



Strauss Manor Monthly Newsletter January 2019

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



=====
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



Life's most urgent question is:
What are you doing for others?
— Martin Luther King Jr.

Offices Closed
Monday, January 21st 2019



**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).

January Calendar of Events

Tuesday January 1st New Year's Day

Monday January 7th Avon @ 9:00am

Monday January 7th Emblem Hospice Positive Quotes for Daily Living @ 9:00am

Wednesday January 9th Sun Tran In Service 10:00am-12:00pm

Monday January 14th Food Boxes

Monday January 14th Emblem Hospice Positive Quotes for Daily Living @ 9:00am

Tuesday January 15th CareMore Touch Nurse Practitioner from 8:30am-11:00am

Tuesday January 15th Music Symphony on Screen @ 6:00pm

Wednesday January 16th Board Meeting @ 8:30am/Board Liaisons Nicky & Vicky from 11:00am-12:00pm

Friday January 18th New Years/Resident Birthdays/MLK Day Pot Luck @ 11:30am

Monday January 21st Offices Closed In Observance of Dr. Martin Luther King Day

Thursday January 24th Caring Senior Services High Tea @ 2:00pm

Monday January 28th Emblem Hospice Positive Quotes for Daily Living @ 9:00am

HAPPY NEW YEAR



From the Staff of Strauss Manor

Weekly Events

Monday-Friday Coffee Time @ 9:00am

Mondays Bingo @ 2:00pm

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

1st & 3rd 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

Thursdays The Book Club Bible Study @ 9:00am

Thursdays Wellness Class @ 12:00pm

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

Fridays Origami Art Class @ 10:00am

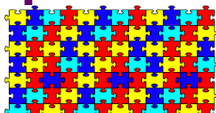
Fridays Art Class @ 3:00pm

Saturdays Movie Night @ 7:00pm

(see the wellness full schedule on next page)
(Dates, times, and events subject to change without notifications)



B	I	N	G	O
20	42	59	62	
5	39	56	75	
4	17	60	71	
11	18	32	66	
15	19	36	47	



JANUARY 2019

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER

**Happy
New Year!**



Troy J Pearson—Wellness Director

ACHIEVE YOUR HEALTHY NEW YEAR'S RESOLUTION

Lose weight. Enjoy life to the fullest. Stay fit and healthy. Spend more time with family. These are four of the top 10 New Year's resolutions people make. Do they sound familiar?

46% of Americans who made resolutions have vowed to exercise more and be healthier. Easier said than done? Not at B'nai B'rith Strauss Manor. I want to help you succeed in not just making your goals for 2019 but in exceeding them with pride.

By setting attainable goals along with action steps on how to reach them at a comfortable pace, you will set yourself up for another happy and healthy year. For example, rather than just saying you are going to lose 15 pounds, add a few of these strategies on to your plan to achieve that benchmark: Eat only one dessert a week; order vegetables instead of french fries at lunch and dinner; buy new tennis shoes to get excited about exercise; etc.

Let's take a look at the above resolutions and show you how we can help:

The Wellness Center at Strauss Manor offers, walking, balance and low-impact exercise classes, attend a few each week to ease into making it part of a regular routine. If you prefer to work out on your own, our Wellness Center is the perfect place to focus your energies.

Get out several times a week, when the weather allows, and take a stroll around our well-maintained grounds and landscaped courtyards. Walk with a neighbor or friend to make the journey even more enjoyable.

