



Important Numbers



Office Hours:

Monday – Friday
8:00 AM – 5:00PM

Manager

Veronica Dicochea
(520) 722 - 9015

For TTY/TDD &
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

May 2026



H A P P Y
Mother's Day



**OLDER
AMERICANS
MONTH**



CHAMPION YOUR HEALTH: MAY 2026

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





**Luz Servin-
Service Coordinator**

From *the desk* of
Your Service Coordinator



My Mother,
my friend so dear,
Throughout my life
you're always near,
A tender smile
to guide my way,
You're the sunshine
to light my day.
Happy Mom's Day!
I Love You!

Of all the special
joys in life,
The big ones
and the small,
A mother's love
and tenderness
Is the greatest
of them all.

Welcome to the month of May!

As we step into May, nature shows us what it means to bloom again. As you walk around the courtyards we can see our plants/flower beds beginning to bloom. A big thanks to our resident volunteers (Elaine, Faith, Mary and Thelma) who have been watering the plants and keeping the courtyards clean. Please do not water the plants, these volunteers are in charge of watering. This month, let's focus on planting seeds-of connection, compassion, and joy. Whether you're supporting someone through a transition or simply offering a warm smile, you are a vital part of the growth happening around us. Let's celebrate the little things: a morning coffee with a friend, a moment of laughter, a new idea for making life here even more beautiful. Let's continue to embrace each day with joy, laughter and love:)

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 all of our events.

Visit our Facebook page (B'nai B'rith Strauss Manor) and our website (straussmanor.org)

- *Monday May 4th @ 2:00pm Research For Life Ice Cream Social during BINGO.
- *Tuesday, May 5th @ 11:30am we will be celebrating Cinco De Mayo, Mother's Day, Memorial Day and resident birthdays with a delicious Taco bar!
- *Haircuts by Ashley Wednesday, May 6th @ 10:00am. Sign-up sheet will be in the coffee room.
- *May 6th BBQ Grilling DAY with Stephen! Bring down your food ready for the grill by 10:30am.
- *Austin will be teaching two classes this month: Thursday, May 7th and Tuesday, May 19th, @ 2:00pm
- *May 11th @ 2:00pm Memorial Service for Barbara Kirkpatrick in the MPR
- *Wednesday, May 20th @ 11:30am Spring Lunch sponsored by our Board of Directors (a presentation on energy usage) Please be sure to attend this important presentation.
- *Monday May 25th, our offices will be closed in observance of Memorial Day.
- *Wednesday, May 27th Papparazzi Jewelry @ 9:00am
- *Thursday, May 28th High Tea @ 2:00pm.
- *Friday, May 29th @ 9:00am "Music Heals" w/Lady J.



**Offices will be closed on
Monday, May 25th 2026
In observance of
Memorial Day**

May you all enjoy the month of May,
Luz Servin ~ Service Coordinator





Manager's
LET'S WORK
Together



REMINDERS:

- *Please let us know if you have any questions on your annual re-certification, apartment inspections, rent, lease, etc.
 - *Luz is your contact for any questions regarding the newsletter, calendar, presentations, events, or volunteers. Luz coordinates services for residents. Please contact her directly @ 722-9963.
 - *Please DO NOT ask Jose or Monica about work orders. All work orders must be logged through the office. If you can't reach the office or if after hours, please call the maintenance phone 272-3172 for building maintenance emergencies. Please use your pull cord or call 911 for all other emergencies.
- Please call or come in person to the office regarding any work orders (we cannot take them as we are walking through the building). Please report all maintenance items immediately, do not wait until inspection.
- *Please be courteous to others by disposing pet waste in tied bags in the outside dumpsters.
 - *Throw broken glass away in the outside dumpsters (mirrors, table tops, drink-ware etc). Put the glass in a card board box or inside a 4 layers of trash bags. Label it as "broken glass."
 - *Use Sharps Containers to dispose of syringes/needles etc.
 - *We would also like to ask for your assistance in setting your air conditioning thermostats at a reasonable temperature. In addition, please do not run your air conditioning units with your windows open.

Thank you,

Management

CLEAN UP AFTER DOG



KEEP YOUR COMMUNITY SAFE



USE A SHARPS CONTAINER



SPRING LUNCHEON

SPONSORED BY OUR BOARD OF DIRECTORS

Spring Lunch Presentation

Join us on Wednesday, May 20th for a special presentation by our Board Director, Michael Esser, on how we can lower our electric bill costs as a community.

