



# Strauss Manor Monthly Newsletter March 2026

## 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

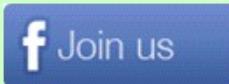
=====  
Network Center  
Coordinator

=====  
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



Although clovers are most often found in nature with three leaves, rare four-leaf clovers do exist. Finding one is thought to bring someone extreme luck. It is believed that each leaf of a four-leaf clover represents something different: first is hope, the second is faith, the third is love, and the fourth is happiness.



*Celebration will be held  
on Tuesday, March 17<sup>th</sup>  
@ 11:30am*



St Patrick's Day is celebrated annually on March 17th. A dish of corned beef and cabbage, while delicious, is more American than Irish.

The dish is a variation of a traditional Irish meal that included bacon. But because early Irish-Americans were poor, beef was a cheaper alternative, and cabbage happened to be a springtime vegetable.

Many St. Patrick's Day celebrants enjoy corned beef and cabbage, and we know how much our residents enjoy this tradition every year!



**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 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 (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*



# Service Coordinator Page

## Happy St. Patrick's Day



February arrived and left quickly, but we sure did have a great February!

March is here, and with it comes the new life of spring. Flowers are beginning to bloom, the weather is getting warmer, and the sun is shining on all.

We have so many things to celebrate in March as well as to incorporate activities to make it a fun filled month.

The calendar is full of many programs and opportunities.



\*AVON w/Barb, Monday, March 2<sup>nd</sup> @9:00am

\* Haircuts w/Ashley, Wednesday, March 4<sup>th</sup> @10:00am  
in the coffee room, the sign up sheet will be on the counter.

\* Sewing Class Wednesday, March 9<sup>th</sup> @10:00am. Come down and lets be creative together at sewing class.

\* Devon Gables Blood pressure clinic will be here on Wednesday, March 11<sup>th</sup> during coffee time. If you would like to have your blood pressure check, come down to the coffee room.

\* Grilling Day w/Stephen Wednesday, March 11<sup>th</sup> .

Please make sure you bring your food down ready for grilling by 10:30am.

\* Email Basics w/Austin on Thursday, March 12<sup>th</sup> @2:00pm in the coffee room.

\*On Tuesday, March 17<sup>th</sup> we will be celebrating resident birthdays and St. Patrick's Day with our yearly corn beef and cabbage meal.

\*Amedisys Hospice Bingo Wednesday, March 18<sup>th</sup> @1:00pm.

\* Ice Cream Social Friday, March 20<sup>th</sup> @2:30pm,  
movie will follow.

\*Arts and Crafts sponsored by ArchWell Health on Tuesday, March 24<sup>th</sup> @10:00am.

\* Movie w/Austin, Thursday, March 24<sup>th</sup> @2:00pm (The Bucket List)

\* March 25<sup>th</sup> is National Waffle Day, come join us for French toast w/coffee during coffee time.

\*High Tea, Thursday, March 26<sup>th</sup> @2:00pm

\*March is National Nutrition month, March 31<sup>st</sup> @9:00am In-Service on nutrition provided by ArchWell Health.

All activities and events are subject to change/or cancellation. I will try my very best to give proper notice of these changes when possible. Thank you in advance for your understanding.

I look forward to seeing everyone at all of our events.

Thank you all and have an awesome month!



Luz Servin- Service Coordinator



MAY YOUR TROUBLES  
BE LESS  
AND YOUR BLESSINGS  
BE MORE  
AND NOTHING BUT  
HAPPINESS COME  
THROUGH YOUR DOOR

Irish Blessing

# SERVICES & RESOURCES

Fernando Diaz, Medicare Agent is available on Tuesdays and Thursdays from 11:30am-1:00pm to help you with any medical questions you may have. This is by appointment only, you can call me to schedule your appointment.  
Thank you,  
Luz:)



