



Important Numbers



Office Hours:

Monday – Friday
8:00 AM – 5:00PM

Manager

Veronica Dicochea
(520) 722 - 9015

For TTYTDD &
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

Jose Servin

(520) 272-3172

Housekeeping/
Maintenance

Monica George

If Life Threatening or
Emergency Call 911

Strauss Manor

Website

straussmanor.org



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

Board Liaisons

Nicky & Vicky

Strauss Manor

370 N Pantano Rd.
Tucson, Az. 85710



Strauss Manor Monthly Newsletter February 2026



Happy
Valentine's
Day!



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.

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♥ FEBRUARY ♥



Luz Servin

~Service Coordinator~



February may be the shortest month of the year, but it is one of the sweetest months.

Our calendar is full with sweet events and activities.

One of our favorite sweet treats that most of you look forward to is our "High Tea". Take a look at this month's events!



*Monday, February 2nd @ 9:00am, AVON and Paparazzi Jewelry will be in the coffee room.

*Tuesday, February 3rd join us for a Valentine's Day craft class w/Melissa in the coffee room.

We will be spreading love and joy by making Valentines Day cards.

*Wednesday, February 4th Haircuts w/Ashley @ 10:00am, the sign up sheet will be in the coffee room .

*BBQ grilling day. Bring down your favorite food. Stephen will be ready to grill by 10:30am.

*Super Bowl party on Sunday, February 8th @ 4pm in the MPR. You can wear your favorite team jersey. Hot Dogs, Chips, Drinks and Cake will be provided.

*Wednesday, February 11th, @ 9:00am, One Source Mobile presentation on Podiatry and Optometry and Amedysis Hospice will be hosting a Bingo in the coffee room @ 1:00pm.

*High Tea, Thursday, February 12th @ 1:30pm. Come join us for a cup of tea and pastries

*Pizza Lunch and Music, sponsored by Senior Med Solutions on Friday, February 13th @ 1:00pm.

*Devon Gables will be here on Wednesday, February 18th for a presentation on Inpatient and safe transition to home.

* Music Concert, Thursday, February 19th, @ 4:00pm. Performing; Tatyana and Rebecca.

*Ice Cream Social on Friday, February 20th @ 2:30pm in the coffee room.

*Archwell Health presentation on Heart Health, Tuesday, February, 24th @ 9:00am in the coffee room.

*Thursday, February 26th we will be celebrating Resident Birthdays and Rodeo.

Come down to enjoy some games, music, food and fun!

We will be serving chili and corn bread, along with a delicious birthday cake.



As a reminder, the offices will be closed on Monday, February 16th in observance of Presidents Day.

Monday's activities will resume as scheduled.

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.

Thank you in advance for your understanding.

Thanks to our board of directors, Fernando Diaz from Senior Med Solutions, and Cruz Duran from Archwell Health for sponsoring our February events.

Luz Servin~Service Coordinator



SAVE THE DATE & UPCOMING ACTIVITIES



&
Paparazzi Jewelry
& Accessories

Monday, February 2nd
@ 9:00am
in the coffee room



Wednesday,
February 4th
Haircuts
W/Ashley
@ 10:00am

Wednesday,
February 4th
BBQ Grilling
Day
@10:30am



Valentine Arts & Craft Class
Paint, color, cut and glue.
Let's make Valentines together!

Join us as we make
Valentines Day Cards.
for our Strauss Manor
friends and neighbors.
Tuesday, February 3rd

@ 10:00am



ONE SOURCE
HEALTHCARE

Wednesday, February 11th
@ 9:00am

Meet in the coffee/community room
At 9am to sign up for Podiatry and/or
Optometry services.

One Source Senior Healthcare 888.495.4489
One Source Mobile doctors come to you!
We offer on-site mobile Optometry and Podiatry.



