



Strauss Manor Monthly Newsletter April 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



**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.**

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Luz Servin- Service Coordinator

Wishing everyone a Happy Passover and Easter!

Our Strauss Manor community has some new faces!

You may have noticed lately, that we have had some new additions in our building.

We are so happy to extend a very warm welcome to them.

Introduce yourselves and say hello:)

We all hope that they will feel very much at home and we look forward to spending time getting to know each of them.

On Thursday, April 16th we will be celebrating April birthdays and holidays with a delicious lunch and birthday cake, (baked by Michele Corradini.)



To all my resident volunteers!

April is National Volunteer Month!

A special THANK YOU to all my current and future resident volunteers, especially during this month of Volunteer appreciation! You are the only way I can keep having the ongoing programs like; residents' programs, events and activities etc... I am so grateful for my volunteers and happy too see residents helping each other.

Please don't hesitate to call me if you need anything.

I have a resident volunteer luncheon scheduled for Wednesday, April 29th @ 11:30am. (Location will be announced)



There is still time for you to apply for the Arizona 140ET Form for the \$25 Tax Credit if you haven't already.

If you prefer to completed yourself, please come by my office to pick up the form.

The deadline is Wednesday, April 15th 2026.

Please visit our Facebook page (B'nai B'rith Strauss Manor) and our website (straussmanor.org) where I post all our events, newsletters, etc., so please check it out and link it to your page if you have one. You do not need a Facebook account in order to view our page. Also tell your friends and family so they can keep up with the happenings at Strauss Manor.



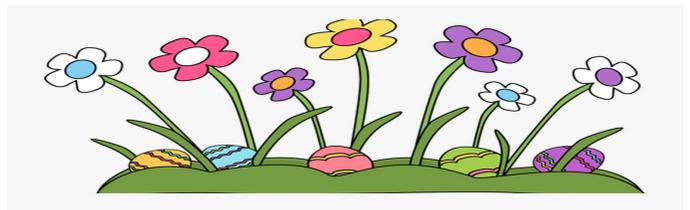
Please take a look at our calendar, we have plenty to enjoy this month.

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

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

Thank you all and have an awesome month!

May your April be full of sunshine and joy!



Luz Servin-Service Coordinator



Administrative Professionals Day



**AS FOR ME
AND MY TEAM,
WE WILL GET
IT DONE.**
Best Team Ever
24:7

April 22nd is

Administrative Professional Day!

I would like to thank our wonderful Strauss Manor staff for all they do! They always have a friendly attitude and can multitask like nobody!

They all work very hard; team work at its best!

I hope you will join me in wishing them all the best on this day!

Hope everyone has a wonderful day:)

Luz:)

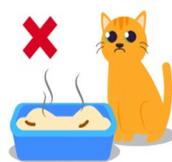


Manager's
LET'S WORK
Together



REMINDERS!

- * Smoking is only allowed in the designated smoking area.
- * Please do not throw loose items in the trash, all items must be in tied trash bags.
- * Please take extra precautions when bagging and disposing of glass.
- * Trash chutes are recommended for disposing of trash as the dumpster bin is very large and can hold the volume of trash in our building. If you are unable to use the trash chutes, we have provided a trash can by the chutes for your convenience.
- * Please do not overflow trash onto the floor.
- * Please do not dispose of any animal waste, including litter boxes in the indoor trash rooms. All animals waste must be disposed of in the outside dumpsters.
- * Please do not allow your animals urinate in the courtyard