## COMPUTER NETWORK CENTER COORDINATOR CLASSES THIS MONTH



“EMAIL BASICS”  
THURSDAY, MARCH 12 @ 2:00PM

“THE BUCKET LIST”  
TUESDAY, MARCH 18 @ 2:00PM



  
**DEVON GABLES**  
REHABILITATION CENTER

**Devon Gables  
Blood Pressure Clinic  
Wednesday,  
March 11th @ 9:00am  
In the coffee room**



**ArchWell**  
HEALTH

**March is National Nutrition Month**

**In service**

**On Tuesday, March 31<sup>st</sup>**

**@ 9:00am**

**National Nutrition Month is  
celebrated each year  
during March.**

**It focuses on the importance  
of making informed  
food choices and developing  
sound eating and physical  
activity habits. Join us for an  
educational in service  
provided by  
ArchWell Health**

# 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.

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

## 140ET forms for a \$25 tax credit

I'm still working on the 140ET forms for the \$25 tax credit. Please call me to discuss whether you qualify to get a \$25 check from the state. The quickest way to get it back is to have it directly deposited into your checking or saving account. If you do not get your refund back in six weeks of send it in, call me so I can help you call The state revenue office to inquire about it.

# WHAT'S GOING ON THIS MONTH

HELLO!  
I'M THE  
AVON

LADY!  
BARBARA  
MONDAY,  
MARCH 2ND  
@ 9:00AM

Smile



10:00am  
"HAIRCUTS"  
w/Ashley  
Wednesday,  
March 4<sup>th</sup>  
@ 10:00am



Grilling Day  
W/Stephen  
Wednesday,  
March 11<sup>th</sup>  
@ 10:30am



Arts & Crafts Class  
Tuesday, March 24<sup>th</sup>  
@ 10:00am



National French Toast  
Day  
Wednesday, March 25th  
@ 9:00am  
French Toast  
and coffee



High Tea  
Thursday,  
March 26<sup>th</sup>  
@ 2:00pm





St. Patrick's Day Meal



**Tuesday, March 17<sup>th</sup>**  
**@ 11:30am**

# Manager's Corner

**Recycling containers are in the trash rooms**

## RECYCLING

**PLEASE BE CONSIDERATE AND RECYCLE RESPONSIBLY**

**Do not throw food in the recycle bins  
Absolutely NO glass!**

**Do not throw plastic food containers in the recycle bins  
unless they are clean of food residue**



**Do not throw any small appliances down the shoot  
or leave them in the trash room or common areas.  
Do not throw boxes all over the room, please break them down.**

**Please dispose cat litter to the outside dumpsters only!**

**Read the recycle flyer and place  
only approved items in the bins  
(do not place metal cans in the recycle bin)**

**PLEASE DO YOUR PART IN PARTICIPATING  
IN RECYCLING AND HELP KEEP  
OUR BUILDING BEAUTIFUL AND CLEAN**



**Thank you,  
Management**

# St. Patrick's Day



## This month...

... consider harnessing a little luck and trying your hand at a new activity or program. You just might meet a new friend or find a new hobby...if you're lucky!



**T**here are many superstitions about luck. How many of these will bring you good luck, and how many will bring you bad luck, according to superstition?

- Opening an umbrella indoors
- Knocking on wood
- Throwing salt over your shoulder
- Walking under a ladder
- Finding a heads up penny
- Eating 12 grapes on New Year's Eve
- Breaking a mirror
- Having an itchy palm



A good friend is like a four-leaf clover, hard to find and lucky to have.

We are lucky for all of our friends here at Strauss Manor, so let's get out and enjoy some time with them. Invite a new resident, neighbor or friend to join us at our events, activities and programs:)



## A Positive Habit

March is Optimism Month. Celebrate by writing down one thing you are thankful for at the end of each day. Keep up this habit for the rest of the year to help maintain a positive outlook.





### Women's History Month Theme 2026

The National Women's History Alliance designates a yearly theme for Women's History Month.

The 2026 theme, "Leading the Change: Women Shaping a Sustainable Future,"

celebrates the contributions of women who are leading sustainability efforts across environmental, economic, educational and social justice movements.