HOSPICE



Wednesday,
February 11th
@ 1:00pm

Music Concert
W/Tatyana &
Rebecca
Thursday,
February 19
@4:00pm



Thursday,
February 12th @ 1:30pm



DEVON GABLES
REHABILITATION CENTER
Wednesday,
February 18th
Inpatient rehabilitation
and safe
Transition to home
@ 9:00am



American Heart Health Month
In-service By ArchWell Health
Tuesday, February 24th
@ 9:00am

Super Bowl Stats

The best teams in the NFL face off this month in the biggest sporting event of the year,
"The Super Bowl"

Enjoy these fun facts in between football plays:
People in the U.S. eat over 1 billion chicken wings
on Super Bowl Sunday.

It's also one of the busiest days of the year
for pizza restaurants.

Tiffany & Co. creates a new sterling silver
Vince Lombardi Trophy each
year for the winning team.

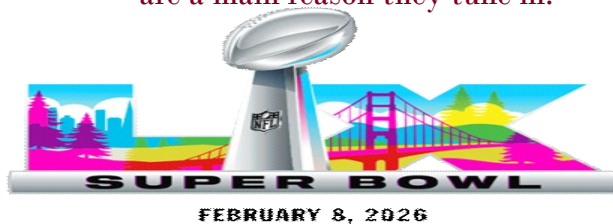
The average price of ticket to the very first
Super Bowl in 1967 was only \$12!

Today, tickets to the big game sell for thousands of dollars.

Because of the large viewing audience,
advertisers strive to make

Super Bowl commercials unique and memorable.

About 90 ads air during the game,
and about a third of viewers say the sports
are a main reason they tune in.



It's Super Bowl time!
Which team are you rooting for?
Or are you cheering for the commercials
or just looking for the chips and dip?
Whatever draws you to the big game,
join us for football, food and fun
during our Super Bowl party!



Super Bowl Party
Sunday, February 8th
@ 4:00pm



Manager's Corner

Please do not remove any items from other resident's shelves/door areas or in the common areas in the Building. We have a designated area on the counter in the coffee room for residents to donate or take donated items left on that counter only.

Emergency Evacuation Plan:

The Emergency Evacuation Plan maps (first and second floors) given to every resident must be 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 advise of fire drills and review the Emergency Evacuation plan recommendations from the Tucson Fire Department with all residents.

Please see management if you have any questions, we can review the recommendations from the Tucson Fire Department at any time.

It is important to keep your completed File of Life on your refrigerator. The paramedics always look there when responding to an emergency. Please take the time to look at your File of Life and see if it needs up-dated or if you do not have one, please see Luz.

Please let us know if you have any questions.

Thank you,
Management

WHAT'S GOING ON THIS MONTH



World Cancer Day

Although there are many types of cancers, World Cancer Day takes place every year on 4 February. World Cancer Day aims to save millions of preventable deaths each year by raising awareness and education about cancer, and pressing governments and individuals across the world to take action against the disease.

World 4th February
Cancer Day



National Wear Red Day

February 6, 2026

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. Remember to wear red!



Presidents' Day is a federal holiday celebrated on the third Monday in February. Therefore Presidents' Day 2026 will occur on Monday February 16th. Our offices will be closed



Statehood Day in Arizona is observed every year on February 14 in the state of Arizona in the United States.

Arizona was granted statehood in 1912.

It is the sixth-largest and the 14th most populous state in America.

The capital city of Arizona is Phoenix.

Statehood Day in Arizona celebrates the long journey Of Arizona being recognized as a state.

Arizonians also celebrate their culture and history

on this day. We wish all Arizonians a very happy Arizona!



*HAPPY Birthday,
Arizona!*



SERVICES & RESOURCES

It's important to keep your completed File of Life on your Refrigerator. The first responders always look there when responding to an emergency. Please take the time to look at your File of Life and see if it needs updated. If you do not have one, please call me or come see me.

Thank you,
Luz:)

FILE OF LIFE	
KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months !	
MEDICAL DATA REVIEWED AS OF MO. YR. <small>SPC M F</small>	
Name:	Phone #:
Address:	
Doctor:	
Preferred Hospital:	
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	
Name:	Phone #:

Please call me at 722-9963 if you need help.

