



# Strauss Manor Monthly Newsletter July 2018

## Important Numbers



Office Hours:  
Monday – Friday  
9:00 AM – 5:00PM

=====  
**Manager**  
Theresa Beaty  
(520) 722 - 9015  
=====  
**Assistant Manager**  
Alex Chamberlain  
(520) 722 - 9687  
=====  
**Service Coordinator**  
Luz E. Gallego  
(520) 722 - 9963

=====  
**TDD Hearing Impaired**  
1-800-367-8939

=====  
**AFTER HOURS  
Emergency**  
Jose Servin  
(520) 272-3172

=====  
**Housekeeping**  
Salvador Tavarez  
=====  
If Life Threatening or  
Emergency Call 911  
=====  
Strauss Manor  
Website  
straussmanor.org

 Join us

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

=====  
**Wellness Director**  
Troy Pearson  
=====  
**Board Liaisons**  
Nicky & Vicky

=====  
**Strauss Manor**  
370 N Pantano Rd.  
Tucson, Az. 85710



**4th July**  
★ **Happy** ★  
**Independence Day**

*Independence Day is annually celebrated on July 4 and is often known as "the Fourth of July". It is the anniversary of the publication of the declaration of independence from Great Britain in 1776. Patriotic displays and family events are organized throughout the United States.*



**Independence Day Pot Luck!**  
Come celebrate with us on Friday, July 6<sup>th</sup> @ 11:30am  
Bring a favorite dish to share!  
Hamburgers and Hot Dogs provided by our  
Board of Directors!



**Our newsletter is printed courtesy of Tucson Electric Power  
Professionally Managed by Biltmore Properties, Inc.  
Published for the Residents of B'nai B'rith Gerd & Inge Strauss Manor on Pantano**

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, Kathy McElvain (602.997.0013 ext 104 or 1.888.843.3372 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).