Our residents play an important role in helping reduce energy usage, and this presentation will share simple, practical ways you can contribute to our ongoing efforts. We all have a role to play!

Enjoy:

- A complimentary lunch
- Fun games
- Prizes for winners

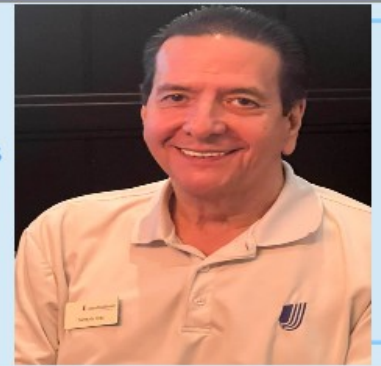
We hope to see you there for an informative and enjoyable afternoon!



SERVICES & RESOURCES

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.



**Research for Life
Information Handouts &
Ice Cream Social
Monday, May 4th @ 2:00pm**



**Monday, May 11th @ 9:30am
Presentation**

AdvisaCare
Home Health ♥ Hospice
Nursing • Therapy • Personal Care

At AdvisaCare Hospice we are dedicated to serving our patients and community with love and compassion. Our mission is to bring comfort and dignity to those facing life-limiting illnesses by easing pain and suffering through comprehensive care. We provide not only expert medical support but also emotional, social, and spiritual guidance- helping our patients and their families find peace, hope and connection throughout every stage of care. **AdvisaCare Hospice "Fall Risk In-Service"**
@ 9:00am Wednesday, May 13th



**Devon Gables
Blood Pressure Clinic
Wednesday,
May 20th @ 9:00am
In the coffee room**



**Harmony Hospice
"Symphony Comes to You"
@ 9:00am
Thursday, May 21st**

**ArchWell
HEALTH**



**9:00am
National Mental Health Awareness
Month Presentation
w/ArchWell Health and Aria Hospice
Thursday, 26th @ 9:00am**

WHAT'S GOING ON THIS MONTH

Research
For Life
Information &
Ice Cream
Social
Monday, April 4th
@ 2:00pm

ice cream social



CINCO DE MAYO/Resident's
Birthdays



TACO
BAR



May 5th @ 11:30am



10:00am
"HAIRCUTS"
w/Ashley
Wednesday,
May 6th
@ 10:00am



Grilling Day
W/Stephen
Wednesday,
May 6th
@ 10:30am

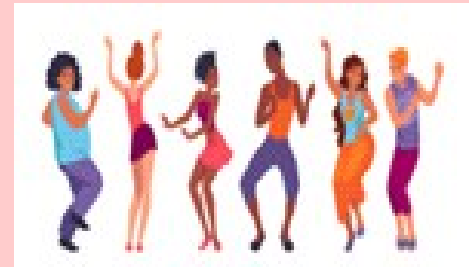


Board Liaison
Vickie
Thursday, May 7
@ 9:00am^h

RESIDENT'S
ICE CREAM SOCIAL
FRIDAY, MAY 15TH
@ 2:30PM



Mother's Day Karaoke
Tuesday, May 19th
@ 12:00pm



Resident Dance
Wednesday, May 20th
@ 3:00pm

Thursday,
May 27th @ 9:00am



Paparazzi Jewelry



MOTHER'S DAY TEA PARTY

Thursday, May 28th @ 2:00pm



Computer Network Center Coordinator:



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 #:	

OLDER AMERICANS MONTH MAY

Older Americans Month 2026 Theme: **Champion Your Health**

**Older American Month
Champion Your Health**

Power Point w/Troy

Thursday, May 21st @ 2:00pm

Older American Month 2026 theme, "Champion Your Health"
Every May, the Administration for Community Living (ACL) leads the Nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlights aging trends, and reaffirm our commitment to serving older adults.

The 2026 theme, Champion Your health, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing Your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence. Join us in highlighting the importance of evidence-based approaches, self-management, and community partnership that empower individuals to lead their healthiest lives.

Strauss Manor's April 2026 Highlights

Look at what we've been doing in sewing class!

ONE
stitch
AT A
Time



Ice Cream Social





Welcome to our GARDEN



THE HOME DEPOT

OUR GARDEN SUPPLIES WERE SPONSORED BY HOME DEPOT



WE ♥ OUR VOLUNTEERS





Barbara Kirkpatrick
August 23rd 1953~April 16th 2026

Memorial Service
May 11th, 2026 @ 2:00pm
in the MPR

IN LOVING
Memory

MAY 2026
B'NAI B'RITH
GERD & INGE STRAUSS
MANOR



TROY J PEARSON—WELLNESS DIRECTOR



WHAT? CINCO DE MAYO CELEBRATION
WHERE? MULTI-PURPOSE ROOM
WHEN? TUESDAY, MAY 5TH AT 11:30AM
TACO BAR, LIVE MUSIC, FUN GAMES AND PRIZES,
SOMBREROS, MARACAS!!!