Luz Servin ~Service Coordinator

140ET forms for a \$25 tax credit are now available. You may pick one up to complete it or call me if you need assistance. The quickest way to get the \$25 is to have it directly deposited into your checking or savings account.

THE GRAND ESSENTIALS of HAPPINESS ARE: SOMETHING TO DO, SOMETHING TO LOVE, SOMETHING TO GIVE, AND SOMETHING TO HOPE FOR.

♥ AFTER ALLAN CHAMBERS

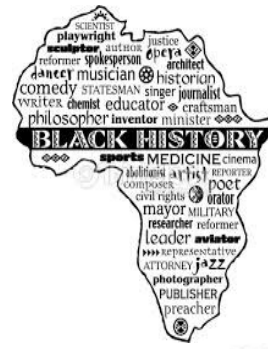
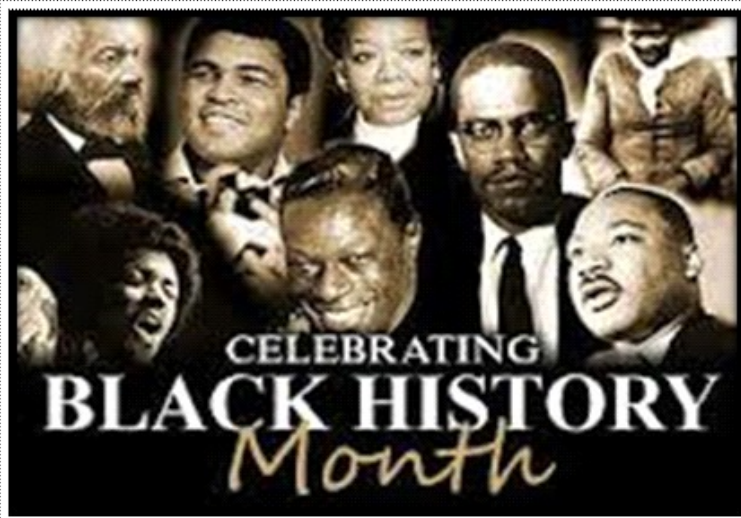
The food Pantry will **ALWAYS** be open for an emergency during business hours. Please let me know if you need anything. Thank you,
Luz:)



Fernando Diaz

Medicare Broker to all medical plans,
is here on Tuesdays and Thursdays
From 11:30am-1:00pm
to help out with any medical questions, concerns, etc.
Please call 520-250-9749 to schedule an appointment.





Black History Month is observed in the month of February. Black History Month, also known as African-American History Month in America, is an annual observance in the United States, Canada, and the United Kingdom for remembrance of important people and events in the history of the African diaspora.

The African diaspora refers to the communities throughout the world that are descended from the historic movement of peoples from Africa, predominantly to the Americas, Europe, Asia, and the Middle East, among other areas around the globe.

The expansion of Black History Week to Black History Month was first proposed by the leaders of the Black United Students at Kent State University in February 1969. The first celebration of the Black History Month took place at Kent State one year later, in February 1970.



Quotes For Black History Month

Celebrate Black History Month in February by reflecting on these quotes by influential African Americans.

“The time is always right to do what is right”.

-Martin Luther king Jr.

“History has shown us that courage can be contagious, and hope can take on a life of its own.”

-Michelle Obama

“Hold fast to dreams, for if dreams die, life is a broken -winged bird that cannot fly.”

-Langston Hughes

“We must never forget that Black history is American history.

The achievements of African American have contributed to our nation's greatness.”

-Yvette Clarke

“Do the best you can until you know better. Then when you know better, do better.”

