



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

If Life Threatening or
Emergency Call 911

Housekeeping

Monica George

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 September 2026



September 2006-September 2026



Photo Credit: Phil Chevanne

**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 boletín 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**





September Newsletter: Celebrating 20 Years!

This September, our newsletter is dedicated to the Strauss Family as we celebrate 20 years of providing safe and affordable housing for low-income seniors. We are proud to honor this important milestone and the community that has made it possible.

Important September Schedule

There will be no activities or events scheduled during the first two weeks of September as we prepare our building for the 20th anniversary celebration. Austin will be available for appointments.

Please be sure to check your calendar regularly for important dates and updates.

Carpet Cleaning

As part of our preparations, carpet cleaners will be working on both floors on different dates. Staff will be working on the building. Please pay close attention to the schedule and be aware of caution signs throughout the building.

For your safety, please follow all posted signs and use extra care when walking through areas where cleaning is taking place.

Thank you for your patience and cooperation as we prepare to celebrate this wonderful milestone together!

Happy 20th Anniversary!

*From the desk of
your Service Coordinator
Luz Servin*

Please join us to
Celebrate 20 years of
Strauss Manor
providing exceptional senior
housing for
low income residents.

Thursday, September 17th
@ 11:30am

Lunch will be provided





Twenty years ago, September 2006,
B'nai B'rith Gerd and Inge Strauss Manor opened
their doors to the public. A not-for-profit HUD federal program that expressly addresses
the need for affordable elderly housing for low-income seniors.

Founded by Gerd & Inge Strauss on the promise of compassion
and devotion for every person they encountered.

Since then, we have been blessed to meet and care for many
seniors and their families who have become part of our community.

We cherish every person and family member we've had the pleasure of serving.
Over the past 20 years, our community has continue to grow with the help of many
outside volunteers and community based contacts.

We've added programs, events and classes to better meet the
changing needs of our senior residents. Strauss Manor- a name that reflects our
commitment to live our promise every day for the next years and beyond.





GERD & INGE STRAUSS MANOR ON PANTANO



Gerd Strauss February 23rd, 1918-December 30th, 2008

Mr. Strauss's last visit to Strauss Manor was on November 21st, 2008

Mr. Strauss strived to bring happiness to others. He was generous, loving, outreaching, strong willed, persistent, determined to get his mission accomplished to provide low income housing for seniors. He will be remembered for the difference he made in so many lives and the deeds he accomplished.

An active member of the Holocaust survivors group in Tucson, he taught thousands of students about the Holocaust. Son of Moritz and Emma Strauss, Nee Schaumberg, both victims of the Holocaust. Married his childhood sweetheart, Inge (Liebman) who passed away in 2003.

Mr. Gerd Strauss (of blessed memory)
passed away December 30th, 2008





Strauss Manor Location Before the Construction Began



Meeting the need/A great idea is born



Introducing the concept/Planning begins



Breaking new ground/Original construction begins



Welcoming new residents/Comforts of home

1st Strauss Manor Staff



Manager
Mary Velasco



Service Coordinator
Luz Servin



Maintenance
Marco Quevedo

Carol Trombino & Petina
(Petina passed away 12/15/2021)

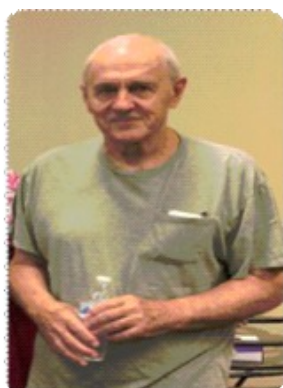


2006

Residents



Manuela Clarke



Art Knickerbocker

2007

Residents

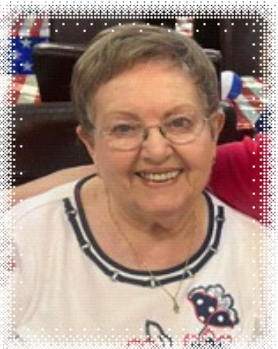


Maria Hernandez



2008

Residents



Neonila Gertsovich



Carolyn Graf



Dwanna Guffey



First Christmas 2006



First Christmas 2006



Walmart Fashion Show 2006



**Strauss Manor's
Neighborhood
Network Center
Inauguration
2007**

*Kathy McElvain,
Michael Strauss,
Patty Vallance
and Gerd Strauss*

BLAST from the **PAST**

**2006
2007**

Events



Coffee time 2007



First Resident Volunteers



2nd Halloween celebration 2007

Strauss Manor's

TIMELINE



2nd Halloween celebration 2007



First resident coffee 2006

TEP's Resident Valentine's Day 2008



Tucson Electric Power employees' first year of sponsoring our residents for Christmas-2007