# July Calendar of Events

**Monday July 2<sup>nd</sup> Avon @ 9:00am**

**Tuesday July 3<sup>rd</sup> CareMore Touch Nurse Practitioner from 8:30am-11:00am**

**Wednesday July 4<sup>th</sup> Offices Closed in Observance of Independence Day**

**Wednesday July 4<sup>th</sup> Haircuts @ 1:00pm**

**Wednesday July 4<sup>th</sup> Sing-A-Long Music Rehearsal @ 4:00pm-6:00pm**

**Thursday July 5<sup>th</sup> Golden Age Music/Play Rehearsal MPR Reserved from 6:00pm-8:00pm**

**Friday July 6<sup>th</sup> Resident's Birthday/July 4<sup>th</sup> Party Pot Luck @ 11:30am**

**Monday July 9<sup>th</sup> Food Boxes Arrive**

**Food Box Distribution is between 3:00pm-4:00pm**

**Monday July 9<sup>th</sup> Emblem Hospice Positive Quotes for Daily Living @ 9:00am**

**Tuesday July 10<sup>th</sup> PCOA Healthy Habits for Adults w/Troy @ 1:30pm**

**Wednesday July 11<sup>th</sup> Oshyn Hospice In Service on Diabetes/High Blood Pressure @ 9:00am**

**Wednesday July 11<sup>th</sup> Sing-A-Long Music Rehearsal @ 4:00pm-6:00pm**

**Thursday July 12<sup>th</sup> Golden Age Music/Play Rehearsal MPR Reserved from 6:00pm-8:00pm**

**Friday July 13<sup>th</sup> Gardening Info w/ Heather @ 10:00am (in the coffee room)**

**Monday July 16<sup>th</sup> Music Entertainment w/Charles and Paula Slagle @ 4:00pm**

**Tuesday July 17<sup>th</sup> CareMore Touch Nurse Practitioner from 8:30am-11:00am**

**Wednesday July 18<sup>th</sup> Sing-A-Long Music Rehearsal @ 4:00pm-6:00pm**

**Tuesday July 19<sup>th</sup> PCOA Healthy Habits for Adults w/Troy @ 1:30pm**

**Thursday July 19<sup>th</sup> Music Entertainment w/Mike Hardy @ 7:00pm**

**Friday July 20<sup>th</sup> National Ice cream Soda Day Social @ 1:00pm**

**Monday July 23<sup>rd</sup> Emblem Hospice Positive Quotes for Daily Living @ 9:00am**

**Tuesday July 24<sup>th</sup> CareMore Podiatrist 9:00am-11:00am**

**Wednesday July 25<sup>th</sup> Sing-A-Long Music Rehearsal @ 4:00pm-6:00pm**

**Thursday July 26<sup>th</sup> Golden Age Music/Play Rehearsal MPR Reserved from 6:00pm-8:00pm**

## Weekly Events

**Monday-Friday Coffee Time @ 9:00am**

**Mondays Bingo @ 2:00pm**

**1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month CareMore Touch Nurse Practitioner @ 8:30am-11:00am**

**Tuesdays Wellness Class @ 12:00pm**

**Tuesdays Sewing/Mending/Alterations @ 3:00pm**

**Wednesdays Games /Puzzles/ Poker etc... @ 2:00pm**

**Wednesdays Sing-A-Long Music Rehearsal @ 4:00pm-6:00pm**

**Thursdays The Book Club Bible Study @ 9:00am**

**Thursdays Wellness Class @ 12:00pm**

**Thursdays Knitting/Crochet 4:00pm-6:00pm**

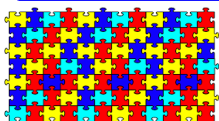
**Thursdays Golden Age Music/Play Rehearsal 6:00pm-8:00pm**

**Fridays Art Class @ 3:00pm**

**Saturdays Movie Night @ 7:00pm**

**(see the wellness full schedule on next page)**

**(Dates, times, and events subject to change without notifications)**

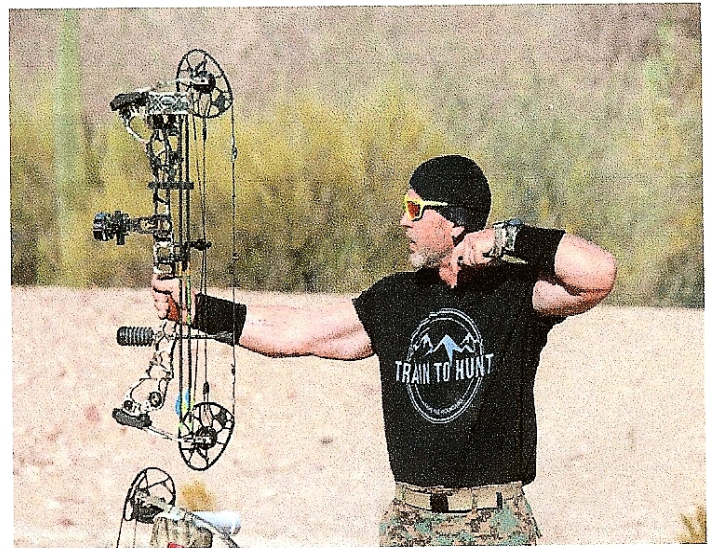


# JULY 2018

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



Troy J Pearson—Wellness Director

## PIMA COUNCIL ON AGIING HEALTHY HABITS FOR ADULTS CLASS OFFERINGS ARE BACK!!!

Healthy Habits for Adults is a series of health classes offered by Pima Council On Aging. Each class includes a healthy snack, recipe ideas, a nutrition lesson and low impact exercise. All attendees will also receive a *FREE* Healthy Living Guide.

I urge all residents and staff to take advantage of this opportunity to become healthier!

TUESDAY, JULY 10TH FROM 1:30-3:00PM IN THE MULTI-PURPOSE ROOM

PROTEIN: The Body's Own Superman—Learn about the role of protein in our body and the importance of lean protein in our diet. AND THE SKINNY ON FAT: Learn more about how foods high in fat sneak into our diet and effective ways to reduce them, without sacrificing flavor!

THURSDAY, JULY 19TH FROM 1:30-3:00PM IN THE MULTI-PURPOSE ROOM

THE WHOLE TRUTH ABOUT WHOLE GRAINS— Learn more about the benefits of eating whole grains daily and the difference between whole grains and refined grains. AND HOW SWEET IT IS: Limiting Sugar In Your Diet—Learn more about how foods high in sugar sneak into our diet and effective ways to reduce them.



