



## Important Numbers



### Office Hours:

Monday – Friday  
8:00 AM – 5:00PM

\*\*\*\*\*

### 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

facebook

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

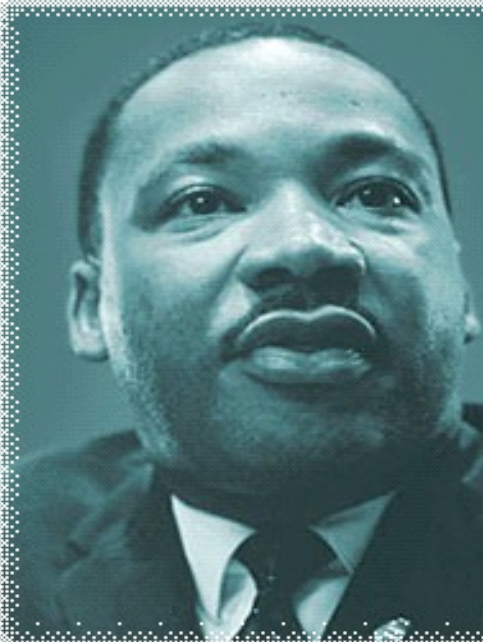
## Monthly Newsletter

## January 2026



## DR. MARTIN LUTHER KING, JR

January 15, 1929 - April 4, 1968



Darkness cannot drive out  
darkness: only light can do  
that. Hate cannot drive out  
hate: only love can do that.

*Martin Luther King Jr.*

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**





## *from your Service Coordinator*

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

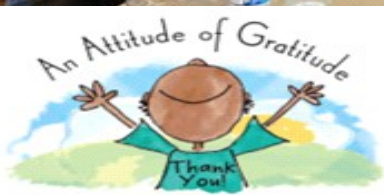




Let's thank those who have blessed us throughout the 2025 year with their kindness, generosity, and time.



**Corpus Christi  
Quilting Group; Diane Arnold**



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**



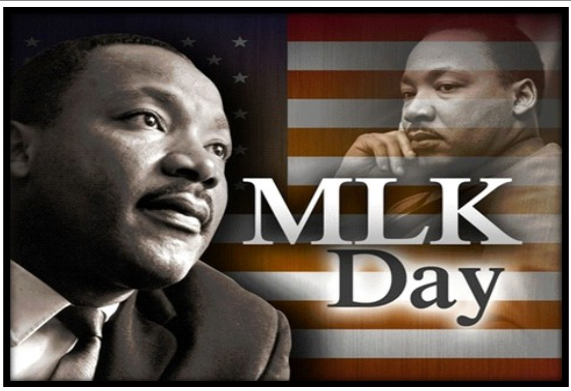
**Cruz Duran  
ArchWell Health**



**Madelyn Morgan  
Research For Life**



**Denise DeHaven  
HealthSpring  
Health Care**



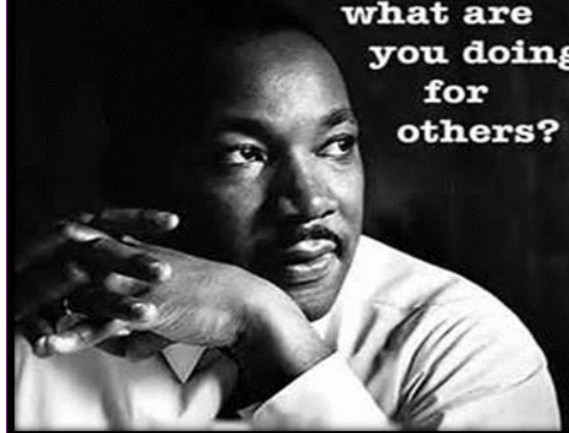
"I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

Martin Luther King, Jr.



Life's most persistent and urgent question is,

**what are  
you doing  
for  
others?**



## **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.

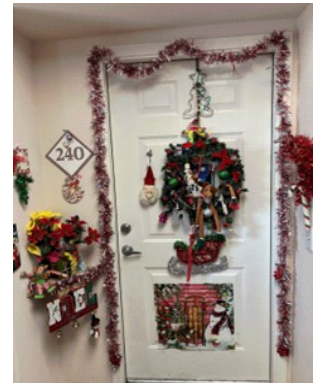
## THE DECORATED DOOR CONTEST WINNERS ARE!



**#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

amazon

FedEx



## STAYING HEALTHY

**HEART DISEASE**  
is the  
**#1 CONDITION**  
in older adults

Most older adults have  
**SEVERAL CHRONIC CONDITIONS**

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



## PLAN FOR THE FUTURE

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

Go to [CardioSmart.org/OlderAdults](https://www.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 A C E  
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> Austin's weekly schedule is Tuesdays and Thursdays From 9:00am-5:00pm		 <b>Tatyana's Piano Time</b> Mondays & Thursdays @ 5:00PM		<b>1 Offices Closed</b> 	<b>2</b> 3:00pm 	<b>3 Ping Pong/ Card Games Day</b> 
<b>4</b> 	<b>5 9:00am AVON</b> 2:00pm 	<b>6</b> Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	<b>7</b>	<b>8 9:00am Amedisys Hospice Coffee &amp; Bagels</b> Medicare/DES Information 11:30am-100pm W/Fernando Diaz	<b>9 9:00am Research For Life Brunch</b> 3:00pm 	<b>10 Ping Pong/ Card Games Day</b> 
<b>11</b> 	<b>12</b> 2:00pm 	<b>13</b> Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz 2:00pm <b>Piatigorsky Foundation Concert</b>	<b>14</b> <b>10:00am Arts &amp; Crafts</b>	<b>15</b> Medicare/DES Information 11:30am-100pm W/Fernando Diaz 3:00pm <b>INTERNET BASICS</b> W/Austin	<b>16</b> 2:30pm <b>Ice Cream Social</b> 3:00pm 	<b>17 Ping Pong/ Card Games Day</b> 
<b>18</b> 	<b>19 Offices Closed</b> Dr. Martin Luther King Jr. HOLIDAY  EVERYBODY can be great. Because ANYBODY can SERVE. You only need a HEART full of grace. A SOUL generated by LOVE. REMEMBER! CELEBRATE! ACT!	<b>20</b> Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	<b>21</b> 3:00pm <b>Dance</b> 	<b>22</b> 11:30am <b>Resident Birthday &amp; January Holidays Party</b>	<b>23 2:00pm Fire Drill</b>  3:00pm 	<b>24 Ping Pong/ Card Games Day</b> 
<b>25</b> 	<b>26</b> 2:00pm 	<b>27</b> Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz 3:00pm <b>DVD Quartet BASICS</b> W/Austin	<b>28</b> <b>10:00am Resident Volunteer Meeting</b>	<b>29</b> Medicare/DES Information 11:30am-100pm W/Fernando Diaz 2:00pm <b>High Tea</b> 	<b>30</b>	<b>31 MPR Reserved For Research For Life training</b>