



## Important Numbers



### Office Hours:

Monday – Friday

8:00 AM – 5:00PM

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### Manager

Veronica Dicochea  
(520) 722 - 9015

### For TTY 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**

\*\*\*\*\*

### If Life Threatening or

### Emergency Call 911

\*\*\*\*\*

### Housekeeping

Monica George

\*\*\*\*\*

### Strauss Manor

#### Website

[straussmanor.org](http://straussmanor.org)



### Pima Council on Aging

### Information and Help

(520) 790 - 7262

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### TDD Hearing Impaired

**1-800-367-8939**

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### Board Liaison

Vicky

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### Strauss Manor

370 N Pantano Rd.  
Tucson, Az. 85710



# Strauss Manor

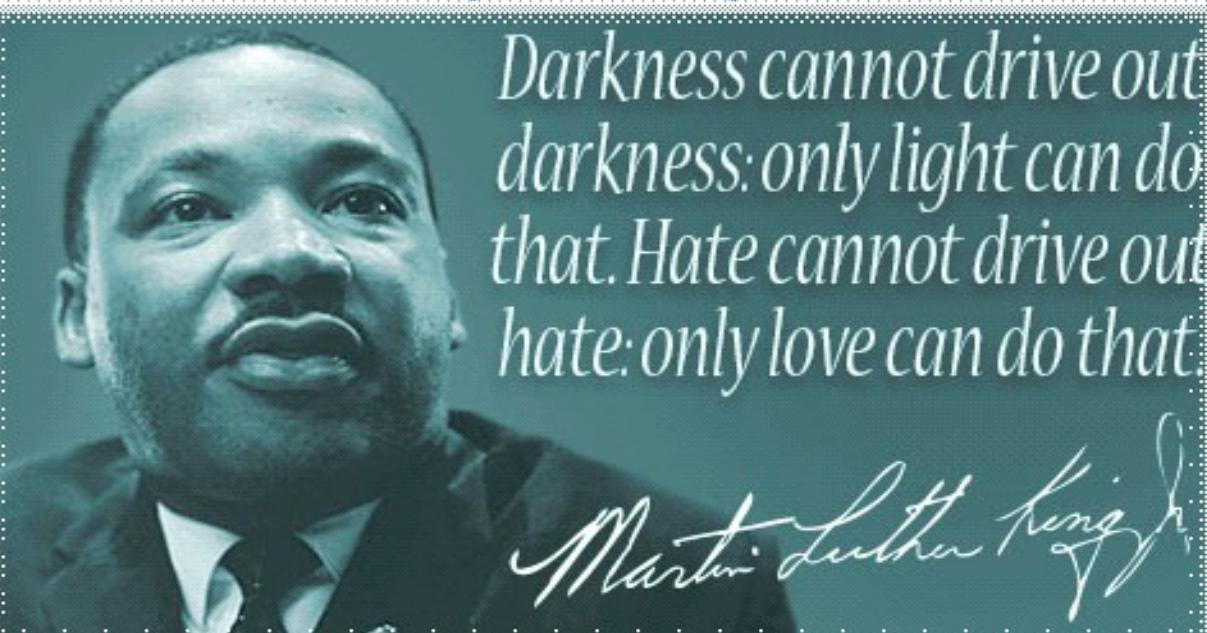
## Monthly Newsletter

### January 2026



### DR. MARTIN LUTHER KING, JR

January 15, 1929 - April 4, 1968



Our newsletter is printed courtesy of HealthSpring Health Care  
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 (602.997.0013 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). EQUAL HOUSING OPPORTUNITY





It's hard to believe it's already 2026!

As I think about this new year,

I am filled with an overwhelming sense of gratitude and excitement.

I hope that all of you have made some New Year's resolutions

and that you can achieve each one this year.

2025 was a year of very special and unique moments,

shared laughter and making new connections.

That's what makes Strauss Manor truly exceptional.

I'm excited about the limitless possibilities that lie ahead.

Strauss Manor is not just a place; it is a living, breathing entity fueled by your passion, talents and the vibrant energy you bring.

Whether it's joining an activity that is out of your comfort zone

or exploring a new hobby, get ready to experience the thrill of something new.

But beyond the programs, events and presentations,

what truly sets our community apart is the sense of community that flourishes within these walls. It's the sweet conversations over a cup of coffee,

the genuine concern for one another's well-being and the shared

understanding that make this place feel like a home to so many.