-Maya Angelou



TRIVIA ABOUT PAST PRESIDENTS

**PRESIDENT'S DAY OCCURS ON THE THIRD MONDAY OF FEBRUARY EVERY YEAR.
CELEBRATE BY LEARNING A FEW FUN FACTS ABOUT PAST PRESIDENTS.**

1. John Tyler, the 10th president, had the most children-15!
2. In 1939, Franklin D. Roosevelt was the first president on TV.
3. Gerald Ford, who was president from 1974 to 1977, turned down offers to play professional football for both Detroit Lions and the Green Bay Packers.
4. There have been eight left-handed U.S. Presidents, including James A. Garfield, George H.W. Bush and Barack Obama.
5. Without the top hat, Abraham Lincoln stood at 6 feet 4 inches-making him the tallest president. The shortest was James Madison, coming in a foot shorter than "Honest Abe."





With February being the month of love and romance, I thought I'd share some favorite romance movies and quotes. If you haven't watched these, you might want to check them out. Who doesn't love curling up on the couch and getting lost in a good romance movie? Ok guys, maybe not you. There have been some good romance comedies or sport movies with a little romance thrown in. I would love to hear from you. Let me know what your favorites are. We have movie day on Friday's @ 3:00pm if you are interested in enjoying a good romantic movie and popcorn during this month of February. ~Luz:~)



The Notebook. "If you're a bird, I'm a bird!" Ryan Gosling's character to Rachel McAdams in *The Notebook*

Jerry Maguire

"You had me at Hello" from Renee Zellweger's character to Tom Cruise in *Jerry Maguire*.



Pride & Prejudice "You have bewitched me, body and soul, and I love... I love... I love you" by Mr. Darcy (Matthew Macfadyen) to Elizabeth (Keira Knightley) in *Pride & Prejudice*.

Gone with the Wind.

"You should be kissed and often and by someone who knows how" by Rhett Butler to Scarlett O'Hara in *Gone with the Wind*.

Pretty Woman.

"Big mistake. Big. Huge. I have to go shopping now" by Julia Robert's character to a store clerk in *Pretty Woman*.



P.S. I Love You. Favorite quote from that movie

is "If you can promise me anything, promise me that whenever you're sad, or unsure, or you lose complete faith, that you'll try to see yourself through my eyes" by Harry Connick Jr.'s Character to Hillary Swank in *P.S*



VALENTINE'S DAY

♥ WORD SEARCH ♥

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

ADMIRER

CANDY

FALL IN LOVE

GIFT

I LOVE YOU

PINK

ROSES

BE MINE

CHOCOLATE

FEBRUARY

HEART

KISS

RED

SWEETHEART

BOUQUET

CUPID

FLOWERS

HUG

LOVE

ROMANCE

VALENTINE



8 types of self care








**Have a Heart-Healthy
VALENTINE'S DAY**


HEART DISEASE





 and most common hospice diagnosis.


 Individuals with heart disease are twice as likely to have emergency room visits.


 Palliative and Hospice care can manage symptoms of advanced heart disease in home or inpatient hospice.


 Studies show longer survival rates when hospice is involved earlier.


 Studies also show hospice care helps reduce significant medical costs.


The Importance of Quality Sleep




Sleep has a major impact on our overall quality of life. Quality sleep affects our mental and physical health. Sleep patterns vary from person to person. In the winter the decrease in daylight hours affects our internal clocks for wake/sleep cycles.

Getting enough sleep is very important for all of our health systems. Repeated, fragmented sleep can make us less energetic, more irritable and decrease our immune systems. Those who get regular sleep tend to have less colds and illnesses. Lack of sleep can lead to less focused concentration, an increase in falls and accidents. Sleep gives the tissues and organs a chance to relax and allow repairs to take place.

So what can you do? Here are some beneficial tips to support sleep:

- * Have a consistent bedtime routine - a dark and quiet bedroom. Do some stretches or a short walk the length of the hall. Assure your pillow gives you proper neck and head support. It may be time to replace that pillow. 
- * Avoid spicy and large meals at least 4-5 hours before bedtime.
- * Technology from cell phones, computers, lap tops, tablets and TV can affect sleep patterns – reduce the time spent on technology in the evening prior to sleep.
- * Minimize or eliminate caffeine/alcohol. Both impact sleep patterns.
- * Do some deep breathing to calm and promote sleep.

