



## 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

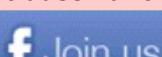
If Life Threatening or

Emergency Call 911

Strauss Manor

Website

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



Pima Council on Aging  
Information and Help

(520) 790 - 7262

Board Liaisons

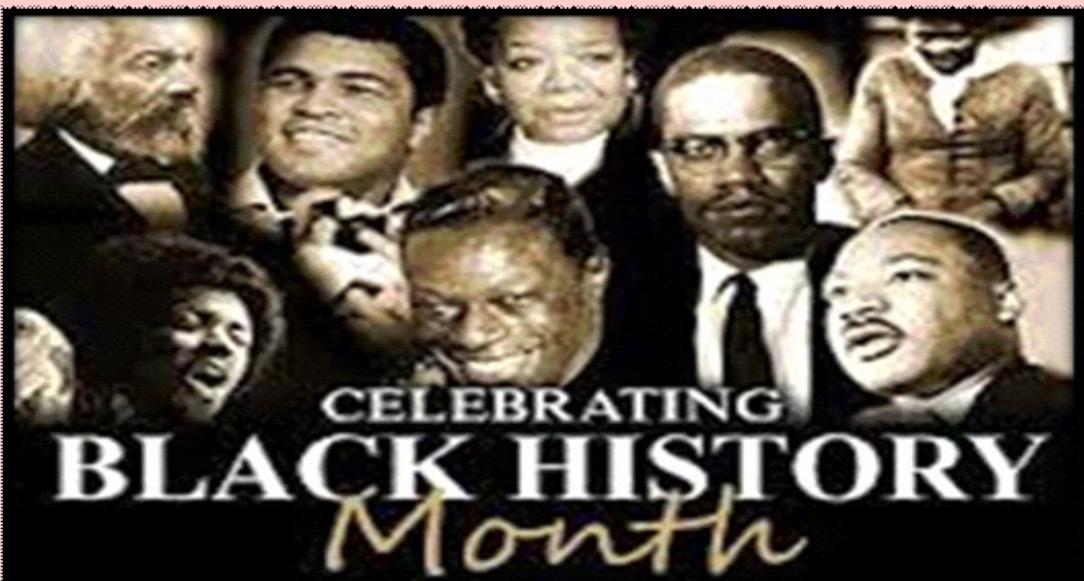
Nicky & Vicky

**Strauss Manor**

370 N Pantano Rd.  
Tucson, Az. 85710



# Strauss Manor Monthly Newsletter February 2026



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





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 2<sup>nd</sup> @ 9:00am, AVON and Paparazzi Jewelry will be in the coffee room.
- \*Tuesday, February 3<sup>rd</sup> 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 4<sup>th</sup> 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 8<sup>th</sup> @ 4pm in the MPR. You can wear your favorite team jersey. Hot Dogs, Chips, Drinks and Cake will be provided.
- \*Wednesday, February 11<sup>th</sup>, @ 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 12<sup>th</sup> @ 1:30pm. Come join us for a cup of tea and pastries
- \*Pizza Lunch and Music, sponsored by Senior Med Solutions on Friday, February 13<sup>th</sup> @1:00pm.
- \*Devon Gables will be here on Wednesday, February 18<sup>th</sup> for a presentation on Inpatient and safe transition to home.
- \* Music Concert, Thursday, February 19<sup>th</sup>, @ 4:00pm. Performing; Tatyana and Rebecca.
- \*Ice Cream Social on Friday, February 20<sup>th</sup> @2:30pm in the coffee room.
- \*Archwell Health presentation on Heart Health, Tuesday, February, 24<sup>th</sup> @ 9:00am in the coffee room.
- \*Thursday, February 26<sup>th</sup> 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.

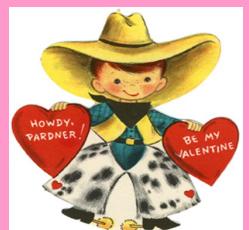
All activities and events are subject to change and/or cancellation.

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

# AVON

&

## Paparazzi Jewelry &Accessories

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



**Wednesday,  
February 4<sup>th</sup>**  
**BBQ Grilling  
Day**  
**@10:30am**



## ONE SOURCE HEALTHCARE

**Wednesday, February 11<sup>th</sup>**  
**@ 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.



**Wednesday,  
February 11<sup>th</sup>**  
**@ 1:00pm**

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



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

**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 3<sup>rd</sup>**

**@ 10:00am**



**Thursday,  
February 12th @ 1:30pm**



**American Heart Health Month**  
**In-service By ArchWell Health**  
**Tuesday, February 24<sup>th</sup>**  
**@ 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.