Management

Strauss Manor's March 2026 Highlights

ONE
stitch
AT A
Time



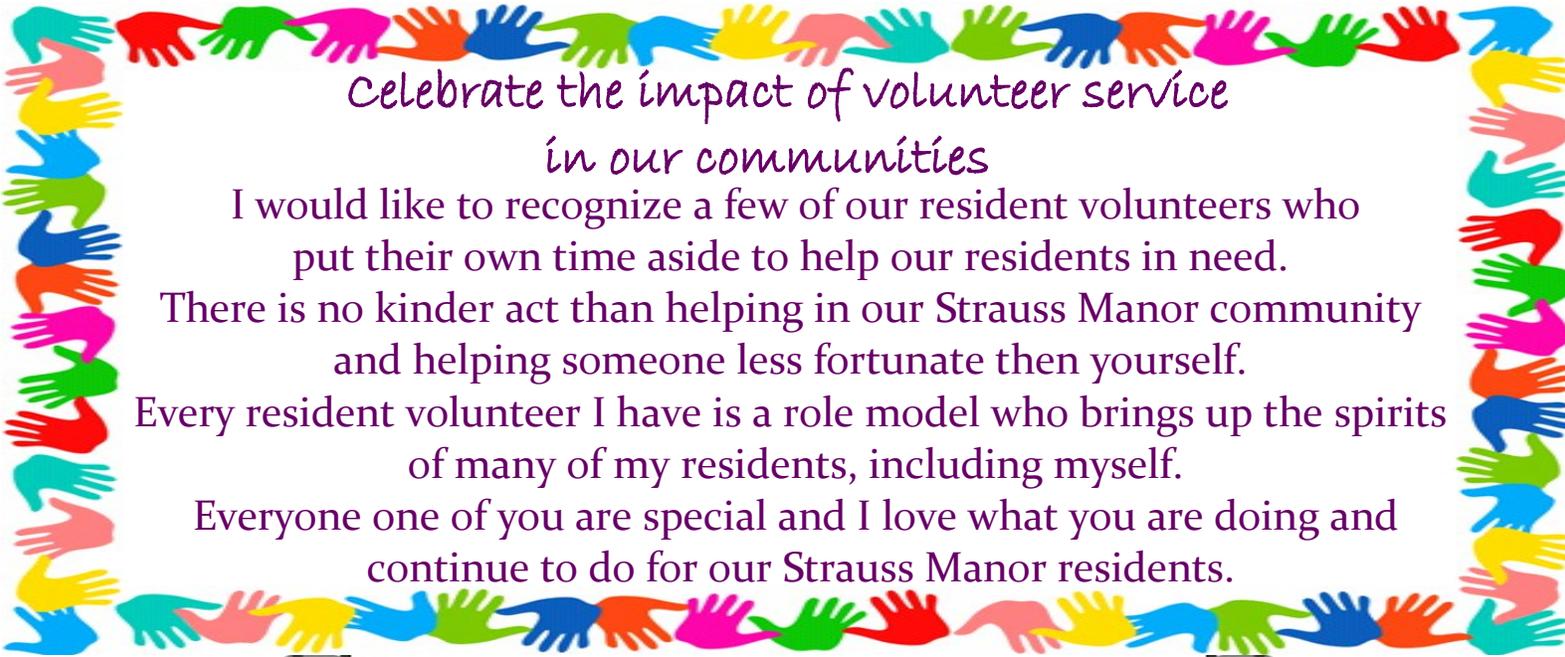
Look at what we did at sewing class!



More of Strauss Manor's March 2026 Highlights



March Birthdays



Celebrate the impact of volunteer service
in our communities

I would like to recognize a few of our resident volunteers who put their own time aside to help our residents in need.

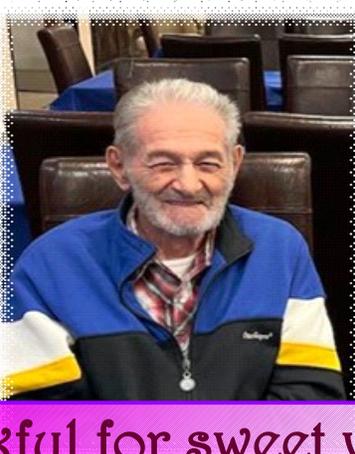
There is no kinder act than helping in our Strauss Manor community and helping someone less fortunate than yourself.

Every resident volunteer I have is a role model who brings up the spirits of many of my residents, including myself.

