



# Strauss Manor Monthly Newsletter June 2026

## Important Numbers



### Office Hours:

Monday – Friday  
8:00 AM – 5:00PM

### Manager

(520) 722 – 9015

Veronica Dicochea

### 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

If Life Threatening or  
Emergency Call 911

### Housekeeping

Monica George

For TTY/TDD hearing  
impaired users

1-800-367-8939

Pima Council on Aging  
Information and Help

(520) 790 - 7262

### Board Liaison

Vicky

 Join us

Strauss Manor

Website

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

### Strauss Manor

370 N Pantano Rd.

Tucson, Az. 85710



Happy First Day of  
Summer!  
June 21, 2026

Our newsletter is printed courtesy of Senior Med Solutions  
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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# From the Desk of...

**Your Service Coordinator**

Hello Residents and Happy June!

I just want to remind everyone to keep well hydrated and stay safe during our warmer weather. Make sure you are drinking enough fluids, wearing sunscreen, and coming inside to cool off when you feel too hot.

We are looking forward to sitting outside more to get some vitamin D and fresh air. We have more exciting activities and events planned for you this month.

On Thursday, June 18<sup>th</sup> we will have a Father's Day celebration to honor the men who have molded us into the people we are today!

For some, Father's Day is a joyous day where time is spent recognizing their father and the impact they have made on their children's lives.

For others, this is a difficult day remembering someone they miss dearly. Happy Father's Day to all of the dads and grandfathers who have helped shape the lives of others.



*"To the world, you are a dad. But to our family, you are the world"*  
(author unknown).

We will also be celebrating resident birthdays and June holidays on that same day. (Thursday, June 18<sup>th</sup>, 2026)

Please take a look at your calendar, there are a few activities scheduled. Everyone is welcome.

I hope to see more of you at our events, programs, and in-services.

Please be mindful that 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.

Please keep in mind that there may be times and circumstances that would not allow me to give proper notice.

If you see someone new you don't know, please introduce yourself and make them feel welcome.

The offices will be closed on Friday, June 19<sup>th</sup>, for the Juneteenth holiday.

I hope everyone has an exciting month,  
Luz Servin~ Service Coordinator

# Happy FATHER'S Day

# 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.



**ArchWell**  
HEALTH

June is



ALZHEIMER'S & BRAIN HEALTH AWARENESS MONTH

Tuesday, June 9<sup>th</sup> @ 9:00am  
@ 9:00am



**Blood Pressure Check**  
by Devon Gables

Wednesday, June 10<sup>th</sup> @ 9:00am

**Harmoney**  
HOSPICE  
— YOUR COMMUNITY. YOUR HOSPICE. —

**Harness Your Health**  
Wednesday, June 24<sup>th</sup>  
@ 9:00am

## What's Happening

**THIS MONTH!**



Monday-Saturday  
@ 9:00am

**Grilling Day!**  
Wednesday,  
June 3<sup>rd</sup> @10:30am



**Ice Cream Social**  
Tuesday, June 9<sup>th</sup>  
@2:00pm



**Movie Time**  
Fridays  
@ 3:00pm



Wednesday,  
June 10<sup>th</sup> @2:00pm



**Dance Time**  
Friday, June 17<sup>th</sup>  
@ 3:00pm



**Ice Cream Social**  
Friday, June 19<sup>th</sup>  
@ 2:30pm



**High Tea**  
Thursday, June 25<sup>th</sup>  
@ 2:00pm



Tucson Electric Power  
**HOME ENERGIZER  
WORKSHOP**



## TEP Home Energy Workshop

The TEP Energizer Workshop will be @ Strauss Manor on Monday, June 29<sup>th</sup> .

**Location: MPR**

**Time: 9:00 AM - 10:30 AM**

**Coffee will be available in the MPR during the presentation,  
and light snacks will be provided.**

**We hope you can join us!**

### Managers Corner:

**Please be respectful of others and help keep our building beautiful.  
Management would appreciate your cooperation with the following:**

Residents, you can help our building costs by adjusting your thermostats to a comfortable level, closing windows when the air conditioner is running, and turning off lights when not in use in your apartment.

We appreciate those of you who take the responsibility of using electricity as needed, but mindful of helping with the costs of operating our building.

Again, thank you to those residents who turn off the lights (when last person to leave) in the common areas when exiting the library, exercise room, etc.

Please do not remove any items from other resident's shelves/door areas or common areas in the building...**this is theft.**

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.

Please be considerate and respectful of each other and our building.