JANUARY 2019 WELLNESS CENTER CALENDAR



THURSDAY, JANUARY 3RD

12:00-12:30PM—CHAIR DANCE

2:00-2:30PM—AEROBICS CLASS



TUESDAY, JANUARY 8TH

12:00-12:30PM—SIT & BE FIT

2:00-2:30PM—TAI CHI CLASS

THURSDAY, JANUARY 10TH

12:00-12:30PM—SHOULDER MOBILITY

2:00-2:30PM—BALANCE CLASS

TUESSDAY, JANUARY 15TH

12:00-12:30PM—CHAIR YOGA

2:00-2:30PM—CHAIR STRETCH

THURSDAY, JANUARY 17TH

12:00-12:30PM—SIT & BE FIT CLASS

2:00-2:30PM—CHAIR STRETCH

TUESDAY, JANUARY 22ND

12:00-12:30PM—RESISTANCE CHAIR

2:00-2:30PM—HIP MOBILITY

THURSDAY, JANUARY 24TH

12:00-12:30PM—TAI-CHI CLASS

2:00-3:00PM—HIGH TEA

TUESDAY, JANUARY 29TH

12:00-12:30PM—CHAIR DANCE

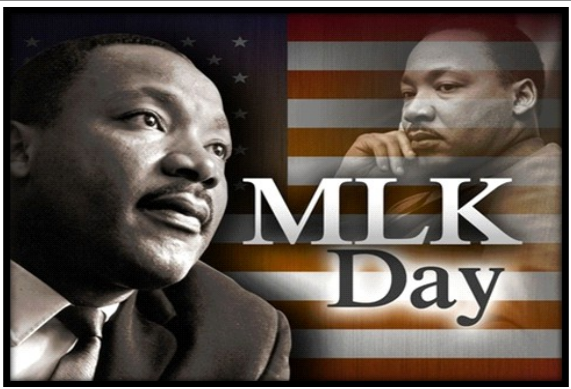
2:00-2:30PM—SHOULDER MOBILITY

THURSDAY, JANUARY 31ST

12:00-12:30PM—CHAIR YOGA

2:00-2:30PM—SIT & BE FIT





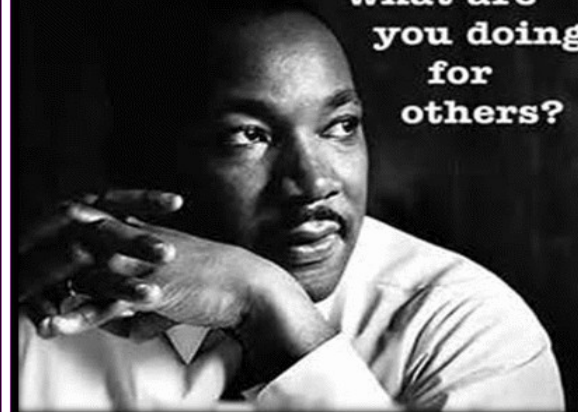
"I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

Martin Luther King, Jr.



Life's most persistent and urgent question is,

**what are
you doing
for
others?**



Martin Luther King, Jr. Day

(Official Birthday of Martin Luther King, Jr.)

Is an American federal holiday marking the birthday of Martin Luther King, Jr. It is observed on the third Monday of January each year, which is around the time of King's birthday, January 15. The floating holiday is similar to holidays set under the Uniform Monday Holiday Act.

King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after his assassination in 1968. President Ronald Reagan signed the holiday into law in 1983, and it was first observed three years later. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.

Looking Back to our 2018 Strauss Manor Sponsors, volunteers & Events



Thanksgiving



I Think You're Special!



Christmas/Hanukkah



The Poiriers from Corpus Christi



Forum on HUD Affordable Senior Housing



Empire High School Food Drive



Corpus Christi Quilting Ministry



STRAUSS MANOR CHRISTMAS STOCKING PROJECT 2018



Christmas Stockings Delivered by TFD

Looking Back to our 2018 Strauss Manor Entertainment

Elaine & Trudy



KU Kids Unlimited Studio



LDS Missionaries- A Christmas Carol



Charles & Paula
Slagle



Tatyana



Service Coordinator's Page



Happy New Years to all

2018 has been another year of blessings. The blessing of work that I love, the blessing of working with such amazing, wonderful and always inspiring co-workers, board of directors, volunteers from a multitude of agencies and faith based communities, but mostly, I am blessed to serve all of our residents here at Strauss Manor. Let's thank those who have blessed us throughout the year with their kindness, generosity, and time.

Many of our residents are also volunteers in service to others and our mission...we all work very hard to create opportunities for you! Sewing classes, arts and crafts, knitting and crocheting...so much of what you do creates a blessing for others! Children in the hospital, both TMC and UMC are the recipients of your generosity during the holiday. Homeless people in our community are warmed by the scarves you knit, and patients in care facilities wear your love in the lap quilts you sew. All of these activities, events and opportunities for socialization only happen because of you and the generosity of our donors. Thank you to all for your gifts of your time, talents, and care.

I would like for everyone to try and participate in the programs here at Strauss Manor to further the joy we all share by living and enjoying this beautiful building. For those loved ones we have lost in 2018, know your memories also bless us. I look forward to another year with you and making memories to last a life time.