Everyone one of you are special and I love what you are doing and continue to do for our Strauss Manor residents.



In the
Spotlight



Thankful for sweet volunteers like you!

The gift of time is priceless, valuable is the work you do.
Outstanding is how you always come through, loyal, sincere, and full of good cheer.

Untiring in your efforts throughout the year.

Notable are the contributions you make, trustworthy in every project you take.

Eager to reach your every goal, effective in the way you fulfill your role.

Ready with a smile like a shining star, special and wonderful-that's what you are!

~ anonymous

SERVICES & RESOURCES

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.

Fernando Diaz, Senior Med Solutions, is available on Tuesdays and Thursdays from 11:30am-1:00pm (please see calendar) to help you with any questions you may have about your Medicare, Social Security and DES/AHCCCS.

Please call Luz @ 520-722-9963 if you have any questions.



If anyone runs low on food or other items during the month, I have an emergency food/hygiene pantry. If you are in need of food or hygiene items, please call me @ 520-722-9963 or stop by my office. The pantries are open during office hours only. All distributions are kept confidential.



WHAT'S GOING ON THIS MONTH



**Grilling Day
w/Stephen
Wednesday,
April 1st
@ 10:30am**



**10:00am
"HAIRCUTS"
w/Ashley
Thursday,
April 2nd
@ 10:00am**



**Arts & Crafts Class
Thursdays,
April 13th & 27th
@ 10:00am**



**Devon Gables
Blood Pressure Clinic
Wednesday,
April 15th @ 9:00am
In the coffee room**

**Resident Dance
Wednesday,
April 15th
@ 3:00pm**



**Friday, April 17th
@ 2:30pm**



**High Tea
Thursday, April 30th
@ 2:00pm**



**Harmony
HOSPICE**
YOUR COMMUNITY. YOUR HOSPICE.

9:00am

Thursday, April 23rd
Harmony Hospice
"Harness Your Health"
Presentation

Tuesday, April 28th @ 9:00am

**ArchWell
HEALTH**

In-service on Occupational Therapy month



Computer Network Center Coordinator:



Austin Garland

Office Hours:

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



**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 !! <i>Review At Least Every Six Months !</i>		
MEDICAL DATA REVIEWED AS OF	MO.	YR.
Name:		Sex: M F
Address:		
Doctor:	Phone #:	
Preferred Hospital:		
EMERGENCY CONTACTS		
Name:	Phone #:	
Address:		
Name:	Phone #:	



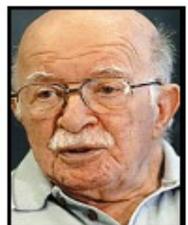
Holocaust Remembrance Day is on April 14th!

It is never too late, and we should always remember those who lost their lives during the Holocaust and make sure it never happens again.

Yom Ha Shoah (Holocaust Remembrance Day) is observed as Israel's day of commemoration for the approximately six million Jews and five million others who perished in the Holocaust as a result of the actions

carried out by Nazi Germany and its accessories, and for the Jewish resistance in that period.

Holocaust survivor, **Gerd Strauss** founded B'nai B'rith Covenant House I and II and the Gerd & Inge Strauss Manor on Pantano. He was an active member of the Holocaust Survivors group in Tucson where he taught thousands of students about the Holocaust.



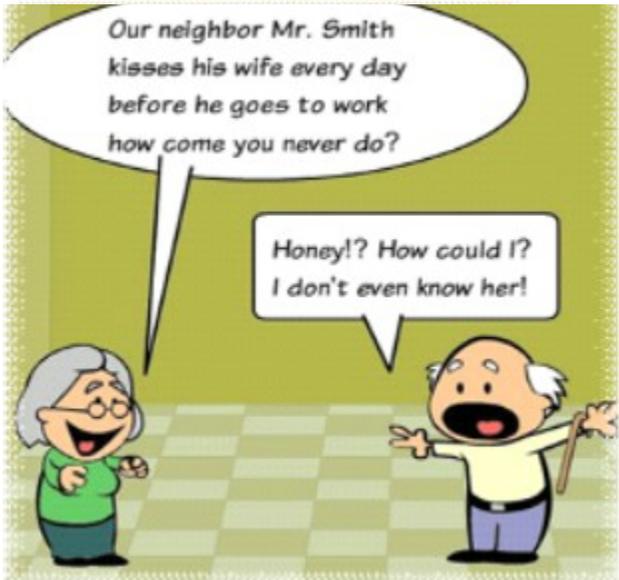
April is
National
Humor
Month
Prepare to Wiggle your Giggles!