If sleep continues to be a problem tell your healthcare provider to evaluate for sleeping disorders. Sleep is a vital part of our daily lives and routines. If you need a nap then take one – try to avoid very long nap so you can ensure a good night rest. 



Stay Connected!

Join Our Facebook Group

Are you on Facebook? Join our exclusive Friends and Family Group for a fun glimpse into what's happening in our community.



FEBRUARY 2026

B'NAI B'RITH

GERD & INGE

STRAUSS MANOR



TROY J. PEARSON—WELLNESS DIRECTOR



WHAT? RODEO DAYS CELEBRATION!!!

WHEN? THURSDAY, FEBRUARY 26TH AT
11:30AM!!!

WHERE? MULTI-PURPOSE ROOM!!!

**FOOD, FUN, EARN YOUR SHERIFF BADGES BY
PLAYING FUN GAMES, FREE COWBOY HATS &
BANDANAS, LIVE MUSIC!!!**

WELLNESS CENTER CALENDAR FEBRUARY 2026



TUESDAY, FEBRUARY 3RD
NOON—SIMPLY SEATED (VIDEO)
2:00PM—CARDIO-DRUMMING
(INTERACTIVE)



THURSDAY, FEBRUARY 5TH
NOON—LOW-IMPACT UPPER BODY (INTERACTIVE)
2:00PM—LOW-IMPACT LOWER BODY (INTERACTIVE)

TUESDAY, FEBRUARY 10TH
NOON—HANDBELLS (INTERACTIVE)
2:00PM—SIT & BE FIT (VIDEO)

THURSDAY, FEBRUARY 12TH
NOON—SHOULDER MOBILITY (INTERACTIVE)
1:30PM—VALENTINES HIGH TEA

TUESDAY, FEBRUARY 17TH
NOON—UPPER BODY STRETCH (INTERACTIVE)
2:00PM—LOWER BODY STRETCH (INTERACTIVE)

THURSDAY, FEBRUARY 19TH
NOON—CHAIR DANCING (VIDEO)
2:00PM—AGELESS YOGA (VIDEO)



TUESDAY, FEBRUARY 24TH
NOON—ACTIVE CHAIR WORKOUT
2:00PM—BREATH & TAI-CHI (VIDEO)



THURSDAY, FEBRUARY, 26TH
11:30AM—**RODEO DAYS!!!**



Resident Activities February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 9:00am AVON & Paparazzi Jewelry & Accessories  2:00pm BINGO	3 10:00am Valentine's Day Crafts Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	4 10:00am Haircuts  10:30am 	5 Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	6  **10:45am BIBLE Study 3:00pm MOVIE TIME	7 Ping Pong/ Card Games Day  
8 4:00pm  Super Bowl PARTY	9 2:00pm BINGO	10 Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz 2:00pm AI-Generated Videos Class W/Austin	11 9:00am One Source Mobile Healthcare 1:00pm Amedisys Hospice Bingo 	12 1:30pm High Tea It's Tea Time! 	13**10:45am BIBLE Study 1:00pm Pizza and Music  3:00pm MOVIE TIME	14 Ping Pong/ Card Games Day  
15 	16 Offices Closed  Happy Presidents Day	17 Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	18 9:00am Devon Gables Presentation 3:00pm Dance 	19 Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz 2:00pm Nature Documentary W/Austin 4:00pm Music Concert w/Tatyana & Rebecca	20**10:45am BIBLE Study 2:30pm Ice Cream Social 3:00pm MOVIE TIME	21 Ping Pong/ Card Games Day  
22 	23 2:00pm BINGO	24 9:00am American Heart Health Month In-service By ArchWell 	25 	26  11:30am Resident Birthday/ Rodeo/ Valentine Celebration	27**10:45am BIBLE Study 3:00pm MOVIE TIME	28 Ping Pong/ Card Games Day  



*Monday - Saturday
@ 9:00am*



**PianoTime
w/Tatyana
Mondays &
Thursdays
@5:00pm**



**Network Center
Coordinator**

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