Your ideas, dreams and passions matter to us, and

I am excited to see what we will be creating together this new year.

Thank you for making Strauss Manor a sanctuary of extraordinary moments.

Here's to a year of discovery, joy and the magic that happens when unique individuals come together.

My door is always open if you need help, would like to chat or have ideas or feedback. This will always be my home away from home and serving you is one of the most rewarding jobs a person could have.

I continue to appreciate the opportunity.

Thank you for being the heartbeat of Strauss Manor.

On behalf of our Board of Directors and Staff, we wish you a year filled with health, happiness and prosperity.

~Luz Servin~ Service Coordinator



# CHRISTMAS 2025





Let's thank those who have blessed us throughout the 2025 year with their kindness, generosity, and time.



A heartfelt thank you to our Board of Directors, staff, Biltmore Properties and our community sponsors for their continued support throughout the year. We're so fortunate and incredibly grateful to work alongside and to be part of such an amazing and supporting team.



Rafael Rascon  
Fernando Diaz  
Senior Med solutions



Michelle Corradini  
Fernando Diaz



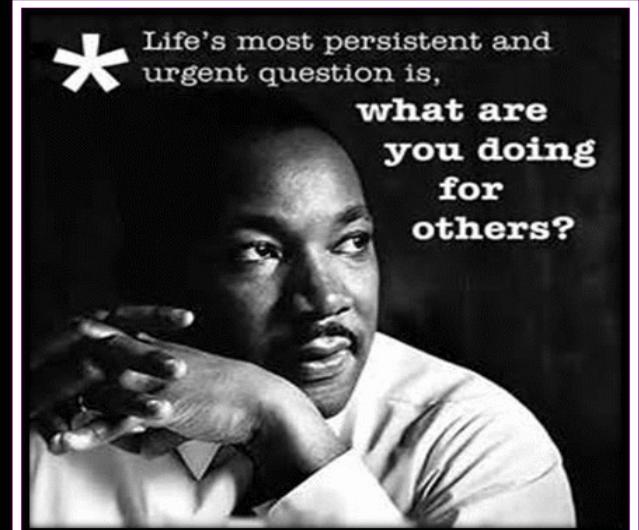
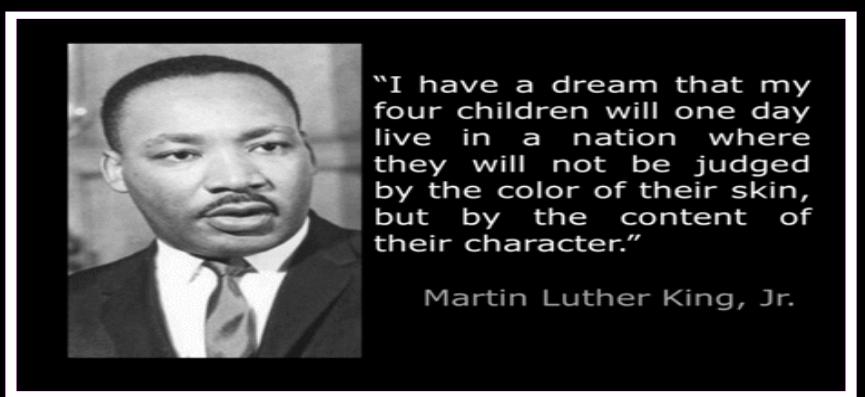
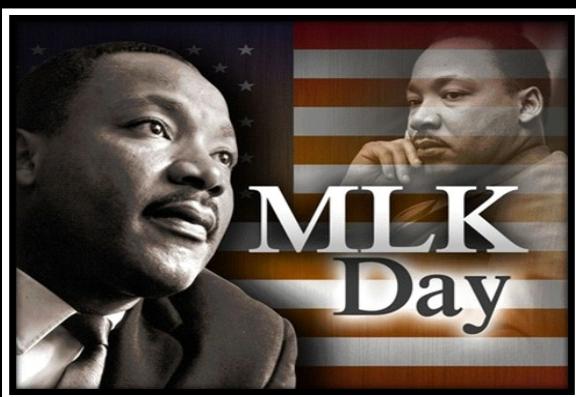
Cruz Duran  
ArchWell Health



Madelyn Morgan  
Research For Life



Denise DeHaven  
HealthSpring  
Health Care



## Martin Luther King, Jr. Day (Birthday of Martin Luther King, Jr.)

Is an American federal holiday marking the birthday of Martin Luther King, Jr. It is observed on the third Monday of January each year, which is around the time of King's birthday, January 16. The floating holiday is similar to holidays set under the Uniform Monday Holiday Act. King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after his assassination in 1968. President Ronald Reagan signed the holiday into law in 1983, and it was first observed three years later. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.



