paramedics always look there when responding to an emergency.

Please look at your File of Life to see if it needs to be up-dated or if you don't have one call me @ 722-9963 for either the Five Wishes or File of Life or if you need both.

Luz:)

Manager's Corner

Please let us know if you have any questions on your annual re-certification, apartment inspections, rent, lease, etc.

Luz is your contact for any questions regarding the newsletter, calendar, presentations, events, or volunteers. Luz coordinates services for our residents. Please contact her directly at 722-9963.

Please do not ask Jose or Monica to complete work orders. All work orders must be logged through the office. If you can't reach the office or if after hours, please call the maintenance phone 272-3172 for building maintenance emergencies. Please use your pull cord or call 911 for all other emergencies.

Please call or come in person to the office regarding any work orders (we cannot take them as we are walking through the building). Please report all maintenance items immediately, do not wait until inspection.

Thank you,

Management



What's Happening



**Monday-Saturday
@ 9:00am**



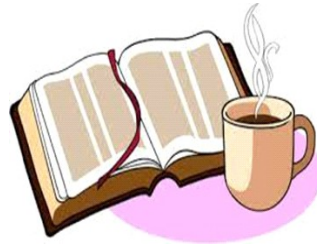
**Grilling Day
Wednesday, June 4th
@ 10:30am**



**Ice Cream Social
Ice Cream Social
Friday, June 20th,
@ 2:30pm**



**Peace of Mind Dementia Care
at No Cost To You
Presentation
Wednesday, June 11th @ 9:00am**



****Bible Studies
Tuesday, June 3rd and
Tuesday, June 17th
@ 10:30am**

**** This event is not sponsored by
Strauss Manor**



**Movie Time
Fridays
@ 3:00pm**



**Blood Pressure Check
by Aria Hospice
Wednesday, June 11th
@ 9:30am
In the coffee room**



**Tea High
@ 2:00pm**



****Rosary
Wednesdays @ 4:00pm**

**** This event is not sponsored by
Strauss Manor**



**Dance
Wednesday, June 25th
@ 3:00pm
In the MPR**

Best wishes to David Mata on his new job in California.

His last day was Friday, May 30th

We all wish him well:)

Welcome Veronica Dicochea
to our Strauss Manor team!

Veronica will begin her new position as
our manager on Tuesday, June 3rd.

Come down to coffee on Tuesday morning and say hello:)

David,
we're all
wishing
you 
ALL THE BEST

Veronica,

Welcome To
The Team



June 2025

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



TROY J PEARSON—WELLNESS DIRECTOR

Osteoporosis facts

What is osteoporosis?

Osteoporosis is a disease that weakens bones, and gets worse over time. Some simple, everyday activities can become a fracture risk. Many women don't even know they have osteoporosis until they break a bone.

You can do more to reduce your risk:

- Identify trip hazards in your home to prevent falls
- Take vitamin D and calcium as directed by your doctor
 - Eat a well-balanced diet
 - Ask your doctor if any of your medications may increase your fall risk
- Have your eyesight checked—good vision can help prevent falls
 - Exercise can help prevent falls by improving your balance and strength

WELLNESS CENTER CALENDAR JUNE 2025



TUESDAY, JUNE 3RD

NOON—BOOMWHACKERS

2:00PM—CARDIO-DRUMMING



THURSDAY, JUNE 5TH

NOON—NO-FALL BALLOON PONG

2:00PM—SIT & BE FIT

TUESDAY, JUNE 10TH

NOON—CHAIR TAI-CHI

2:00PM—CHAIR DANCING

THURSDAY, JUNE 12TH

NOON—UPPER BODY STRETCH

2:00PM—LOWER BODY STRETCH

TUESDAY, JUNE 17TH

NOON—BOOMWHACKERS

2:00PM—CARDIO DRUMMING

THURSDAY, JUNE 19TH

NOON—AGELESS YOGA

2:00PM—CHAIR TAI-CHI

TUESDAY, JUNE 24TH

NOON—LOW-IMPACT UPPER BODY

2:00PM—LOW-IMPACT LOWER BODY

THURSDAY, JUNE 26TH

NOON—CHAIR DANCING

2:00PM—HIGH TEA



Resident Activities June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Monday-Saturday @ 9:00am 2:00pm 	3 9:00am Meet & greet (New Manager) **10:30am Bible Study  11:30am-1:00pm Medicare/DES Information W/Fernando Diaz	4 10:30am  **4:00pm Rosary/Prayer 	5 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz 2:00pm Smartphone texting & Messaging W/Austin	6 3:00pm 	7
8	9 2:00pm 	10 9:00am UpLift Hospice 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz	11 9:00am Right at Home Dementia Care Presentation Followed by: Aria Hospice Blood Pressure 	12 11:30am Father's Day & Resident's Birthday Celebration Luncheon 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz	13 3:00pm 	14 
15 	16 2:00pm 	17 **10:30am Bible Study  11:30am-1:00pm Medicare/DES Information W/Fernando Diaz 2:00pm Classic Film My Man Godfrey	18 **4:00pm Rosary/Prayer 	19 Offices Closed 	20 2:30pm  Ice Cream Social 3:00pm 	21 
22	23 2:00pm 	24 9:00am ArchWell National Safety Awareness month 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz	25  1:00pm Bingo W/Fernando 3:00pm Dance	26 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz  2:00pm	27 3:00pm 	28
29	30 2:00pm 	 <p>Austin's weekly schedule is Tuesdays & Thursdays From 9:00am-5:00pm</p>			 <p>Piano Time W/Tatyana Mondays & Thursdays @ 5:00pm</p>	