



Important Numbers



Office Hours:

Monday – Friday
8:00 AM – 5:00PM

Manager

Veronica Dicochea
(520) 722 - 9015

For TTY users

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

If Life Threatening or

Emergency Call 911

Housekeeping

Monica George

Strauss Manor

Website

straussmanor.org



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

=====

TDD Hearing Impaired

1-800-367-8939

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Board Liaison

Vicky

=====

Strauss Manor

370 N Pantano Rd.
Tucson, Az. 85710



Strauss Manor

Monthly Newsletter

October 2026



Breast Cancer Awareness Month,
also referred to in America as
National Breast Cancer Awareness Month,
is an annual international health campaign
organized by major breast cancer
charities every October to increase
awareness of the disease and to raise funds
for research into its cause, prevention, diagnosis,
treatment and cure.

The campaign also offers information
and support to those affected by breast cancer.



HAPPY
Halloween



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



From the Desk of Your Service Coordinator ~Luz Servin~



AWARENESS MONTH
BREAST CANCER
OCTOBER



October is here, and it's officially Fall!

This can be a great time of reflection going into the holidays, with November and December quickly approaching; however, it should motivate us to rethink daily activities as the days become shorter and cooler. Hopefully we can all pull out our favorite sweaters:)

I hope everyone enjoyed our 20th year anniversary celebration last month.

We had a wonderful time honoring our 20th year anniversary and reflecting on the people who have made this journey so meaningful. We are deeply grateful for our generous sponsors, dedicated volunteers, board members, staff, Biltmore Properties, B'nai B'rith International for Senior services, and last but not least; the Strauss Family (Nicole Hill Strauss)

To our Board of Directors, thank you so much for the 20 year service award and for recognizing my work with our Strauss Manor senior community. I hope you enjoy the pictures!

***Our Fire Drill is scheduled on Friday, October 2nd @ 2:00pm.**

Please make sure you go out to your designated areas.

As flu season is also upon us, please do what you can to be safe and healthy.

***Walgreens vaccine clinic is scheduled for Monday, October 5th from 9:00am -12:00pm.**

We will be starting a knitting and crochet class twice a month.

Please look on your calendar for dates and time

***Avon with Barb on Tuesday, October 6th @ 9:00am**

***BBQ Grill Day**, bring your own food to be grilled on **Friday, October 9th @ 10:45am.**

***We will be closed on Monday, October 12th in observance of Columbus Day.**

***Devon Gables High Blood Pressure Clinic Wednesday, October 14th at 9:00am**

***Dance for Fun**, come down to the MPR on **Wednesday, October 14th @ 3:00pm**

for an hour of dancing. Dance like no one is watching!

***I have scheduled a Senior Health Fair on Wednesday, October 22nd From 9:00am-12:00pm**

in the MPR. Come down for some great info and resources.

All of the topics presented are focused on health promotional/health prevention topics.

Come join us for **High Tea, Thursday, October 22nd @2:00PM** in the MPR.

***ArchWell Health, Breast Cancer Awareness presentation Tuesday, October 27th @ 9:00am**

***Friday, October 30th** we will be having Strauss Manor's **Halloween Party.**

We will also be celebrating October birthdays with a delicious luncheon.

Michelle will be bringing her delicious cakes.

There will be lots of games and prizes for best costumes for those of you who wish to participate. You can also pick up a ticket at the door to participate in a raffle prize.

May you all have an awesome month!

Luz Servin~Service Coordinator



2006

Strauss Manor's

20th

Anniversary Celebration

2026



September 2006~September 2026





Strauss Manor Staff; Monica George, Stephen Smith, Jose Servin, Veronica Dicochea, Luz Servin Board President; Colette Altaffer and Biltmore Properties; Marilyn Thompson & Nancy Bills



Senior Med Solutions
Fernando Diaz & Rafael Rascon
Board Member; Michele Corradini
Wellness Director; Troy Pearson



Nicole Hill Strauss
Luz Servin-Service Coordinator



B'nai B'rith International
Janel Doughten



Thrivent Financial Rep
Barbara Bailey



Corpus Christi
Richard & Carol Poirier



Tucson Electric Power
Jennifer P



Strauss Manor's
Tatyana Kalina



STRAUSS MANOR

20 years Celebration





Jose & Luz Servin, Paul Cunningham and Nicole Hill Strauss



Jose Servin, Bonnie Dombrowski, Austin Garland, Carlos Hernandez and Cathy Olswing

Walgreens

Vaccination clinic



Monday, October 5th 2026

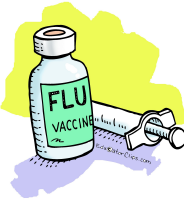
From 9:00am-12:00pm

In the Coffee Room

**If you have any questions,
please call me @ 520-722-9963**

Thank you,

Luz:)



Walgreens pharmacy

will be here on

Monday, October 5th

From 9:00am-12:00pm

administering vaccines.