**JULY 2018 WELLNESS CENTER CALENDAR**

**TUESDAY, JULY 3RD**

**12:00-12:30PM—CHAIR YOGA**

**2:00-2:30PM—AEROBICS**

**THURSDAY, JULY 5TH**

**12:00-12:30PM—CHAIR STRETCH**

**2:00-2:30PM—RESISTANCE CHAIR**

**TUESDAY, JULY 10TH**

**12:00-12:30PM—SHOULDER MOBILITY**

**1:30-3:00PM—HEALTHY HABITS FOR ADULTS**

**THURSDAY, JULY 12TH**

**12:00-12:30PM—TAI-CHI**

**1:30-3:00PM—BALANCE & BREATH**

**TUESDAY, JULY 17TH**

**12:00-12:30PM—SIT & BE FIT CLASS**

**2:00-2:45PM—LOW-IMPACT WEIGHT TRAINING**

**THURSDAY, JULY 19TH**

**12:00-12:30PM—CHAIR DANCE**

**1:30-3:00PM—HEALTHY HABITS FOR ADULTS**

**TUESDAY, JULY 24TH**

**12:00-12:30PM—CHAIR YOGA**

**2:00-2:45PM—LOW-IMPACT WEIGHT TRAINING**

**THURSDAY, JULY 26TH**

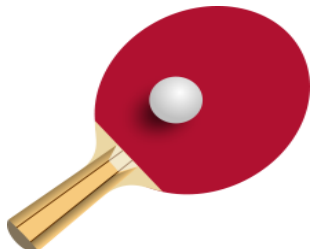
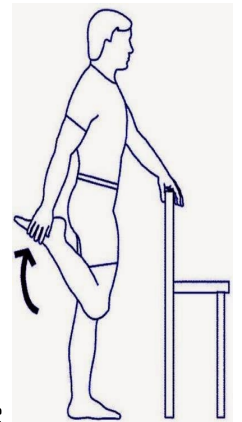
**12:00-12:30PM—TAI-CHI**

**2:00-2:30PM—PING PONG**

**TUESDAY, JULY 31ST**

**12:00-12:30PM—SIT & BE FIT**

**2:00-2:30PM—AEROBICS**



## Let Freedom Sing

This Fourth of July, celebrate both our nation's history and the history of some favorite patriotic songs:

**“America” (“My Country ‘Tis of Thee”)** — This song's lyrics, set to the melody of “God Save the King,” were written by the Rev. Samuel Francis Smith, who debuted it at an Independence Day celebration in 1831. It was used as the country's anthem for decades until “The Star-Spangled Banner” was officially given that honor in 1931.

**“America the Beautiful”** — According to Katharine Lee Bates, an English professor who wrote the words of this stirring tune in 1913, the lyrics were inspired by a prairie wagon ride she took up Pikes Peak in Colorado, where she gazed upon the breathtaking beauty of the countryside below. The music was composed in 1882 by Samuel Augustus Ward, a church organist and choirmaster.

**“You're a Grand Old Flag”** — Written by George M. Cohan for his 1906 stage show “George Washington Jr.,” this lively march was the first song from a musical to sell more than 1 million copies of sheet music.

**“Yankee Doodle”** — Although its exact origins are unknown, this upbeat ditty dates back to pre-Revolutionary War times, when British officers sang it to mock American militiamen. But in true American style, this parody has been embraced as a patriotic classic.

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## July is:

- National Anti-Boredom Month
- National Ice Cream Month
- National Hot Dog Month



4th: Independence Day and National Country Music Day

7th: National Strawberry Sundae Day

20: National Ice Cream Soda Day

## July National Ice Cream Month



Join us for National Ice Cream Soda Day

On Friday, July 20, 2018

At 1:00 p.m. in the multipurpose room



We will also be having hot dogs for lunch at our July resident pot luck Friday, July 6<sup>th</sup> @ 11:30am



**Volunteer**  
**Get Involved**  
Sign up to volunteer today!

Heartfelt  
**THANKS**  
**TO OUR VOLUNTEERS!**



**Susan Ronstadt & Grace Kati.**

These two ladies are in charge of movie night on Saturday Evenings. They make sure the movie is picked and ready to show.

**Susan** is also involved in the art class. She is the art Instructor, loves music and is one of my volunteers in charge of arranging outside local musicians to perform in our building.