## FIRE DRILL

### Fire Drills and Emergency Evacuation Plan:

**Fire Drill  
Friday,  
January  
23<sup>rd</sup>  
@ 2:00pm**



The Emergency Evacuation Plan maps (first and second floors) must remain posted on the back of the exit door inside your apartment. Please do not remove these maps. If you need additional maps, please come to the office. In addition, it is important for every resident to know what they will do should there be an emergency evacuation. Have both a plan and a back-up plan.

Management will continue to review our Emergency Evacuation plan at move in and recertification's. Please see management if you have any questions, we can review at any time the recommendations from the Tucson Fire Department. Since the pandemic we had stopped our fire drills, we (management) will continue to conduct quarterly fire drills and review the Emergency Evacuation plan recommendations from the Tucson Fire Department with all residents.

## THE DECORATED DOOR CONTEST WINNERS ARE!



**#107 DIANA OLIVO**



**#130 JOSEPHINE MALDONADO**



**#240 CAROL TROMBINO**

## Manager's Corner

Happy New Years' to all!

Just a reminder, Strauss Manor office does not accept packages from any outside entity (FED EX, UPS, Amazon etc...)

You will have to make other arrangements with the carriers.

The Post office has confirmed that they will deliver packages to their respective doors. Sorry for any inconveniences this may cause.

Thank you for your cooperation,

Management



## STAYING HEALTHY

Know your blood pressure



Be active every day.  
Don't let getting older stop you!



Connect with others



Bring a list of all your  
medications and review  
it at every health visit

After a setback, physical therapy  
or cardiac rehab can help  
you get moving again



Ask for help if you are depressed,  
lonely or have trouble with daily tasks



Set your care goals  
& share them with  
your loved ones



- Talk about your end-of-life wishes
- Plan for when you may not  
be able to care for yourself  
or others

## PLAN FOR THE FUTURE

Go to [CardioSmart.org/OlderAdults](https://CardioSmart.org/OlderAdults)  
to learn more about caring for older adults with heart disease.

@ACCinTouch #CardioSmart

# New Year's Word Search

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

BABY  
BALL  
CALENDAR  
CELEBRATION  
CLOCK  
CONFETTI  
COUNTDOWN  
EVE

FAMILY  
FRIENDS  
HAPPY  
JANUARY  
MIDNIGHT  
NEW YEAR  
NOISEMAKER  
PARTY

RESOLUTION  
TOAST



# JANUARY 2026

## B'NAI B'RITH

### GERD & INGE STRAUSS MANOR



TROY J PEARSON—WELLNESS DIRECTOR

## MAKE 2026 YOUR HEALTHIEST YEAR EVER!!!

Everyone can exercise regardless of age, pre-existing conditions, limitations or current level of fitness. Exercise is different for each person and intensity and modifications can be made to suit each individual so they can reap the many benefits of exercise safely and effectively.

### BENEFITS OF EXERCISE

- BOOSTS YOUR IMMUNE SYSTEM
- IMPROVES JOINT FUNCTION
- IMPROVES SLEEPING PATTERNS
  - IMPROVES STRENGTH
  - INCREASES ENERGY LEVELS
  - STRENGTHENS YOUR BONES
  - IMPROVES BALANCE
  - IMPROVES SELF-ESTEEM
- HELPS MAINTAIN YOUR INDEPENDENCE
- IMPROVES OVERALL QUALITY OF LIFE



# WELLNESS CENTER CALENDAR JANUARY 2026



## THURSDAY, JANUARY 1ST

NO CLASSES

## TUESDAY, JANUARY 6TH

NOON—SIMPLY SEATED (VIDEO)

2:00PM—CARDIO-DRUMMING  
(INTERACTIVE)

## THURSDAY, JANUARY 8TH

NOON—LOW-IMPACT UPPER BODY (INTERACTIVE)

2:00PM—LOW-IMPACT LOWER BODY (INTERACTIVE)