2013



TEP's 2nd Resident Christmas 2008



Our Intergenerational program 2014



Resident Christmas sponsored by Twilight Wish Foundation 2015



Strauss Manor Resident Luau August 2022



2013



2015



2016



2017



MERRY CHRISTMAS
STRAUSS MANOR TEAM
2018



2020



2021



2022



2023



2024/2025

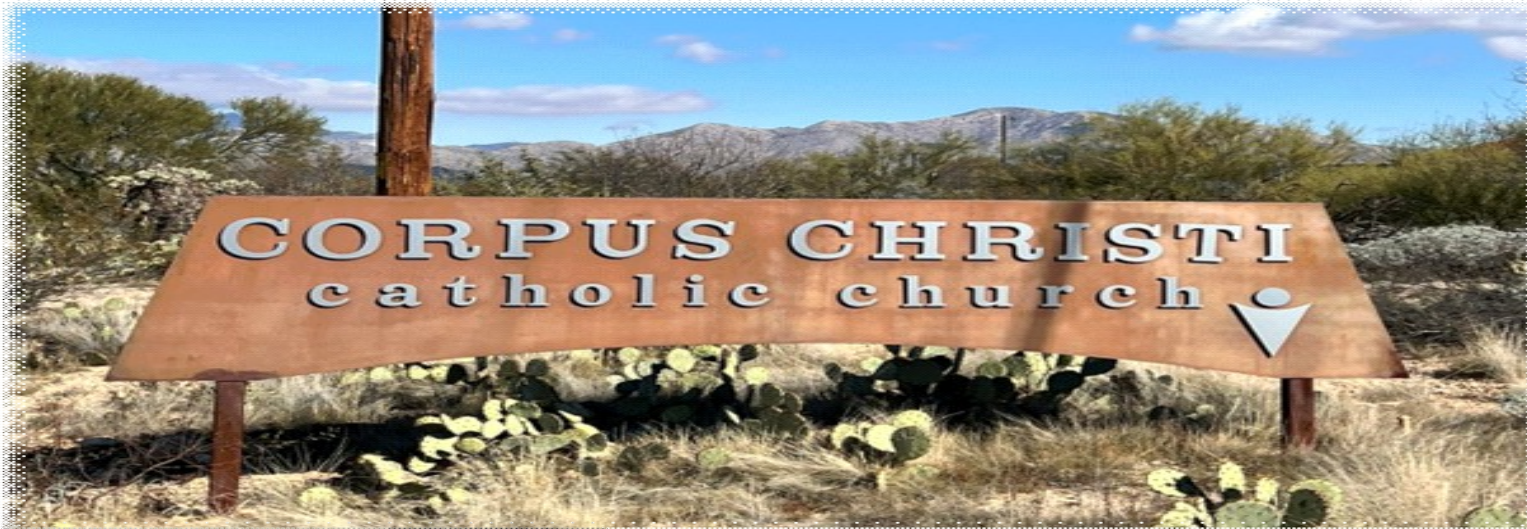


2025/2026



G
R
A
T
E
F
U
L





Thanks Corpus Christi
FOR YOUR GENEROSITY
We greatly appreciate you!





Strauss Manor Events 2006-2009



Tucson Electric Power Company



AUGUST HAPPENINGS



L
U
A
U





AUGUST BIRTHDAYS





September 11, 2001 is a day that many will never forget. After the terrorist attacks on our World Trade Center and the Pentagon, many Americans' lives were changed forever. Let's remember that day, fill our hearts with strength and pay tribute to those who lost their lives on 9/11.