**As flu season is also upon us,
please do what you can to
be safe and healthy.**

**The vaccines available are:
FLU, COVID, RSV, SHINGLES,
and PNEUMONIA.**

**We are a vulnerable population,
so keep others safe
as well. Make sure I have your vaccine
paperwork filled out before
the flu clinic date.**

**I can also help you with the forms.
As always, if you are experiencing
any sickness or flu-like symptoms,
please stay home until
you are feeling better.**

**SENIOR
HEALTH
FAIR**

When: Thursday, October 22nd 2026

Time: 9:00am-12:00pm

Strauss Manor Senior Health Fair

**All of the topics presented are focused on health
promotional/health prevention topics.**

**The purpose of the interactive health fair is to examine
a multitude of social, cultural,
historical and economic characteristics in aging.**

**This interactive health fair gives our residents an
opportunity to engage healthy,**

Community-dwelling with other older adults.

Come down and join us, you may win a prize

Manager's Corner:

Please do not remove any items from other resident's shelves/door area or in the the common areas in the building. We have a designated table in the coffee room for residents to donate or take items left on that table only.



Emergency Evacuation Plan:

The Emergency Evacuation Plan maps (first and second floors) given to every resident must be posted on the back of the exit door inside your apartment.

Please do not remove these maps. If you need additional maps, please come to the office. In addition, it is important for every resident to know what they will do should there be an emergency evacuation.

Have both: a plan and a back-up plan.

Management will continue to advise of fire drills and review the Emergency Evacuation Plan recommendations from the Tucson Fire Department with all residents.

Please see management if you have any questions, we can review at any time the recommendations from the Tucson Fire Department.

It is important to keep your completed File of Life on your refrigerator. The paramedics always look there when responding to an emergency. Please take the time to look at your File of Life and see if it needs to be up-dated or if you do not have one, please see Luz.

Please let us know if you have any questions.

Thank you,
Management:)



MEDICARE



HEALTH INSURANCE

**Medicare/Medicaid Assistance Program/SHIP
(State Health Insurance Assistance Program)**

Medicare Open Enrollment is right around the corner
and many of you may be feeling overwhelmed by plan changes,
coverage options, and enrollment decisions.

Senior Med Solutions; Fernando Diaz and Rafael Rascon
will be here on **Tuesday, October 13th @ 11:00am**
to educate us on the new upcoming benefit changes.

Benefits of this presentation:

- * Residents received accurate, up-to-date information from knowledgeable professionals.
 - * Residents have access to one-on-one support to review their coverage options.
 - * It reduced the load on staff and free up my time for other resident needs.
 - * Residents could make more informed decisions about their healthcare coverage.
- “This is not a sales event, for further assistance call your agent.”

Thank you,
Luz:)



FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !
MEDICAL DATA REVIEWED AS OF MO. YR.

Name: _____
Address: _____
Doctor: _____ Phone #: _____
Preferred Hospital: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____
Address: _____
Name: _____ Phone #: _____

FIVE WISHES®

MY WISH FOR:

The Person I Want to Make Care-Decisions for Me When I Can't

The Kind of Medical Treatment I Want or Don't Want

How Comfortable I Want to Be

How I Want People to Treat Me

What I Want My Loved Ones to Know

print your name _____

initials _____



Five Wishes Booklets and File of Life Pouch Available

Five wishes is a legal document that helps adults express how they want to be cared for in case they become seriously ill and can't speak for themselves. It is written in everyday language and covers medical, legal, personal, spiritual and family matters. It brings the peace of mind that comes from knowing your wishes will be known and respected. It is also a gift for family members who now won't have to guess or second guess what you want. I also have the File Of Life magnetic pouch. It is very important to keep the File of Life on your refrigerator.

The paramedics always look there when responding to an emergency.

Please look at your File of Life to see if it needs to be up-dated or if you don't have one call me
@ 722-9963 for either the Five Wishes or File of Life or if you need both.