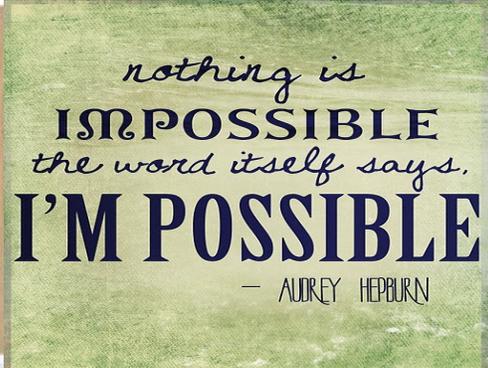
"Whoever is **HAPPY** will make **OTHERS** happy **TOO.**"  
-Anne Frank  
1929 - 1942  
Jewish girl known for writing her diary called "The Diary of Anne Frank"



"The most **DIFFICULT** thing is the decision to act, the rest is merely **TENACITY.**"  
-Annela Carhart  
1887 - 1937  
American Aviator



*nothing is*  
**IMPOSSIBLE**  
*the word itself says,*  
**I'M POSSIBLE**  
- AUDREY HEPBURN



"I think that the most important thing is to have a **GOOD ATTITUDE** and to be excited about what you're doing, and to be **PASSIONATE** about it."  
-Sally Ride  
1931 - 2012  
American Astronaut and Physicist



"The woman who can create her own job is the woman who **WILL** win fame and **FORTUNE.**"  
-Susan B. Anthony  
1820 - 1906  
President of the National Woman Suffrage Association from 1852 to 1900



"Kind words can be short and easy to **SPEAK**, but their echoes are truly **ENDLESS.**"  
-Mother Teresa  
1927 - 1997  
People Call her "the greatest heart to touch the poor and identify around the world"



## HYGIENE & FOOD PANTRY



If anyone runs low on food or other items during the month, I have an emergency food pantry.

I have various items, such as tuna, soups, oatmeal, cereal etc.

Since many items are not covered by food stamps, I also provide such things as, dish soap, laundry detergent, paper towels, kleenex, toilet paper, etc.,

so please call me at

520-722-9963 and let me know if you need anything.

If you need any of the above items please see me during my office hours.

All distributions are kept confidential.

Thank you,  
Luz:)



# Strauss Manor February 2026 Super Bowl Highlights





# Word Search



See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2013

- |            |             |           |                |
|------------|-------------|-----------|----------------|
| 1. HOLIDAY | 5. GREEN    | 9. CLOVER | 13. LEPRECHAUN |
| 2. SAINT   | 6. SHAMROCK | 10. LUCK  | 14. RAINBOW    |
| 3. PATRICK | 7. FOUR     | 11. POT   | 15. MARCH      |
| 4. IRISH   | 8. LEAF     | 12. GOLD  | 16. SEVENTEEN  |

MARCH 2026

B'NAI B'RITH

GERD & INGE STRAUSS

MANOR



TROY J PEARSON—WELLNESS DIRECTOR

## MINUTE MARCH

This month we will be doing the MINUTE MARCH!!! There will be a monthly log available in the lobby or the Wellness Center to keep track of your daily walking times. Whether you are going for a brisk walk around the property, a walk to the store, a dog walk or a walk on the treadmill—LOG YOUR MINUTES!!!!

Turn your MINUTE MARCH LOG SHEETS in at the end of the month and receive a pedometer and then see how many total minutes we have as a collective group during the month of March.

Walking is great, low-impact activity and has many benefits like caloric expenditure, improved heart health, reduced risk of chronic disease and reduced stress level.



# WELLNESS CENTER CALENDAR MARCH 2026

## TUESDAY, MARCH 3RD



NOON—SIMPLY SEATED (VIDEO)

2:00PM—CARDIO-DRUMMING (INTERACTIVE)



## THURSDAY, MARCH 5TH

NOON—LOW-IMPACT UPPER BODY (INTERACTIVE)

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

## TUESDAY, MARCH 10TH

NOON—HANDBELLS (INTERACTIVE)

2:00PM—SIT& BE FIT (VIDEO)

## THURSDAY, MARCH 12TH

NOON—SHOULDER MOBILITY (INTERACTIVE)

2:00PM—HIP MOBILITY (INTERACTIVE)