WELLNESS CENTER CALENDAR MAY 2026

TUESDAY, MAY 5TH

11:30AM—CINCO DE MAYO CELEBRATION!!!

THURSDAY, MAY 7TH

NO CLASSES

TUESDAY, MAY 12TH

11:30AM—UPPER BODY STRETCH (INTERACTIVE)

2:00PM—HANDBELLS (INTERACTIVE)

THURSDAY, MAY 14TH

NOON—SHOULDER MOBILITY (INTERACTIVE)

2:00PM—HIP MOBILITY (INTERACTIVE)

TUESDAY, MAY 19TH

NOON—MOTHER'S DAY KARAOKE

2:00PM—LOWER BODY STRETCH

(INTERACTIVE)

THURSDAY, MAY 21ST

NOON- HANDBELLS (INTERACTIVE)

2:00PM—HEALTHY AGING POWERPOINT

TUESDAY, MAY 26TH

NOON—CHAIR DANCING (VIDEO)

2:00PM—AGELESS YOGA (VIDEO)

THURSDAY, MAY 28TH

NOON- CHAIR-TAI CHI (VIDEO)

2:00PM—HIGH TEA (INTERACTIVE)



Resident Activities May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>Monday-Saturday @ 9:00am</p>		 <p>MAY IS NATIONAL MENTAL HEALTH AWARENESS MONTH</p>	<p>Piano Time w/Tatyana Mondays & Thursdays @ 5:00pm</p> 	<p>1 May Day **10:45am COME JOIN OUR BIBLE Study 3:00pm MOVIE TIME</p> 	<p>2 Ping Pong/ Card Games Day</p> 
<p>3</p>	<p>49:00am AVON 2:00pm RESEARCH FOR LIFE Ice Cream Social 2:00pm BINGO</p> 	<p>5 11:30am Cinco De Mayo Taco Bar Happy Cinco de Mayo</p> 	<p>6 10:00am Haircuts</p>  <p>10:30am</p> 	<p>7 9:00am Board Liaison Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz 2:00pm Internet Safety Class W/Austin</p>	<p>8 **10:45am COME JOIN OUR BIBLE Study 3:00pm MOVIE TIME</p> 	<p>9 Ping Pong/ Card Games Day</p> 
<p>10</p> 	<p>11 9:30am HOSPICE of the VALLEY 10:00am 2:00pm Barbara Kirkpatrick's Memorial Service</p> 	<p>12 Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p>13 9:00am Advisa Care Home Health Fall Risk In-Service</p>	<p>14 Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p>15 **10:45am COME JOIN OUR BIBLE Study 2:30pm CREAM SOCIAL 3:00pm MOVIE TIME</p> 	<p>16 Ping Pong/ Card Games Day</p> 
<p>SC and Manager will be attending the B'nai B'rith Conference</p>						
<p>17</p>	<p>18 10:00am  2:00pm BINGO</p>	<p>19 12:00pm Mother's Day Karaoke Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz 2:00pm Movie: Field of Dreams W/Austin</p>	<p>20 9:00am Devon Gables Blood Pressure Clinic 11:30am Spring Luncheon 3:00pm Dance</p> 	<p>21 9:00am Harmony Hospice Symphony Comes To You 2:00pm Older American Month Champion Your Health Power Point W/Troy</p>	<p>22 **10:45am COME JOIN OUR BIBLE Study 3:00pm MOVIE TIME</p> 	<p>23 Ping Pong/ Card Games Day</p> 
<p>24</p>	<p>25 Offices Closed Happy MEMORIAL DAY 2:00pm BINGO</p>	<p>26 9:00am National Mental Health Awareness Month Presentation W/ArchWell & Aria Hospice Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz</p>	<p>27 9:00am  Paparazzi Jewelry</p>	<p>28 Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz 2:00pm High Tea</p> 	<p>29 **10:45am COME JOIN OUR BIBLE Study 3:00pm MOVIE TIME</p> 	<p>30 Ping Pong/ Card Games Day</p> 
<p>31</p>				<p>MOTHER'S DAY AFTERNOON TEA</p> 		