Luz:)

RECIPE

Bloomin' Apples

Ingredients:

- ◊ Cooking spray
- ◊ 4 Tbsp. melted butter
- ◊ 1 Tbsp. packed brown sugar
- ◊ 1 Tbsp. granulated sugar
- ◊ 1/2 tsp. ground cinnamon
- ◊ 4 apples
- ◊ 8 chewy caramel squares
- ◊ Breyers Natural Vanilla ice cream, for serving
- ◊ Caramel, for drizzling



Directions:

Step 1. Preheat oven to 375° and grease a medium baking dish with cooking spray. In a small bowl, whisk together butter, sugars, and cinnamon.

Step 2. Slice top off of each apple then use a corer to remove core. Then if necessary, use a small spoon to remove any pieces of core left. Using a paring knife, make two circular cuts in apple. Place apple cut side down on a cutting board and slice crosswise, being careful not to cut through the core.

Step 3. Place cut apples in a small baking dish. Fill each apple with two caramel squares, then brush melted butter mixture on top. Bake until the apples are tender, about 30 minutes.

Step 4. Serve warm with ice cream and drizzle with caramel

Fall Word Search



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

ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



11 Smartest Fall Health Tips to Stay Well This Season

With the changing of seasons comes the need to make lifestyle changes, too. It's a great time to reset your health routines and continue healthy habits. A cornerstone of healthy fall habits will keep your immunity strong and your mind clear as you wrap up another busy year. Here we share 11 tips for keeping you and your team healthy all fall long.



Tip #1: Moisturize

Dry fall air can suck the moisture out of your skin, causing excessive dryness and cracks. After showering and throughout the day, be sure to moisturize with lotion to prevent skin issues like infections due to cracking.

Tip #2: Check Safety Alarms

Since most house fires increase during the fall and winter, remind employees to check both their smoke alarms and carbon monoxide alarms to ensure they're in working order. CO poisoning in particular can cause symptoms to come and go including chest pain, dizziness, and headaches.



Tip #3: Get a Flu Shot

Before the end of October, opt to get your flu shot to keep influenza away. Aside from keeping the flu away, new research shows a flu shot may also lower stroke risk by as much as 12 percent.

Tip #4: Mask Up Indoors

Those living in medium-to-high risk areas where Covid is spreading may want to continue masking up indoors. For the immune-compromised, it's also a good idea to mask up during cold and flu season as an extra precaution.



Tip #5: Focus on Financial Wellness

With the holidays coming up, it's easy to fall into the trap of spending too much. This fall, start looking at ways to regain financial stability. This may mean working with a financial advisor and/or therapist to start conversations about what that looks like to keep spending habits in check.

Tip #6: Book Those Health Appointments

Consider booking your annual eye exam, physical, and other specialist appointments now. The end of the year tends to get busy for many providers as people try to snag appointments in-between holidays.



Tip #7: Consume Healthy Foods

Unique in-season produce is available starting now. Opt to fill your plate with fibrous pumpkin, sweet pears, kale, beets, and more. Roasting squashes and root veggies make for an excellent side dish.

Tip #8: Try Crockpot Meals

Cut meal time prep down by using crockpot meals that are well-planned and nutritious. Lower cooking temperatures may help preserve nutrients that can be lost when food is cooked too fast in high heat.



Tip #9: Take Time for Self-Care

Make it a priority to take time for yourself. Doing so will keep you refreshed and ready to spend time doing your best at work and giving your full attention to loved ones. Remember, self-care is far from selfish!

Tip #10: Get Active Outside

Whether you enjoy apple picking, hiking, running, or even yard work, spend time outdoors for a mental and physical boost this fall.



Tip #11: Take Vitamin D

In colder climates, a lack of sunshine exposure can cause vitamin D levels to plummet. Consider adding a vitamin D supplement to your diet if you don't intake a lot through cereal, soy milk, orange juice or yogurt. A doc can perform a blood test to check your levels.

OCTOBER 2026

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



WHAT? ANNUAL HALLOWEEN PARTY

WHEN? THURSDAY, OCTOBER 30TH

WHERE? MULTI-PURPOSE ROOM

EARN YOUR HALLOWEEN BEADS BY PLAYING FUN GAMES,
COSTUME CONTEST AND TROPHIES FOR WINNERS, FREE
HALLOWEEN GLASSES AND HATS, FOOD AND LIVE MUSIC!!!

If you would like to become a "Ding-A-Ling" just attend
Troy's handbell class this month @2:00pm on Thursday,
October 1st and/or Tuesday, October 13th.



