



Important Numbers



Office Hours:

Monday – Friday
8:00 AM – 5:00PM

Manager

Veronica Dicochea
(520) 722 - 9015

For TTY users

1-800-367-8939

TDD 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
Maintenance Tech

Jose Servin
(520) 272-3172

Housekeeping

Monica George

If Life Threatening or
Emergency Call 911

Board Liaisons

Nicky & Vicky



Strauss Manor
Website

straussmanor.org

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

Strauss Manor

370 N Pantano Rd.
Tucson, Az. 85710



Strauss Manor Monthly Newsletter August 2025

August

"Let the sunshine of August
inspire you to shine your
brightest." – Unknown



**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 everyone and Happy August!

We hope everyone enjoyed July's cookout! A BIG thanks to our Board of Directors for their continual financial support, Michele Corradini for her delicious cakes, Fernando Diaz and Cruz Duran for their continual support for our events, our resident volunteers who so cheerfully give of their time and to our Tucson community volunteers. We appreciate every one of you!) Make sure you take a look at your calendar, we have lots of great exciting activities you may want to attend.

* Aria Hospice Blood Pressure Checks: Wednesday, August 6th in the coffee room.

Luz Servin~Service Coordinator

*Resident Grilling Day: Stephen will be grilling on Wednesday, August 6th @ 10:30am. If you would like to have something grilled, please bring your food to the kitchen on time! Also bring a container or plate to take your food home.

*Soulistic Hospice: Presentation on "Debunking Hospice" Wednesday, August 7th @ 9:00am.

*Arts & Crafts Class: Come join us on Wednesday, August 13th @ 10:00am.

Engaging in arts and crafts activities can be very beneficial for your mental health. It can also enhance cognitive function, memory, and concentration, keeping your mind sharp.

*Hospice of the Valley: Advanced Care Presentation on Thursday, August 14th @ 9:00am.

* Resident Birthday Celebration: We will be celebrating August birthdays with a LUAU on Thursday, August 14th @ 11:30am. Come down and enjoy a great lunch, birthday cake, games and a Hawaiian shirt contest. If it's your birthday month, make sure you attend so we can celebrate you:)

* Ice Cream Social: It's a great way to cool down and enjoy a summer afternoon.

Friday, August 15th @ 2:30pm followed by a great movie @ 3:00pm.

*Research For Life Presentation: Body donation is a real end of life option.

Come down and learn a few things about this important subject.

Wednesday, August 20th @ 9:00am in the coffee room.

Donuts will be provided:)

*ArchWell Health: August is Natural Immunization Month. Come down to the coffee room for a very informative presentation. Tuesday, August 26th @ 9:00am.

*Monthly Bingo w/Fernando: Wednesday, August 20th @ 12:00pm in the MPR.

*Resident Breakfast: Come join us for a delicious breakfast on Monday August 25th @ 9:00am (eggs, bacon, hash browns and waffles)

*High Tea: Come join us for a cup of tea, goodies and happy conversations
Thursday, August 28th @ 2:00pm



Let's have a great month!
Luz Servin~Service Coordinator



OUR 4th OF JULY



FUN JULY MEMORIES





August



2025



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

SEASHELL

SUNSCREEN

SEA TURTLES

BEACH BLANKET

SUNGLASSES

UMBRELLA

SEAHORSE

SAILBOAT

SAND

VISOR

HORSESHOE CRAB

SUN

WAVES

SUNHAT

FISH

BEACH HOUSE

OCEAN

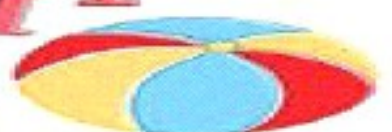
DOLOPHINS

JELLYFISH

VIBURNUM



Summer



Resident Birthday Party LUNU!
Thursday, August 14th
@11:30am

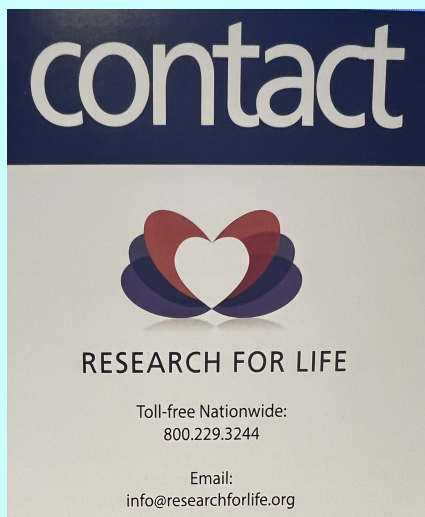


High Tea
Thursday, August 28th
@ 2:00pm



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.



Research For Life

Whole body donation contributes to advancing medicine
for future generations.

Presentation on
Wednesday, August 20th @ 9:00am in the coffee room

Body donation is a real end of life option.
It is the donation of one's body-not for transplant, but for
medical education and scientific research that has the power
to impact the quality of life for future generations.
For local info, you can call Madelyn @ 520-687-0741

Manager's Corner Attention Residents!