Thank you both for all you do here @ Strauss Manor!

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## & Recognizing our Team Staff Members

I like to recognize our office management staff, Theresa and Alex!

These two are very committed in their job working well together as a team.

They both have the residents' best interest in mind.

We appreciate all that they do to have our building run smoothly.

Thanks for being such great team players!



# Sing-A-Long With Tatyana



Want to sing-along to some old favorites?

Looking to have a good laugh?

Experience both at our **Sing-along.**

Tatyana plays the piano and encourages you to sing with her.

We have all the music lyrics printed out so you only need to bring your lovely voice.

If you would like to enjoy the afternoon sing-ing along with friends, come down to the

**Multi-Purpose Room**  
on Wednesday's at 4:00pm.

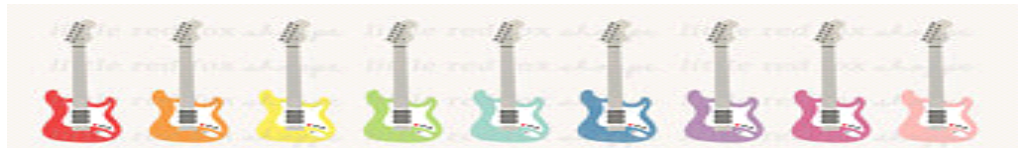


Charles & Paula Slagle

**FUN MUSICAL ENTERTAINMENT!**

Monday, July 16<sup>th</sup>, @ 4:00pm

In the multipurpose room:)



**"Just For Fun"**

**Mike Hardy**

**Thursday, July 19<sup>th</sup>, 2018**

**7:00pm**



# Fourth of July Word Search

Find the hidden words associated with the Fourth of July.

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

AMERICA  
 COLONIES  
 CONSTITUTION  
 COOKOUT  
 DECLARATION  
 FIREWORKS  
 FLAG  
 FOURTH  
 FREEDOM  
 FUN  
 GAMES  
 HOTDOGS  
 INDEPENDENCE  
 JULY  
 LIBERTY  
 PARADES  
 PARTY  
 PATRIOT  
 PICNIC  
 STARS  
 STRIPES  
 SUMMER  
 THIRTEEN



## EMERGENCY FOOD/PERSONAL HYGIENE PANTRY

If anyone needs food or other items during the month, I have an emergency pantry.

I have various items, such as non-perishable food items, canned goods, vegetables, cereal, beans, rice, etc.

I also have toothpaste, toothbrushes, toilet paper, bar soap etc.

If you need any of the above items please see me during my office hours.

Please remember the pantry is for emergency use only.

All distributions are kept confidential



## Food Plus:

Income Guide lines:  
 \$1307/mo (ind)  
 \$1760/mo (cple)



# Strauss Manor Highlights



art class



coffee time



resident pot luck



in services



wellness/exercise



# Manager's Page

## **Please dispose of trash and recycle responsibly. Management would appreciate your cooperation with the following:**

- Please do not throw loose items in the trash, all items must be in tied trash bags. If you are not using designated bags for trash (we also supply 10 per month when you pay your rent), please double bag any bags you get when shopping. The bags from the stores have small holes and break open, they must be double bagged.
- **For the safety of our maintenance staff, yourself, and others**, please take extra precaution when bagging and disposing of glass. Sometimes residents drop their keys, etc. in the trash accidentally and it is gone through to locate items. Our maintenance staff handles every bag when transferring to the dumpsters and we would appreciate everyone's consideration in disposing of trash/recycle items as appropriate.
- We have syringe disposal boxes in each trash room, please separate syringes from your trash, put in a double bag, and dispose in the boxes provided.
- Animal feces are not recyclable. Please do not put in the recycle bins.
- Electrical appliances are not recyclable. Please do not put in the recycle bins.
- Please place only trash items in the laundry room trash bin that is from use in the laundry room. Personal trash from your apartments must be placed in the trash chutes or bins in the trash rooms on the north & south sides of the building, not in common areas.
- Please do not dispose of any animal waste, including litter boxes in the indoor trash rooms. All animal waste must be disposed of in the outside trash dumpsters (in tied bags).
- Please refer to the Acceptable Recyclable Lists posted by each recycle bin.