FEBRUARY 8, 2026

## 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

**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 8<sup>th</sup>  
@ 4:00pm**

# 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 Cancer Day 4th February



### 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 16<sup>th</sup>.**

**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 14<sup>th</sup> 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.  M.F.

Name: <input type="text"/>	Address: <input type="text"/>	Phone #: <input type="text"/>
Doctor: <input type="text"/>	Preferred Hospital: <input type="text"/>	EMERGENCY CONTACTS
Name: <input type="text"/>	Address: <input type="text"/>	Name: <input type="text"/>
Phone #: <input type="text"/>	Phone #: <input type="text"/>	Phone #: <input type="text"/>

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.

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

♥ AFTER ALLAN CHALMERS

The food Pantry will **ALWAYS** be open for an emergency during business hours.

Please let me know if you need anything.

Thank you,  
Luz:)



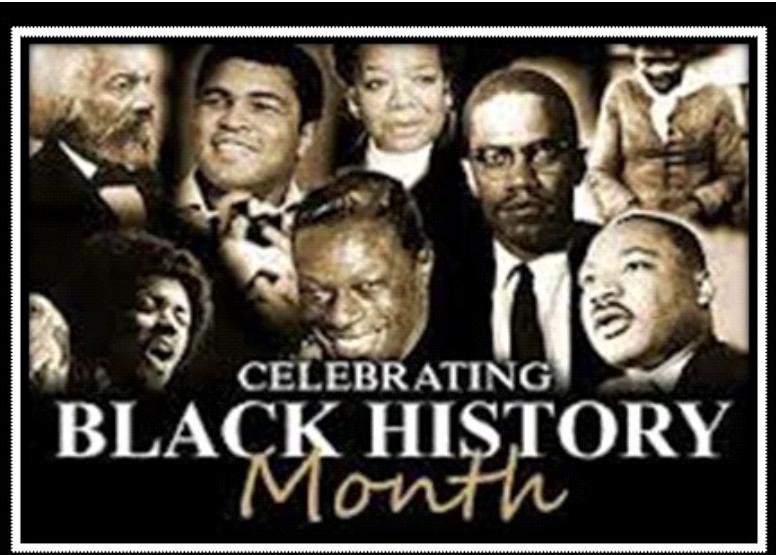
*Fernando Diaz*

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

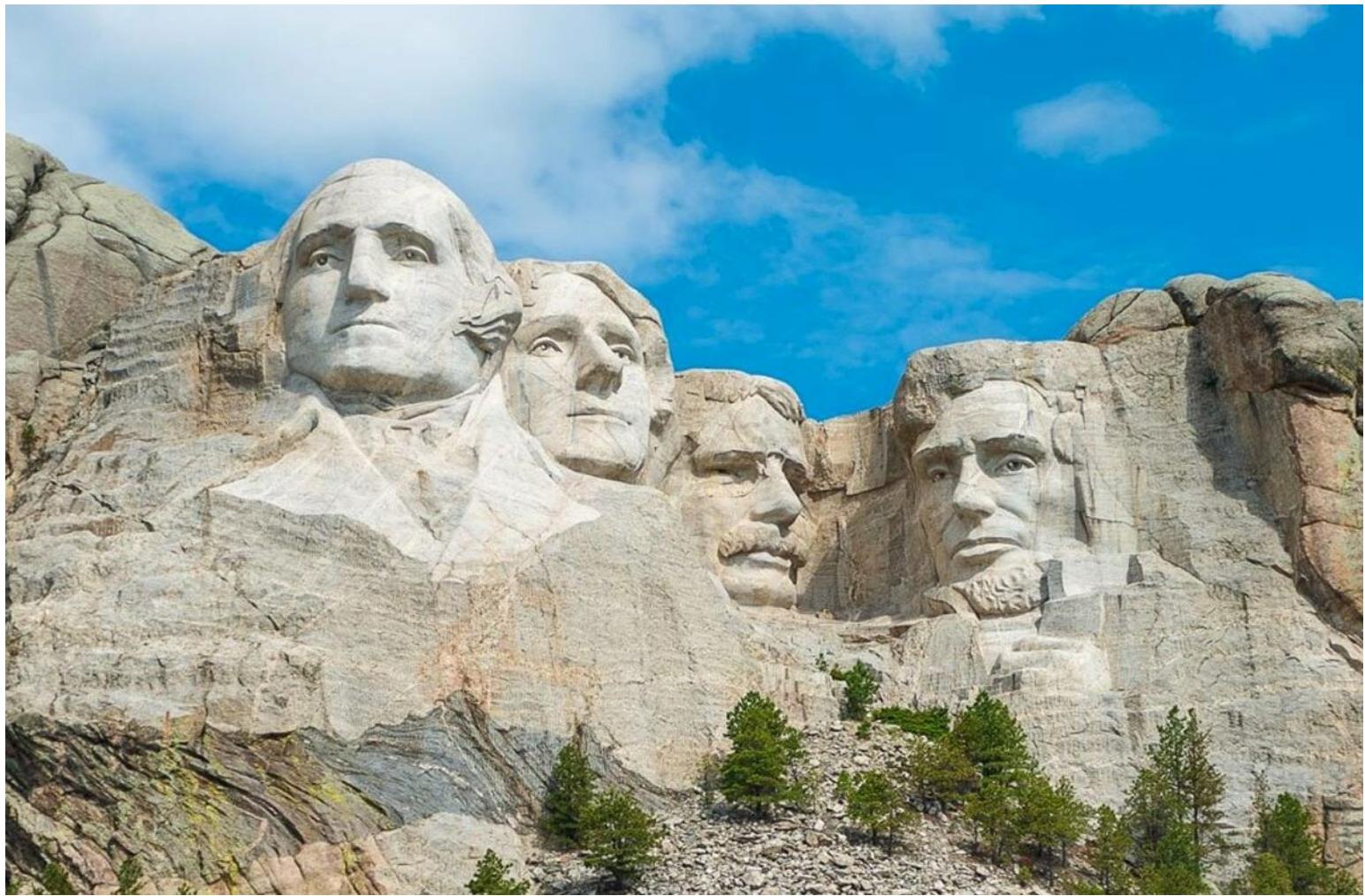
“We must never forget that Black history is American history.

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 Hilary 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	E	T	R	O	T	I	
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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

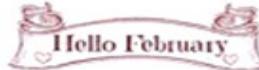