Just a reminder, we have designated residents to water the plants, please do not water the plants if you're not assigned for the job.

**Please do not throw glass, dirty diapers, or cat litter in the trash shuts. Make sure you dispose them out in the outside dumpsters.**

Thank you for your consideration,  
Management



**Flag Day (June 14<sup>th</sup>), is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation....one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon. As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride!**

*The United States Army also celebrates its birthday on this day. (June 14<sup>th</sup>) One year earlier the United States declared Independence from Great Britain with the signing of the Declaration of Independence on July 4, 1776.*

\*\*\*\*\*



**What Is Juneteenth?**

On January 1, 1863, during the Civil War, U.S. President Abraham Lincoln issued the Emancipation Proclamation. It granted freedom to “all persons held as slaves” in 10 Confederate-controlled states.

Juneteenth is celebrated annually on the 19th of June; this federal holiday commemorates the end of slavery in the United States.

\*\*\*\*\*



**It's that time of year in the Old Pueblo when the temperatures start to soar!**



**Please remember to use sun screen and a wide-brimmed hat when going outdoors.**



**It is also important to drink plenty of fluids to stay hydrated. At least 6-8, 10 ounce glasses of water per day is recommended.**



# HEALTH AND WELLNESS

## What are the stages of Alzheimer's?

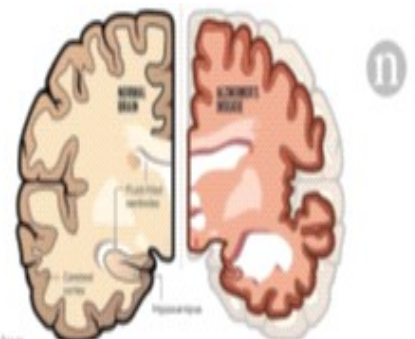
Alzheimer's disease is broken into seven stages.

- **Stage 1:** No Impairment. Alzheimer's is not detectable, and no memory problems or other symptoms of dementia are evident.
- **Stage 2:** Very Mild Decline. There may be minor memory problems, but it isn't easy to distinguish from normal age-related memory loss.
- **Stage 3:** Mild Decline. Family members and friends may begin to notice cognitive problems. Performance on memory tests is affected. Physicians will be able to detect impaired cognitive function.
- **Stage 4:** Moderate Decline. Clear-cut symptoms of the disease are apparent. Memories are becoming foggy, basic math is difficult, and day-to-day financial management is challenging.
- **Stage 5:** Moderately Severe Decline. By this stage, a person with AD may experience significant confusion. While they usually still know their family members, can bathe themselves, and use the bathroom alone, they may have difficulty with tasks such as dressing themselves.
- **Stage 6:** Severe Decline. At this stage, a person with Alzheimer's needs constant supervision. They experience significant confusion, may be unable to recognize most people, may lose bladder and bowel control, and may wander off.
- **Stages 7:** Very Severe Decline. In stage seven of the disease, people lose the ability to communicate or respond to their environment.

## June is National Alzheimer's & Brain Awareness Month

Worldwide, there are at least 44 million people living with Alzheimer's.

According to the Alzheimer's Research and Prevention Foundation, regular physical exercise can reduce your risk of develop Alzheimer's disease by up to 50 percent.



Adapted from  
Illustration by Stacy Jensen/  
Alzheimer's Association



# FATHER'S DAY

## WORD SEARCH PUZZLE

BEST  
BRAVE  
BREAKFAST  
CARD  
CARING  
CELEBRATE  
CHILDREN  
DADDY  
FAMILY  
FATHER  
FRIEND  
FUN  
GIFT  
GRANDPA  
HAPPY  
HERO  
HOLIDAY  
HONOR  
JOKES  
LOVE  
NURTURE  
PAPA  
PARENT  
PRESENT  
PROUD  
RESPECT  
SPECIAL  
STRONG  
VALUES

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.



Name: .....

Date: .....

