



Important Numbers



Office Hours:

Monday – Friday
8:00 AM – 5:00PM

Manager

Veronica Dicochea
(520) 722 - 9015

For TTY users

1-800-367-8939

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
Maintenance Tech

Jose Servin
(520) 272-3172

Housekeeping

Monica George

If Life Threatening or
Emergency Call 911

Board Liaison

Vicky



Strauss Manor
Website

straussmanor.org

Pima Council on Aging
Information and Help
(520) 790 - 7262

Strauss Manor

370 N Pantano Rd.
Tucson, Az. 85710



Strauss Manor Monthly Newsletter August 2026

August

"Let the sunshine of August
inspire you to shine your
brightest." – Unknown



Resident

Hawaiian Luau
Birthday Party

ALOHA

Thursday, August 13th @ 11:30am



Our newsletter is printed courtesy of Cigna Health Plan
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**





From the desk of your Service Coordinator



Hello everyone and Happy August!

We hope everyone enjoyed July's cookout! A BIG thanks to our Board of Directors for their continual financial support, Michele Corradini for her delicious cakes, Fernando Diaz and Cruz Duran for their continual support for our events, our resident volunteers who so cheerfully give of their time and to our Tucson community volunteers. We appreciate every one of you:)

Make sure you take a look at your calendar, we have lots of great exciting activities you may want to attend.

* Avon: Monday, August 3rd, @ 9:00am.

*Alignment Health: Protect and Prosper "Protecting seniors from fraud through technology" Wednesday, August 4th @ 9:00am

*Harmony Hospice: Hydration Station presentation

Wednesday, August 5th @ 9:00am

*Haircuts w/Ashley: Wednesday, August 5th @ 10:00am.

Luz Servin~Service Coordinator

The sign up sheet will be in the coffee room.

*Resident Grilling Day: Stephen will be grilling Friday, August 7th @ 10:30am.

If you would like to have something grilled, please bring your food to the kitchen on time! Also bring a container or plate to take your food home.

*Devon Gables: Blood Pressure clinic, Wednesday, August 12th @ 9:00am in the coffee room.

*Resident Birthday Celebration: We will be celebrating August birthdays with a LUAU on Thursday, August 13th @ 11:30am. Come down and enjoy a great lunch, birthday cake, games and a Hawaiian shirt contest.

If it's your birthday month, make sure you attend so we can celebrate you:)

*Ice Cream Social: It's a great way to cool down and enjoy a summer afternoon on Friday, August 14th @ 2:30pm followed by a great movie @ 3:00pm.

*Resident Coffee and waffles: Come join us for a delicious cup of coffee along with a delicious waffle Monday August 17th @ 9:00am in the coffee room.

ArchWell Health: Tuesday, August 18th Natural Immunization Presentation @ 9:00am

*Research For Life Presentation: Body donation is a real end of life option.

Come down and learn a few things about this important subject on Wednesday, August 19th @ 9:00am in the coffee room. Donuts will be provided:)

*Community Rummage Sale: Friday, August 21st @ 9:00am in the MPR. If you wish to participate, please reserve a table, we will start setting up by 8:30am.

*Advisa Care Hospice will be joining Troy for a Hydration Presentation: Monday August 25th @ 12:00pm

*Arts and Crafts Class: Wednesday, August 26th @ 10:00am. Engaging in arts and crafts activities can be very beneficial for your mental health. It can also enhance cognitive function. Memory, and concentration, keeping your mind sharp.

*High Tea: Come join us for a cup of tea, goodies and happy conversations on Thursday, August 27th @ 2:00pm



Let's have a great month!
Luz Servin~Service Coordinator



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

Whole body donation contributes to advancing medicine
for future generations.

Presentation on

Wednesday, August 19th @ 9:00am in the coffee room

Body donation is a real end of life option.

It is the donation of one's body-not for transplant, but for
medical education and scientific research that has the power
to impact the quality of life for future generations.

For local info, you can call Madelyn @ 520-697-0741



Manager's Corner

Attention Residents!