WELLNESS CENTER CALENDAR OCTOBER 2026



THURSDAY, OCTOBER 1ST

NOON—SIMPLY SEATED (VIDEO)

2:00PM—HANDBELLS (INTERACTIVE)

TUESDAY, OCTOBER 6TH

NOON—CHAIR TAL-CHI (VIDEO)

2:00PM—BALANCE & BREATH (VIDEO)

THURSDAY, OCTOBER 8TH

NOON—SIT & BE FIT (VIDEO)

2:00PM—CARDIO-DRUMMING (INTERACTIVE)

TUESDAY, OCTOBER 13TH

NOON—TAL-CHI (VIDEO)

2:00PM—HANDBELLS (INTERACTIVE)

THURSDAY, OCTOBER 15TH

NOON—UPPER BODY STRETCH (INTERACTIVE)

2:00PM—LOWER BODY STRETCH
(INTERACTIVE)

TUESDAY, OCTOBER 20TH

NOON—CHAIR-DANCING (VIDEO)

2:00PM—AGELESS YOGA (VIDEO)

THURSDAY, OCTOBER 22ND

NO NOON CLASS

2:00PM—HIGH TEA

TUESDAY, OCTOBER 27TH

NOON—SHOULDER MOBILITY (INTERACTIVE)

2:00PM—HIP MOBILITY (INTERACTIVE)

THURSDAY, OCTOBER 29TH

NO CLASSES

FRIDAY, OCTOBER 30TH

11:30AM—HALLOWEEN PARTY!!!



Resident Activities October 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Monday-Saturday
@ 9:00am



Austin's
Schedule
Tuesdays
&
Thursdays
9:00am-5:00pm

Tatyana's
Piano Time
Mondays &
Thursdays
@ 5:00PM



1
11:30am-1:30pm
Medicare/DES
Information
W/Fernando Diaz

2 **2:00PM
FIRE
DRILL**



3:00pm
MOVIE TIME

3 **9:00am
Haircuts**
Ping
Pong/
Card Games
Day



4



5 **9:00am-
12:00pm**

Walgreens
Vaccination clinic

2:00pm
BINGO

6 **9:00AM
AVON**

11:30am-1:30pm
Medicare/DES
Information
W/Fernando Diaz

7 **10:45am**



3:00pm
Knitting and Crochet

8
11:30am-1:30pm
Medicare/DES
Information
W/Fernando Diaz

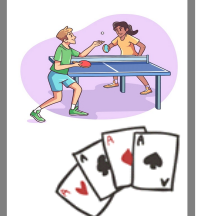
4:00ap
Music Concert
W/Rebecca &
Tatyana

9 **10:00am**



3:00pm
MOVIE TIME

10 Ping
Pong/
Card Games
Day



11



12 **Offices
Closed**



2:00pm
BINGO

13
11:00am
Medicare
Update
Information
W/
Fernando Diaz

14 **9:00am
Devon Gables
Blood Pressure
Clinic**



3:00pm
Knitting and Crochet

15
11:30am-1:30pm
Medicare/DES
Information
W/Fernando Diaz

2:00pm
Smart
Phone APPS
W/Austin

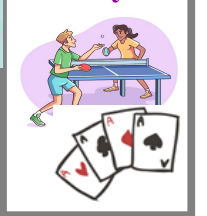
16 **NATIONAL
BOSS DAY**

2:30pm



3:00pm
MOVIE TIME

17 Ping
Pong/
Card Games
Day



18



19 **10:00am**
Sewing
Class



2:00pm
BINGO

20
11:30am-1:30pm
Medicare/DES
Information
W/Fernando Diaz

21 **9:00am**
AdvisaCare
Navigating
your
Resources

3:00pm
Knitting and Crochet

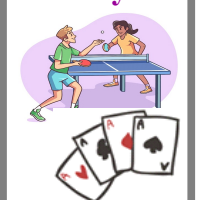
22 **9:00am-
12:00pm**
Senior
Health Fair



23

3:00pm
MOVIE TIME

24 Ping
Pong/
Card Games
Day



25



ADHD
Awareness
Month
October

26
2:00pm

BINGO

27 **9:00am**
Breast Cancer
Awareness
Month
W/ArchWell
2:00pm
The Addams
Family
The
1964 Show
W/Austin

28 **10:00am**

CRAFT
CLASS
W/Brenda
Gorby
2:00ap
Music Concert
W/David
Gerard
Landcaster/
Rebecca and
Tatyana

29 11:30am-1:30pm
Medicare/DES
Information
W/Fernando Diaz

2:00pm
High Tea

30

11:30am
Resident
Birthday/
Halloween
Celebration

31 Ping
Pong/
Card Games
Day