*Please let your family members, visitors, care givers etc...
know that the visitor's parking is on the north side of the building.
This issue has caused a big problem with residents not being able
to park in their designated areas.*

*Parking spaces that have an assigned letter
are assigned to particular residents.
Please do not park on those assigned parking spaces
or your vehicle will be towed.*

Thank you,

Management



Motivating Messages to Send to Loved Ones

Ordinary & Happy

M
E
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G
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S

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S

- You're doing better than you think; always remember that.
- Hope today brings you lots of reasons to feel great.
- Just wanted to say that you're doing awesome today.
- Just wanted to let you know that I'm so proud of you.
- Take a moment for yourself today; you deserve some space.
- You handle everything so well.
- Remember to stay positive and enjoy the little things.
- Keep being your awesome self!
- You've got this! Take it one step at a time.
- Keep your chin up! I'm here if you need anything.
- You're rocking it today. Keep going!
- Sending all my love your way; you've got this!
- Hope your day is going well. You're stronger than you think!
- You're making progress every day, even if it doesn't feel like it.
- Remember to laugh and enjoy today; you deserve it!
- Hope you're having a good day; keep making things happen.
- You make every day brighter just by being you.
- You're doing a great job juggling everything.
- Hope you have a fantastic day! You deserve it.
- On days there's a lot going on, remember how wonderful you are.
- Just a little reminder that you're incredible and capable of so many things.

Card Games
Saturdays

10:30am-12:30pm

&

1:00pm-3:00pm

In the coffee room

Mexican Train



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.



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

Austin's August Presentations:

Tuesday, August 12th

2:00pm

Movie

Forrest Gump

Thursday, August 21st

2:00pm

Documentary

Jiro Dreams
of Sushi

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



TROY J PEARSON—WELLNESS DIRETOR



WHAT?

HAWAIIAN LUAU

CELEBRATE AUGUST BIRTHDAYS
WITH FOOD, FUN, HAWAIIAN
SHIRT CONTEST, EARN YOUR
HAWAIIAN LEI IN THE LIMBO
CONTEST!!!

WHEN?

TUESDAY, AUGUST 14TH AT
11:30AM

WHERE?

MULTI-PURPOSE ROOM



WELLNESS CENTER CALENDAR AUGUST 2025



TUESDAY, AUGUST 5TH

NOON—SIMPLY SEATED

2:00PM—CARDIO-DRUMMING



THURSDAY, AUGUST 7TH

NOON—HANDBELLS

2:00PM BOOMWHACKERS

TUESDAY, AUGUST 12TH

NOON—NO-FALL BALLOON VOLLEYBALL

2:00PM—CHAIR DANCING

THURSDAY, AUGUST 14TH

11:30AM— LUAU

TUESDAY, AUGUST 19TH

NOON—SHOULDER MOBILITY

2:00PM—HIP MOBILITY

THURSDAY, AUGUST 21ST

NOON—BREATH & TAI-CHI

2:00PM—BALANCE & BREATH

TUESDAY, AUGUST 26TH

NOON—UPPER BODY STRETCH

2:00PM—LOWER BODY STRETCH

THURSDAY, AUGUST 28TH

NOON—CHAIR DANCING

2:00PM—HIGH TEA



Resident Activities August 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

**Tatyana's
Piano Time
Mondays &
Thursdays
@ 5:00PM**



**** These events are not sponsored by Strauss Manor**

3



4

**9:00AM
AVON**

2:00pm



5

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

6

**9:00am
Aria Hospice
Blood Pressure**



10:30am



7

**9:00am
Soulistic
Hospice
Debunking
Hospice**

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

8

****10:45am**
COME JOIN OUR
BIBLE
Study

3:00pm



9

**Ping Pong/
Card Games
Day**



10



11

2:00pm



12

11:30am-1:00pm
Medicare/DES
Information
W/Fernando Diaz
2:00pm
Movie w/
Austin
Forrest Gump

13

**10:00am
Arts
&
Crafts**



14

**9:00am
Hospice
Of the valley
Advance Care
Planing
11:30am
Resident
Birthday**



15

****10:45am**
COME JOIN OUR
BIBLE
Study
2:30pm



3:00pm



16

**Ping Pong/
Card Games
Day**



17



18

2:00pm



19



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

20

**9:00am
Research
For
Life**

**3:00pm
Dance**



21

11:30am-1:00pm
Medicare/DES
Information
W/Fernando Diaz
2:00pm

Documentary
Jiro Dreams
of Sushi
W/Austin

22

****10:45am**
COME JOIN OUR
BIBLE
Study

3:00pm



23

**Ping Pong/
Card Games
Day**



24



25

**9:00am
Resident
Breakfast
Eggs/Bacon/
Waffles
2:00pm**



26

**9:00am
ArchWell
Health
Natural
Immunization
Presentation**
11:30am-1:00pm
Medicare/DES
Information
W/Fernando Diaz

27

**12:00pm
Bingo
W/Fernando**



28

11:30am-1:00pm
Medicare/DES
Information
W/Fernando Diaz
**2:00pm
High Tea**



29

****10:45am**
COME JOIN OUR
BIBLE
Study

3:00pm



30

**Ping Pong/
Card Games
Day**



31