Please let your family members, visitors, caregivers,
and other guests know that visitor parking is located on the north side of the building.

We have recently experienced a significant problem
with visitors parking in spaces assigned to residents,
making it difficult for residents to park in their designated spaces.

Parking spaces marked with an assigned letter are reserved for specific residents.

Please do not park in these assigned spaces.

Vehicles parked in reserved spaces are subject to towing at the owner's expense.

In addition, please remind your family members, visitors, caregivers,
and other guests to sign in and sign out at the front lobby when entering and leaving the building.

Thank you for your cooperation!
Management



Health & Wellness



NATIONAL DOG DAY

THUNDERSTORM SAFETY TIPS

INDOORS

Stay off of landline telephones with a cord



Don't touch any electrical equipment & unplug electronics before storm



Avoid windows and doors

Never take a shower or bath during a storm



Stay away from plumbing

OUTDOORS

Avoid tall, isolated trees



Stay out of open areas like fields or a hilltop



Stay away from water, wet items and metal objects



Spread out if you are in a group to minimize injury



Only get in a car if it is a hardtop and you can roll up the windows

Card Games Saturdays

10:30am-12:30pm

&

1:00pm-3:00pm

In the coffee room

Mexican Train



PING PONG!

The Ping Pong table will be set up in the MPR from Friday evening thru Monday noon for anyone who wishes to play.



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

Austin's August Presentations:

Tuesday, August 11th
2:00pm

Smartphone/Tablet 101

Thursday, August 20th
2:00pm

Movie
"Rocky"

It's a LUAU PARTY

Resident Birthday/Luau Party
Thursday, August 13th
@11:30am



High Tea
Thursday, August 27th
@ 2:00pm



August Word Search

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

BIKING

POOL

READING

FRIENDS

POPSICLES

SNOW CONE

RELAX

TRAVEL

SUMMER

ICE CREAM

LEMONADE

FUN

STRAUSS MANOR'S

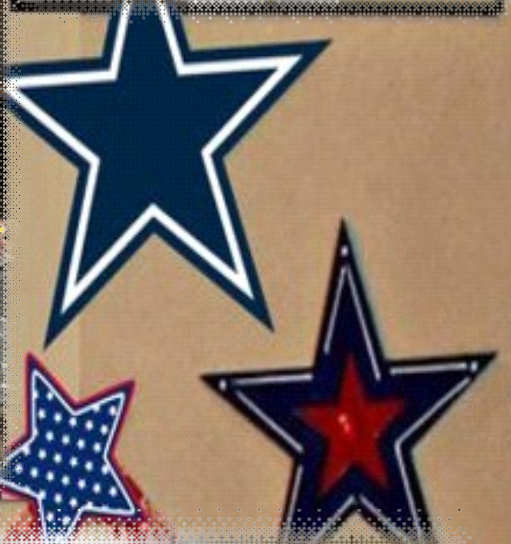
4th of July Celebration

USA
*Happy 250th
Birthday*
★ 1776 - 2026 ★





4th
of JULY
INDEPENDENCE DAY





LOVE YOUR BODY!

1. Olive oil, green tea and leafy greens (broccoli, spinach and kale)

Each of these antioxidant superfoods helps fight inflammation. And while inflammation is the body's natural response to injury, uncontrolled inflammation over time can damage the brain. Intervene with these anti-inflammatory foods before neurons die, and you may be able to restore normal brain function, says Paula C. Bickford, professor of neurosurgery and brain repair at the University of South Florida.

2. Beets, tomatoes and avocados

These three darkly-hued foods help ensure that your brain receives the blood it needs to stay sharp. Studies suggest increased blood flow to the brain promotes neuron growth in the hippocampus, the area of the brain associated with learning and memory.

3. Nuts (especially walnuts), curcumin and pomegranates

These foods work deep in the brain to fight amyloid plaques. While amyloid is required for brain cells to communicate, when it accumulates several thousand times beyond normal levels, it forms plaques. These plaques kill neurons while creating inflammation, which kills even more neurons.