LAUGHTER
is the best
MEDICINE

- *If you're happy and you know it Its your meds
- *How am I supposed to trust you when you keep running away every time I untie you
- *Sorry I'm late... I didn't want to come.
- *To me "drinking responsibly" means don't spill it.
- *I'm great in bed. I can sleep for days.
- *Does running late count as exercise?
- *4 out of 3 people struggle with math
- *My heart says chocolate and wine but my jeans say, for the love of God woman, eat salad!
- *The best thing about the good old days was that I wasn't good and wasn't old
- *My relationship with whiskey is on the rocks.
- *Does running from my responsibilities count as cardio?
- *A little gray hair is a small price to pay for all this wisdom.
- *Never laugh at your wife's choices. You are one of them.
- *Retired, under new management "see spouse for details"
- *Thought growing old would take longer.
- *Today I was a hero! I rescued some beer that was trapped in a bottle.
- *I'm so busy I don't know whether I found a rope or lost my horse.

LOL

Doctor: What's the condition of the boy who
swallowed the quarter?
Nurse: No change yet.



Benefits of Laughing:
Reduces heart disease,
natural pain killer,
improves breathing,
helps you lose weight,
gives good sleep,
decrease stress,
makes you look
young, boosts
relationships.
There is no reason not to laugh!

April is Humor Month-

How to Celebrate National Humor Month This April

(I thought we could try this @ Coffee Time)

They say we should have a good laugh every day. It's great for our health.

So this month find ways to add humor to your April senior activities. You could get a joke book and take turns reading a different joke @ coffee time. Have little place cards with funny, positive and encouragement quotes on the tables, maybe even a new one every day or at least every week. Show a funny movie on movie day. Find out from other residents which jokes or movie they liked the best.

I have a few books that I'll be putting in the coffee room tables for everyone to read. If you have any new ideas or suggestions, feel free to stop by my office and share.

Hope everyone has lots of fun!

Luz:)



APRIL 2026

B'NAI B'RITH

GERD & INGE STRAUSS

MANOR



TROY J PEARSON—WELLNESS DIRECTOR

PUT SOME SPRING IN YOUR STEP

As the days grow longer and the weather warms up, spring presents a wonderful opportunity for seniors to revitalize their fitness routines.

Engaging in regular exercise not only improves physical health but also enhances mental well-being and overall quality of life.

Here's a comprehensive guide to spring fitness for seniors, including a variety of exercises to help you stay active and healthy.

Spring offers seniors a golden opportunity to revitalize their fitness routines and prioritize their health and well-being.

By incorporating outdoor activities like walking, gardening, and cycling, as well as indoor exercises such as yoga and strength training, seniors can improve their physical fitness, mental clarity, and overall quality of life.

WELLNESS CENTER CALENDAR APRIL 2026



THURSDAY, APRIL 2ND

NOON—SIMPLY SEATED (VIDEO)

2:00PM—CARDIO-DRUMMING (INTERACTIVE)



TUESDAY, APRIL 7TH

NOON—LOW-IMPACT UPPER BODY
(INTERACTIVE)

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

THURSDAY, APRIL 9TH

NOON—HANDBELLS (INTERACTIVE)

2:00PM—CHAIR TAI-CHI (VIDEO)

TUESDAY, APRIL 14TH

NOON—SHOULDER MOBILITY (INTERACTIVE)

2:00PM—HIP MOBILITY (INTERACTIVE)