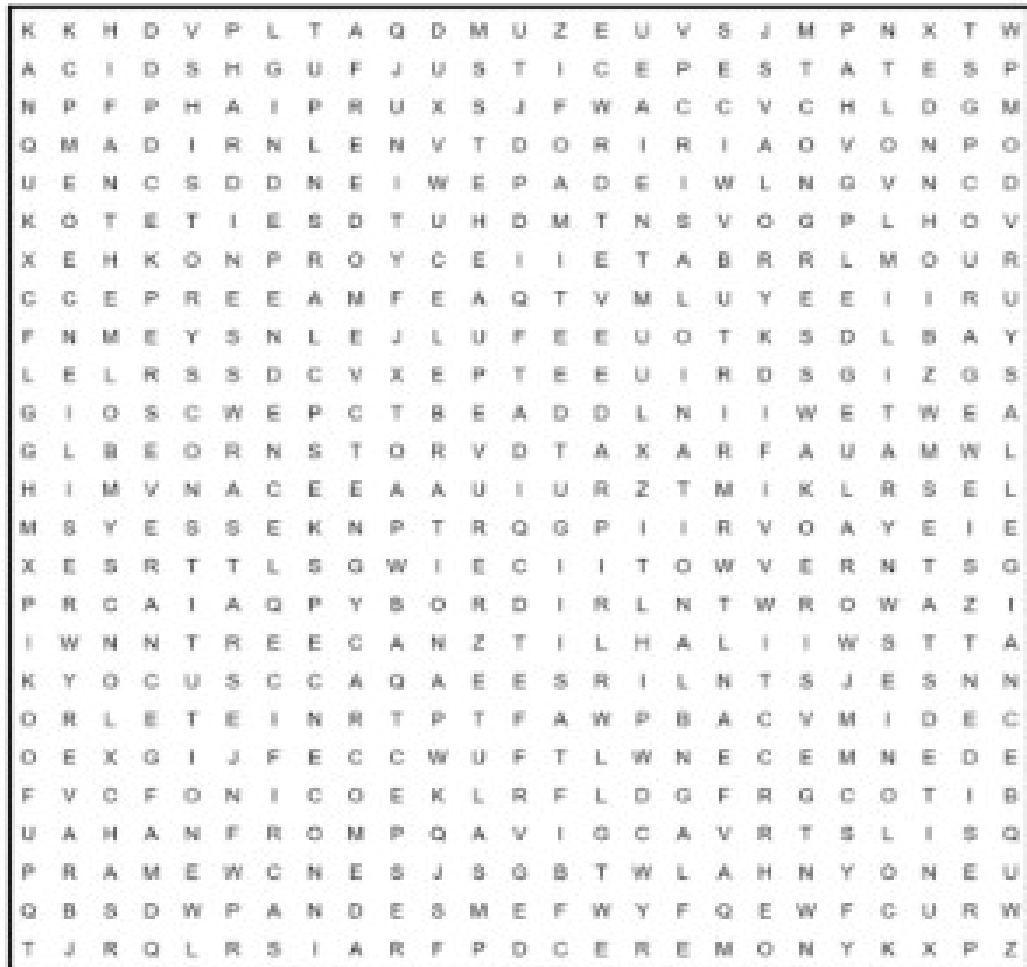
# Flag Day Word Search Puzzle



### Instructions

Find the hidden words in the puzzle and circle them.  
The words can go up, down, left, right, or diagonally.  
Make sure to look in all directions to find all the words. Good luck!

- Flag
- Patriotism
- Stars
- Stripes
- Freedom
- Independence
- United States
- Symbol
- Red
- White
- Blue
- Pride
- Liberty
- Honor
- Constitution
- Allegiance
- Ceremony
- Memorial
- Parade
- Veterans
- Sacrifice
- Democracy
- Anthem
- Resilience
- Unity
- Perseverance



- Courage
- Bravery
- Congress
- Salute
- Respect
- Purity
- Equality
- Military
- Nation
- Glory
- History
- Vigilance
- President
- Peace
- National
- Hardiness
- Justice
- States
- Pledge
- Valor
- Innocence
- Colonies
- Celebration
- Etiquette

# JUNETEENTH WORD SEARCH

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

EMANCIPATION  
FREEDOM  
JUBILATION  
CELEBRATION  
LIBERATION

SLAVERY  
INDEPENDENCE  
HISTORY  
COMMEMORATION  
EQUALITY

TEXAS  
UNION  
RECONSTRUCTION  
LEGACY  
HERITAGE

LIBERATION  
JUNETEENTH  
ABOLITION  
AFRICAN  
RESILIENCE

**JUNE 2026**  
**B'NAI B'RITH**  
**GERD & INGE STRAUSS**  
**MANOR**



**TROY J PEARSON—WELLNESS DIRECTOR**

## **Osteoporosis Facts**

### **What Is Osteoporosis?**

Osteoporosis is a disease that weakens bones, and gets worse over time. Some simple, everyday activities can become a fracture risk. Many women don't even know they have osteoporosis until they break a bone.