4. Fish, blueberries, grapes, coffee and dark chocolate

These nutrient powerhouses have been shown to increase the level of brain-derived neurotrophic factor (BDNF), a protein that supports the growth of new neurons. "It's like Miracle-Gro for the brain," says Fotuhi. "Stimulating the release of BDNF not only reverses the effects of aging, but also triggers the brain to make more neurons."



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



TROY J PEARSON—WELLNESS DIRECTOR

BENEFITS OF STRENGTH TRAINING

Strength training can be an important part of an active lifestyle for older adults. It can help improve strength and mobility, reduce the risk of falls, and maintain bone density.

A person does not need to perform strength training at a gym with heavy weights. They can carry out strength training exercises at home with their own body weight, light weights, or resistance bands.

The National Institute of Health notes that some of the benefits of strength training for older adults include:

- maintaining muscle mass
- improving mobility
- increasing the healthy years of life

People begin to slowly lose muscle mass after the age of 35. This process quickens once females turn 65 years and males turn 70. However, regular strength training can help a person maintain their muscle mass for longer.

Maintaining muscle mass can also help with mobility and balance. This can help reduce the risk of falls and allow older adults to keep their independence for longer.

WELLNESS CENTER CALENDAR AUGUST 2026



TUESDAY, AUGUST 4TH

NO CLASSES

THURSDAY, AUGUST 6TH

NOON—HANDBELLS (INTERACTIVE)

2:00PM—BALANCE & BREATH

TUESDAY, AUGUST 11TH

NOON—SIMPLY SEATED (VIDEO)

2:00PM—CARDIO-DRUMMING (INTERACTIVE)

THURSDAY, AUGUST 13TH

11:30AM—TIKI PARTY!!!

TUESDAY, AUGUST 18TH

NOON—UPPER BODY STRETCH
(INTERACTIVE)

2:00PM—LOWER BODY STRETCH
(INTERACTIVE)

THURSDAY, AUGUST 20TH

NOON—CHAIR-DANCING (VIDEO)

2:00PM—AGELESS YOGA (VIDEO)

TUESDAY, AUGUST 25TH

NOON—HYDRATION CLINIC (INTERACTIVE)

THURSDAY, AUGUST 27TH

NOON—SIT & BE FIT (VIDEO)

2:00PM—HIGH TEA (INTERACTIVE)



Resident Activities August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Coffee Time Monday-Saturday @ 9:00am  Tatyana's Piano Time Mondays & Thursdays @ 5:00PM 						
						1 Ping Pong/ Card Games Day 
2 	3 9:00AM AVON 2:00pm 	4 9:00am PROTECT and PROSPER "Protecting Seniors from Fraud through Technology" W/Alignment Health	5 9:00am Hydration Station W/ Harmony HOSPICE 10:00am Haircuts	6 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz	7 10:30am BBQ 3:00pm 	8 Ping Pong/ Card Games Day 
9 	10 10:00am  2:00pm 	11 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz 2:00pm Smartphone/ Tablet 101 w/Austin	12 9:00am Devon Gables Blood Pressure Clinic 	13 11:30am Resident Birthday & LUAU Party 	14 2:30pm Ice Cream Social  3:00pm 	15 Ping Pong/ Card Games Day 
16 	17 9:00am Waffles @ coffee time  2:00pm 	18 9:00am ArchWell Health Natural Immunization Presentation 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz	19 9:00am Research For Life 2:00pm Piano Recital of David Gerard Landcaster	20 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz 2:00pm Movie "Rocky" w/Austin	21 9:00am Community TUMMAGE Sale  3:00pm 	22 Ping Pong/ Card Games Day 
23 	24 10:00am  2:00pm 	25 12:00pm Hydration Presentation W/Troy and AdvisaCare 	26 10:00am Arts & Crafts 	27 11:30am-1:00pm Medicare/DES Information W/Fernando Diaz 2:00pm High Tea 	28  3:00pm 	29 Ping Pong/ Card Games Day 
30 	31 2:00pm 					