THURSDAY, APRIL 16TH

NOON—UPPER BODY STRETCH (INTERACTIVE)

2:00PM—LOWER BODY STRETCH (INTERACTIVE)



TUESDAY, APRIL 21ST

NOON— HANDBELLS (INTERACTIVE)

2:00PM—CARDIO-DRUMMING (INTERACTIVE)

THURSDAY, APRIL 23RD

NOON—CHAIR DANCING (VIDEO)

2:00PM—AGELESS YOGA (VIDEO)

TUESDAY, APRIL 28TH

NOON- CHAIR-TAI CHI (VIDEO)

2:00PM—ACTIVE CHAIR WORKOUT (VIDEO)

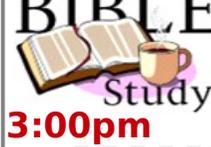
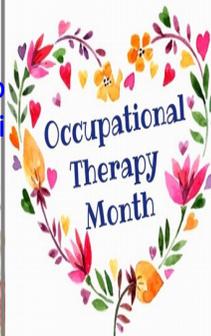
THURSDAY, APRIL 30TH

NOON—SIT & BE FIT (VIDEO)

2:00PM—HIGH TEA (INTERACTIVE)



Resident Activities April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>It's Coffee time</i></p> <p>Monday-Saturday @ 9:00am</p>			<p>1 Passover Begins</p>  <p>10:30am</p> 	<p>2 <i>HAPPY</i> Passover</p> <p>10:00am Haircuts</p>  <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p>3 Good Friday **10:45am</p> <p>COME JOIN OUR BIBLE Study</p>  <p>3:00pm</p> 	<p>4 Ping Pong/ Card Games Day</p> 
<p>5</p>  <p><i>Happy Easter!</i></p>	<p>6 10:00am Sewing Class</p>  <p>2:00pm</p> 	<p>7</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p>8 9:00am Advisa Care Home Health & Hospice Care Compassion in Care: For Life's later Chapters</p>	<p>9 9:00am</p> <p>AVON</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p>Passover Ends</p>	<p>10 **10:45am</p> <p>COME JOIN OUR BIBLE Study</p>  <p>3:00pm</p> 	<p>11 Ping Pong/ Card Games Day</p> 
<p>12</p> 	<p>13 10:00am Arts & Crafts</p>  <p>2:00pm</p> 	<p>14</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p>15 9:00am Devon Gables Blood Pressure Clinic 3:00pm Dance</p> 	<p>16 11:30am Resident Easter/ Birthday Celebration</p>  <p>2:00pm Computer File Management W/Austin</p>	<p>17 **10:45am</p> <p>COME JOIN OUR BIBLE Study</p>  <p>2:30pm</p> <p>ICE CREAM SOCIAL</p>  <p>3:00pm</p> 	<p>18</p> <p>MPR RESERVED</p>
<p>19</p> 	<p>20 10:00am Sewing Class</p>  <p>2:00pm</p> 	<p>21</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p>2:00pm "Black Coffee" W/Austin</p>	<p>22</p>  <p><i>Earth Day April 22</i></p>  <p><i>Happy Administrative Professional's Day! Thank you!</i></p>	<p>23 9:00am Harmony Hospice Presentation</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p>24</p> <p>Arbor Day</p> <p>**10:45am</p> <p>COME JOIN OUR BIBLE Study</p>  <p>3:00pm</p> 	<p>25 Ping Pong/ Card Games Day</p> 
<p>26</p> 	<p>27 10:00am Arts & Crafts</p>  <p>2:00pm</p> 	<p>28 9:00am ArchWell Health Occupational Therapy Month</p> <p>Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p>29 WE ❤️ OUR VOLUNTEERS</p> <p>11:30am Volunteer Appreciation Lunch</p> 	<p>30 Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p> <p>2:00pm High Tea</p> 	<p>Occupational Therapy Month</p> 	<p>Piano Time w/Tatyana Mondays & Thursdays @ 5:00pm</p> 