## TUESDAY, JANUARY 13TH

NOON—HANDBELLS (INTERACTIVE)

2:00PM—NO CLASS

## THURSDAY, JANUARY 15TH

NOON—SHOULDER MOBILITY  
(INTERACTIVE)

2:00PM—HIP MOBILITY (INTERACTIVE)

## TUESDAY, JANUARY 20TH

NOON—UPPER BODY STRETCH (INTERACTIVE)

2:00PM—LOWER BODY STRETCH (INTERACTIVE)

## THURSDAY, JANUARY 22ND

NOON—AGELESS YOGA (VIDEO)

2:00PM—BREATH & TAI-CHI (VIDEO)

## TUESDAY, JANUARY 27TH

NOON—CHAIR DANCING (VIDEO)

2:00PM—SIT & BE FIT (VIDEO)

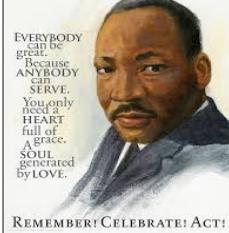
## THURSDAY, JANUARY 29TH

NOON—CHAIR TAI-CHI (VIDEO)

2:00PM—HIGH TEA (INTERACTIVE)



# Resident Activities January 2026

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   |
|---|---|---|---|--|--|--|
| <b>Network Center Coordinator</b><br><b>Austin's weekly schedule is Tuesdays and Thursdays From 9:00am-5:00pm</b> | <br><b>Tatyana's Piano Time</b><br><b>Mondays &amp; Thursdays @ 5:00PM</b>   | <br><b>New Year's Eve</b>                      | <br><b>Happy New Year!</b>  | <b>1 Offices Closed</b><br><b>2</b>  | <b>3 Ping Pong/ Card Games Day</b><br>                        |  |
| <br><b>4</b>                      | <b>5 9:00am AVON</b><br><br><b>2:00pm BINGO</b>  | <b>6 Medicare/DES Information</b><br><b>11:30am-1:00pm W/Fernando Diaz</b>  | <b>7</b>  | <b>8 9:00am Amedisys Hospice Coffee &amp; Bagels</b><br><b>Medicare/DES Information</b><br><b>11:30am-100pm W/Fernando Diaz</b>  | <b>9 9:00am Research For Life Brunch</b><br><br><b>3:00pm</b> | <b>10 Ping Pong/ Card Games Day</b><br>   |
| <br><b>11</b>                   | <b>12 2:00pm BINGO</b>  | <b>13 Medicare/DES Information</b><br><b>11:30am-1:00pm W/Fernando Diaz</b><br><br><b>2:00pm Piatigorsky Foundation Concert</b> | <b>14 10:00am Arts &amp; Crafts</b>   | <b>15 Medicare/DES Information</b><br><b>11:30am-100pm W/Fernando Diaz</b><br><br><b>3:00pm INTERNET BASICS W/Austin</b>   | <b>16 2:30pm Ice Cream Social</b><br><br><b>3:00pm</b>      | <b>17 Ping Pong/ Card Games Day</b><br> |
| <br><b>18</b>                   | <b>19 Offices Closed</b><br><br><b>HOLIDAY</b><br><br><b>EVERYBODY can be great because ANYBODY can SERVE. You need a HEART full of grace, a SOUL generated by LOVE.</b><br><br><b>REMEMBER! CELEBRATE! ACT!</b> | <b>20 Medicare/DES Information</b><br><b>11:30am-1:00pm W/Fernando Diaz</b>   | <b>21 3:00pm Dance</b><br> | <b>22 11:30am Resident Birthday &amp; January Holidays Party</b>   | <b>23 2:00pm Fire Drill</b><br><br><b>3:00pm</b>            | <b>24 Ping Pong/ Card Games Day</b><br> |
| <br><b>25</b>                   | <b>26 2:00pm BINGO</b>  | <b>27 Medicare/DES Information</b><br><b>11:30am-1:00pm W/Fernando Diaz</b><br><br><b>3:00pm DVD Quartet BASICS W/Austin</b>    | <b>28 10:00am Resident Volunteer Meeting</b>  | <b>29 Medicare/DES Information</b><br><b>11:30am-100pm W/Fernando Diaz</b><br><br><b>2:00pm High Tea</b><br> | <b>30</b>  | <b>31 MPR Reserved For Research For Life training</b>  |