## **Pet Agreement and Assistance Animal Agreement:**

- Pet and Assistance Animal owners have maintenance obligations as listed in the Rental Agreement Pet Agreement and Assistance Animal Agreement. Resident agrees to promptly and regularly perform the following obligations in respect to its ownership of a pet or assistance animal on the premises. Please refer to your signed Agreement regarding the following:
  - Keep the Premises and its patios, if any, clean and free of pet or assistance animal odors, insect infestation and pet or assistance animal feces, urine, waste and litter.
  - Immediately remove, clean up and appropriately dispose of any pet or assistance animal feces, waste and litter deposited by Resident's pet or assistance animal on the common grounds, shrubs, flower beds, sidewalks, access ways, parking lots and streets.
  - All pets or assistance animals must be under the control of a responsible individual while on the common area of the property. All must be effectively and appropriately restrained and under the control of a responsible individual while on the common areas of the property.



Landlord will enforce the Pet or Assistance Agreement as specified in Resident's signed Agreement. All residents with ownership of a pet or assistance animal, please review in detail your signed Agreement and comply.

Please be respectful of others and comply with your signed Lease. We have a designated area for pet or assistance animals to eliminate waste. If you cannot use the designated area, please take your pet or assistance animal out of the courtyard area and away from the building.

For those of you who are in compliance with your Pet or Assistance Animal Agreement, we thank you.

We sincerely appreciate your understanding and cooperation with these matters.

Thank you,

Theresa & Alex





## Service Coordinator's Page

I would like to wish everyone a  
Happy Fourth of July!

This is the month we celebrate the beginning of our great country. 242 years ago, brave men decided we'd be better off as an independent nation rather than governed by England. They fought for this cause and, thankfully, were successful. Many brave men and women have fought over the years to keep this country safe and strong. Let's always remember to say "Thank you" to them!

The heat has arrived. Please remember to drink plenty of water and stay out of the sun as much as possible. Monsoon season is here with lots of rain and wind, so please be careful when going outdoors.

It's that time of year in the Old Pueblo when the temperatures 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.

### Be Cautious! Prevent Elder Financial Abuse with These Tips

Get on the National Do Not Call Registry to reduce telemarketing calls. Visit [www.donotcall.gov](http://www.donotcall.gov) or call 888-382-1222 to register your phone number.

1. If you are offered a "prize", "loan", "investment", etc. that sounds too good to be true, it probably is too good to be true.
2. Consult with someone you trust before making a large purchase or investment. Don't be pressured or intimidated into immediate decisions.
3. Don't sign any documents that you don't completely understand without first consulting an attorney or family member you trust.
4. Do not provide personal information (e.g. social security number, credit card) over the phone unless you placed the call and know with whom you are speaking.
5. Tear up or shred credit card receipts, bank statements, and financial records before disposing of them in the trash.



I have been trying to increase participation. We have so many wonderful programs and events available for everyone to enjoy. Please take the time to read the monthly calendar, and encourage your neighbors to join us. I am always looking for fresh new ideas, so please don't hesitate to give me a call or stop by my office. Let me know of new suggestions or ideas that you would be interested in. My goal is to get more residents to come down and participate in our programs and events.

There is much to celebrate here at Strauss Manor, including a month full of activities to get residents involved in.

We will be celebrating June and July resident birthdays, Father's Day and Fourth of July. Here is your chance to sign up for some great activities and have some fun.


We hope you will participate in them and enjoy.