## TUESDAY, MARCH 17TH

NOON—UPPER BODY STRETCH (INTERACTIVE)

2:00PM—LOWER BODY STRETCH (INTERACTIVE)



## THURSDAY, MARCH 19TH

NOON— CHAIR DANCING (VIDEO)

2:00PM—AGELESS YOGA (VIDEO)

## TUESDAY, MARCH 24TH

NOON—ACTIVE CHAIR WORKOUT (VIDEO)

2:00PM—BREATH & TAI-CHI (VIDEO)

## THURSDAY, MARCH 26TH

NOON— CHAIR-TAI CHI (VIDEO)

2:00PM—HIGH TEA (INTERACTIVE)

## TUESDAY, MARCH 31ST

NOON—SHOULDER MOBILITY (INTERACTIVE)

2:00PM—HIP MOBILITY (INTERACTIVE)



# Resident Activities March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> 	<p>2</p> <p>9:00am</p>  <p>2:00pm</p> 	<p>3</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p>4</p> <p>10:00am</p> <p>Haircuts</p> 	<p>5</p> <p>9:00am</p> <p>Board Liaison Resident Meeting W/Vicky</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p>6</p> <p>**10:45am</p> <p>COME JOIN OUR</p> <p>BIBLE Study</p>  <p>3:00pm</p> <p>MOVIE TIME</p> 	<p>7</p> <p>Ping Pong/ Card Games Day</p> 	
<p>8</p> 	<p>9</p> <p>10:00am</p> <p>Sewing Class</p>  <p>2:00pm</p> 	<p>10</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p>11</p> <p>9:00am</p> <p>Devon Gables Blood Pressure Clinic</p> <p>10:30am</p> 	<p>12</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p>2:00pm</p> <p>Email Basics W/Austin</p>	<p>13</p> <p>**10:45am</p> <p>COME JOIN OUR</p> <p>BIBLE Study</p>  <p>3:00pm</p> <p>MOVIE TIME</p> 	<p>14</p> <p>Ping Pong/ Card Games Day</p> 	
<p>15</p> 	<p>16</p> <p>10am-2pm</p> <p>Service Coordinator will be in a B'nai B'rith Zoom Conference</p> <p>2:00pm</p> 	<p>17</p> <p>11:30am</p> <p>Resident Bday/ St. Patrick's Day luncheon</p> <p>HAPPY ST. PATRICK'S DAY</p> 	<p>18</p> <p>1:00pm</p> <p>Amedisys Hospice Bingo</p> 	<p>19</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p>Happy National Let's Laugh Day!</p> 	<p>20</p> <p>**10:45am</p> <p>COME JOIN OUR</p> <p>BIBLE Study</p> <p>2:30pm</p> <p>Ice Cream Social</p>  <p>3:00pm</p> <p>MOVIE TIME</p> 	<p>21</p> <p>MPR RESERVED</p>	
<p>22</p>  	<p>23</p> <p>HAPPY PUPPY DAY</p>  <p>MARCH 23</p> <p>2:00pm</p> 	<p>24</p> <p>10:00am</p> <p>Arts &amp; Crafts</p>  <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p>2:00pm</p> <p>The Bucket List Movie W/Austin</p>	<p>25</p> <p>9:00am</p> <p>French Toast breakfast</p> <p>World Waffle Day</p> <p>25 March</p> 	<p>26</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p>2:00pm</p> <p>High Tea</p> 	<p>27</p> <p>**10:45am</p> <p>COME JOIN OUR</p> <p>BIBLE Study</p>  <p>3:00pm</p> <p>MOVIE TIME</p> 	<p>28</p> <p>Ping Pong/ Card Games Day</p> 	
<p>29</p> 	<p>30</p> <p>be KIND TO OTHERS.</p> <p>2:00pm</p> 	<p>31</p> <p>9:00am</p> <p>National Nutrition Month w/ArchWell Health In Service</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p>Piano Time w/Tatyana Mondays &amp; Thursdays @ 5:00pm</p> 	 <p>Monday-Saturday @ 9:00am</p>			