### **You can do more to reduce your risk:**

- Identify trip hazards in your home to prevent falls
- Take vitamin D and calcium as directed by your doctor.
  - Eat a well-balanced diet.
  - Ask your doctor if any of your medications may increase your fall risk.
- Have your eyesight checked—good vision can help prevent falls.
- Exercise can help prevent falls by improving your balance and strength.

# WELLNESS CENTER CALENDAR JUNE 2026



TUESDAY, JUNE 2ND

NOON–HANDBELLS (INTERACTIVE)

2:00PM–CARDIO-DRUMMING (INTERACTIVE)



THURSDAY, JUNE 4TH

NOON–CHAIR TAI-CHI (VIDEO)

2:00PM–BALANCE & BREATH (VIDEO)

TUESDAY, JUNE 9TH

NOON–SIT & BE FIT (VIDEO)

2:00PM–CHAIR DANCING (VIDEO)

THURSDAY, JUNE 11TH

NOON–SHOULDER MOBILITY (INTERACTIVE)

2:00PM–HIP MOBILITY (INTERACTIVE)

TUESDAY, JUNE 16TH



NOON–UPPER BODY STRETCH (INTERACTIVE)

2:00PM–LOWER BODY STRETCH

(INTERACTIVE)



THURSDAY, JUNE 18TH

11:30AM–FATHER'S DAY/MAY BIRTHDAYS

2:00PM–AGELESS YOGA (VIDEO)

TUESDAY, JUNE 23RD

NOON–SIMPLY SEATED (VIDEO)

2:00PM–CARDIO DRUMMING (INTERACTIVE)

THURSDAY, JUNE 25TH

NOON- CHAIR-TAI CHI (VIDEO)

2:00PM–HIGH TEA (INTERACTIVE)

TUESDAY, JUNE 30TH

11:30AM–RESIDENT APPRECIATION CELEBRATION

2:00PM–CHAIR STRETCH & STRENGTH (VIDEO)



# Resident Activities June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Monday-Saturday @ 9:00am</b>	<b>1 9:00am</b>  <b>2:00pm</b> 	<b>2</b> Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	<b>3 10:00am</b> <b>Haircuts</b>  <b>10:30am</b> 	<b>4</b> Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	<b>5 12:00pm</b> <b>Resident Karaoke W/Mike</b> <b>3:00pm</b> 	<b>6</b> <b>Ping Pong/ Card Games Day</b>  
<b>7</b>	<b>8 10:00am</b>  <b>2:00pm</b> 	<b>9 9:00am</b> <b>Brain Health W/ArchWell</b> Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz <b>2:00pm</b> <b>Sunset Hospice Ice Cream Social</b>	<b>10 9:00am</b> <b>Devon Gables Blood Pressure Clinic</b> <b>2:00pm</b> <b>Aria Hospice BINGO</b> 	<b>11</b> Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	<b>12 12:00pm</b> <b>Resident Karaoke W/Mike</b> <b>3:00pm</b> 	<b>13</b> <b>Ping Pong/ Card Games Day</b>  
<b>14</b> 	<b>15</b> <b>2:00pm</b> 	<b>16</b> Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz <b>2:00pm</b> <b>Social Media Class W/Austin</b>	<b>17</b> <b>3:00pm</b> <b>Dance</b> 	<b>18 11:30am</b> <b>Father's Day &amp; Resident's Birthday Celebration Luncheon</b> 	<b>19</b> <b>Offices Closed</b>  <b>2:30pm</b> <b>Ice Cream Social And Movie</b> 	<b>20</b> <b>Ping Pong/ Card Games Day</b>  
<b>21</b> <b>Summer Begins</b> 	<b>22 10:00am</b>  <b>2:00pm</b> 	<b>23</b> Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz	<b>24 9:00am</b> <b>Harmony Hospice</b> Harness your Health 	<b>25 11:30am</b> <b>ArchWell Member Luncheon @Black Bear</b> <b>2:00pm</b> <b>High Tea</b> 	<b>26 12:00pm</b> <b>Resident Karaoke W/Mike</b> <b>3:00pm</b> 	<b>27</b> <b>Ping Pong/ Card Games Day</b>  
<b>28</b>	<b>29 9:00am</b> <b>Tucson Electric Home Energizer Program</b> <b>2:00pm</b> 	<b>30</b> Medicare/DES Information 11:30am-1:00pm W/Fernando Diaz <b>11:30am</b> <b>ArchWell Resident Appreciation Luncheon</b> <b>2:00pm</b> <b>Netflix Mini Documentaries W/Austin</b>			<b>Piano Time W/Tatyana Mondays &amp; Thursdays @ 5:00pm</b> 	

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