# HEART DISEASE

- Heart disease is the leading cause of death 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 <b>AVON</b> & <b>Paparazzi Jewelry &amp; Accessories</b>  2:00pm <b>BINGO</b>	3 10:00am <b>Valentine's Day Crafts</b>  Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	4 10:00am <b>Haircuts</b>  10:30am  	5  Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	6  <b>NATIONAL WEAR RED DAY</b>  **10:45am <b>COME JOIN OUR BIBLE Study</b>  3:00pm  <b>MOVIE TIME</b>	7 <b>Ping Pong/ Card Games Day</b>  
8 4:00pm 	9 2:00pm <b>BINGO</b>	10 Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz  2:00pm <b>AI-Generated Videos Class</b> W/Austin	11 9:00am <b>One Source Mobile Healthcare</b> 1:00pm <b>Amedisys Hospice Bingo</b> 	12 1:30pm <b>High Tea</b>  It's Tea Time! 	13 *10:45am <b>BIBLE Study</b> 1:00pm <b>Pizza and Music</b>  3:00pm  <b>MOVIE TIME</b>	14 <b>Ping Pong/ Card Games Day</b>  
15 	16 <b>Offices Closed</b> 	17 Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	18 9:00am <b>Devon Gables Presentation</b> 3:00pm <b>Dance</b> 	19 Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz 2:00pm <b>Nature Documentary</b> W/Austin 4:00pm <b>Music Concert</b> w/Tatyana & Rebecca	20 **10:45am <b>COME JOIN OUR BIBLE Study</b> 2:30pm <b>Ice Cream Social</b> 3:00pm  <b>MOVIE TIME</b>	21 <b>Ping Pong/ Card Games Day</b>  
22 	23 2:00pm <b>BINGO</b>	24 9:00am <b>American Heart Health Month</b> In-service By ArchWell 	25 	26  11:30am <b>Resident Birthday/ Rodeo/ Valentine Celebration</b>	27 *10:45am <b>COME JOIN OUR BIBLE Study</b> 3:00pm  <b>MOVIE TIME</b>	28 <b>Ping Pong/ Card Games Day</b>  

**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**