**May you have an awesome month!**

**Luz E. Gallego**  
**Service Coordinator**



# Resident Activities July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 	<b>2</b> 9:00am <b>AVON</b>  <b>2:00pm</b> <b>Bingo</b>	<b>3</b>  <b>8:30am-11:00am</b> <b>Care More</b> <b>Touch Nurse</b> <b>Practitioner</b>  <b>3:00pm</b> <b>Sewing class</b>	<b>4</b> <b>1:00pm</b> <b>Hair Cut:</b>  <b>OFFICES</b> <b>CLOSED</b>  <b>4:00pm-6:00pm</b> <b>Music</b> <b>Rehearsal</b>	<b>5</b> 9:00am <b>The Book Club</b> <b>Bible Study</b> <b>4:00pm-6:00pm</b> <b>Knitting/Crochet</b>  <b>6:00pm-8:00pm</b> <b>Golden Age</b> <b>Music/Play</b> <b>Rehearsal</b>	<b>6</b> 11:30am <b>Resident</b> <b>June/July</b> <b>Birthdays/</b> <b>Holidays</b> <b>Pot-luck</b> <b>3:00pm</b>  <b>Art Class</b>	<b>7</b>  <b>7:00pm</b>
<b>8</b> 	<b>9</b> Food Box  <b>9:00am</b>  <b>2:00pm</b>  <b>Bingo</b>	<b>10</b> 1:30pm <b>W/Troy</b>  <b>Pima Council On Aging</b>  <b>3:00pm</b> <b>Sewing Class</b>	<b>11</b> 9:00am <b>Oshyn Hospice</b> <b>Diabetes/High</b> <b>Blood Pressure</b> <b>In Service</b> <b>2:00pm</b>  <b>Poker</b> <b>4:00pm-6:00pm</b> <b>Music</b> <b>Rehearsal</b>	<b>12</b> 9:00am <b>The Book Club</b> <b>Bible Study</b> <b>4:00pm-6:00pm</b> <b>Knitting/Crochet</b>  <b>6:00pm-8:00pm</b> <b>Golden Age</b> <b>Music/Play</b> <b>Rehearsal</b>	<b>13</b> 10:00am <b>Gardening</b> <b>Info</b> <b>w/Heather</b> <b>3:00pm</b> <b>Art Class</b> 	<b>14</b> 3:00pm <b>Computer</b> <b>Class</b>   <b>7:00pm</b>
<b>15</b> 	<b>16</b> 2:00pm <b>Bingo</b>  <b>4:00m</b> <b>Charles &amp; Paula</b> <b>Slagle</b> <b>Music</b> <b>'Entertainment</b>	<b>17</b>  <b>8:30am-11:00am</b> <b>Care More</b> <b>Touch Nurse</b> <b>Practitioner</b>  <b>3:00pm</b> <b>Sewing Class</b>	<b>18</b> 11:00am <b>Board Liaison</b> <b>Nicky</b> <b>2:00pm</b>  <b>Poker</b> <b>4:00pm-6:00pm</b> <b>Music</b> <b>Rehearsal</b>	<b>19</b> 9:00am <b>The Book Club</b> <b>Bible Study</b> <b>1:30pm</b> <b>W/Troy</b>  <b>4:00pm-6:00pm</b> <b>Knitting/Crochet</b> <b>7:00pm</b> <b>Just For Fun</b> <b>Music</b> <b>Entertainment</b> <b>W/Mike Hardy</b>	<b>20</b> 1:00pm <b>National</b> <b>Ice Cream</b> <b>Soda Day</b> <b>3:00pm</b> <b>Art Class</b> 	<b>21</b>  <b>7:00pm</b>
<b>22</b> 	<b>23</b> 9:00am   <b>2:00pm</b> <b>Bingo</b>	<b>24</b>  <b>9:00am-11:00am</b> <b>Care More</b> <b>Podiatrist</b>  <b>3:00pm</b> <b>Sewing Class</b>	<b>25</b> <b>2:00pm</b>  <b>Poker</b> <b>4:00pm-6:00pm</b> <b>Music</b> <b>Rehearsal</b>	<b>26</b> 9:00am <b>The Book Club</b> <b>Bible Study</b> <b>4:00pm-6:00pm</b> <b>Knitting/Crochet</b>  <b>6:00pm-8:00pm</b> <b>Golden Age</b> <b>Music/Play</b> <b>Rehearsal</b>	<b>27</b> <b>3:00pm</b> <b>Art Class</b> 	<b>28</b> 3:00pm <b>Computer</b> <b>Class</b>   <b>7:00pm</b>
<b>29</b> <b>JULY</b> <b>is</b> <b>Bladder Cancer</b> <b>awareness</b> <b>Month</b>  <small>MEMORY CHEST MEMORIALS</small>	<b>30</b>  <b>2:00pm</b> <b>Bingo</b>	<b>31</b>  <b>3:00pm</b> <b>Sewing Class</b>	<b>JULY IS ...</b> <b>CORD BLOOD</b> <b>AWARENNESS</b> <b>MONTH</b>			