HAPPY LABOR DAY

Monday, September 7th 2026



Artist



Doctor



Nurse



Mechanic



Farmer



Reporter

Happy Grandparents Day!



In 1978, the first Sunday after Labor Day was proclaimed National Grandparents Day. It is a day to honor those who have helped shape the character of our Nation, and thank these role models for their immeasurable acts of love, care, and understanding.



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.



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



TROY J PEARSON—WELLNESS DIRECTOR

RESISTANCE TRAINING FOR HEALTHIER AGING

Health professionals strongly encourage those over the age of 65 to participate in resistance training programs. Working out just once or twice a week can dramatically improve your health. Blood pressure, cholesterol levels, and blood glucose levels, all of which are common problem areas in older adults, can begin to improve.

In addition to this, resistance training helps to reduce inflammation, which can increase your risk of heart disease, diabetes, and some forms of cancer.

Given that the immune system begins to slow as the body ages, anything you can do to reduce inflammation will help protect you from these all too common conditions. Dietary changes will only do so much, but regular exercise can make a big difference.

Resistance training also helps to improve your quality of life. As a result of fine-tuning the muscles with these workouts, you are better able to perform everyday activities and chores without pain. Lifting shopping bags, walking up and down stairs, and gardening are all less strenuous when your muscles are in good health and strength. Resistance training exercises are specifically designed for muscle health, making them the best option.

WELLNESS CENTER CALENDAR SEPTEMBER 2026

TUESDAY, SEPTEMBER 1ST



NO CLASSES - DUE TO PREPARATIONS FOR
ANNIVERSARY EVENT



THURSDAY, SEPTEMBER 3RD

NO CLASSES - DUE TO PREPARATIONS FOR
ANNIVERSARY EVENT

TUESDAY, SEPTEMBER 8TH

NO CLASSES - DUE TO PREPARATIONS FOR
ANNIVERSARY EVENT

THURSDAY, SEPTEMBER 10TH

NO CLASSES - DUE TO PREPARATIONS FOR
ANNIVERSARY EVENT

TUESDAY, SEPTEMBER 15TH

NO CLASSES - DUE TO PREPARATIONS FOR
ANNIVERSARY EVENT

THURSDAY, SEPTEMBER 17TH

NO CLASSES STRAUSS MANOR'S
20TH ANNIVERSARY CELEBRATION

TUESDAY, SEPTEMBER 22ND

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

THURSDAY, SEPTEMBER 24TH

1:00PM—HIGH TEA/SEPTEMBER BIRTHDAYS
(INTERACTIVE)

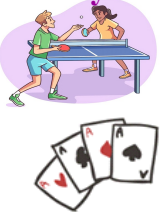
TUESDAY, SEPTEMBER 29TH

NOON—CHAIR STRETCH & STRENGTH
(VIDEO)

2:00PM—CHAIR DANCING (VIDEO)



Resident Activities September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Austin's Schedule Tuesdays & Thursdays 9:00am-5:00pm		1 	2 <i>Memories</i> are timeless treasures of the <i>Heart</i>	3	4	5 9:00am Haircuts W/Ashley 
		Coffee Room Open				
Happy Grandparents Day 	7 Offices Closed 	8 Carpet Cleaning Upstairs/Downstairs North side of building	9	10	11 9:00am Board Liaison @ Coffee time	12 Carpet Cleaning South side upstairs
		Coffee Room Closed				
13 NO ACTIVITIES SCHEDULED Carpet cleaning South side downstairs Lobby/MPR/Library/Offices Coffee Room Closed				17 11:30am 	18 3:00pm 	19  Service Coordinators! September 19 th Celebrate with me National Service Coordinator Day
20	21 9:00am TFD Fall Prevention 2:00pm BINGO	22 10:30am  Presentation W/Music	23 2:00pm Piano Recital of David Gerard Landcaster	24  1:00pm High Tea Celebrating September Birthdays	25 2:30pm  3:00pm 	26 Ping Pong/ Card Games Day 
27	28 10:00am  2:00pm BINGO	29 2:00pm AD Blockers Class W/Austin	30 3:00pm DANCE 	 Monday-Saturday @ 9:00am Tatyana's Piano Time The last 2 weeks of the month Mondays & Thursdays @ 5:00PM 		