You make a difference in my day, every day...
my door and my heart are always open.

Thank you all for being a part of my extended family.

Luz Gallego-Service Coordinator

Happy New Year Wish

My Happy New Year wish for you is for your best year yet, a year where life is peaceful, and what you want, you get.

A year in which you cherish the past year's memories, and live your life each new day, full of bright expectancies.

I wish for you a holiday with happiness galore; and when it's done, I wish you Happy New Year, and many more.

**What the New Year brings
to you will depend a great deal
on what you bring to the New Year.**

-Vern McLellan-

High Tea W/ Caring Senior Service Thursday, January 24th @ 2:00pm

Afternoon Tea



Sun Tran will be here on
Wednesday, January 9th 2019.
From 10:00 am-12:00pm
They will be here to talk about convenient bus routes.
After the presentation, they will take residents on a bus ride

EMERGENCY FOOD/PERSONAL HYGIENE PANTRY

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

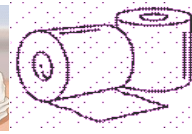
I have various items, such as non-perishable food items, canned goods, vegetables, cereal, beans, rice, etc.

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:
\$1316/mo (ind)
\$1784/mo (cple)

Manager's Corner

It is very important that everyone driving in our parking lot follow the direction arrows. We are noticing residents, guests, and taxi's driving the wrong direction. When we see who, we are asking them to follow the arrows for everyone's safety. Please help in this area by following the arrows if you are driving. If you have guests or rides coming to pick you up or drop you off, ask the driver to follow the arrows.

We are concerned about everyone's safety and appreciate your cooperation.

Thank you,

Theresa & Alex



Resident Activities January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Offices Closed For the New Year Holiday</p>	<p>1</p>	<p>2</p>  <p>2:00pm Poker</p> 	<p>3 9:00am The Book Club Bible Study</p>   <p>4:00pm-6:00pm Knitting/ Crochet</p>	<p>4 10:00am Origami Art Class</p>  <p>3:00pm Art Class</p> 	<p>5</p>  <p>7:00pm</p>
<p>6</p> 	<p>7 9:00am AVON</p> <p>9:00am</p>   <p>2:00pm Bingo</p>	<p>8</p>  <p>3:00pm Sewing Class</p>	<p>9 10:00am-12:00pm SunTran In Service</p>  <p>2:00pm Poker</p> 	<p>10 9:00am The Book Club Bible Study</p>   <p>4:00pm-6:00pm Knitting/ Crochet</p>	<p>11 10:00am Origami Art Class</p>  <p>3:00pm Art Class</p> 	<p>12 3:00pm Computer Class</p>   <p>7:00pm</p>
<p>13</p> 	<p>14 Food Box</p>  <p>9:00am</p>   <p>2:00pm Bingo</p>	<p>15</p>  <p>8:30am- 11:00am CareMore Touch Nurse Practitioner</p> <p>6:00pm Music Symphony On Screen</p>	<p>16 8:30am Board Meeting 11:00am-12:00pm Board Liaisons Nicky & Vicky</p>  <p>2:00pm Poker</p> 	<p>17 9:00am The Book Club Bible Study</p>   <p>4:00pm-6:00pm Knitting/ Crochet</p>	<p>18 11:30am New Year/ Resident Birthdays/ MLK Jr Day/ pot luck</p> <p>10:00am Origami Art Class</p>   <p>3:00pm Art Class</p>	<p>19</p>  <p>7:00pm</p>
<p>20</p> 	<p>21 Offices Closed Dr. Martin Luther Jr. HOLIDAY</p>  <p>EVERYBODY can be great. Because ANYBODY can SERVE. You only need a HEART full of grace. SOUL generated by LOVE.</p> <p>REMEMBER! CELEBRATE! ACT!</p>	<p>22</p>  <p>3:00pm Sewing Class</p>	<p>23</p>  <p>2:00pm Poker</p> 	<p>24 9:00am The Book Club Bible Study</p>   <p>2:00pm Tea Time</p> <p>4:00pm-6:00pm Knitting/ Crochet</p>	<p>25 10:00am Origami Art Class</p>  <p>3:00pm Art Class</p> 	<p>26 3:00pm Computer Class</p>   <p>7:00pm</p>
<p>27</p> 	<p>28 9:00am</p>   <p>2:00pm Bingo</p>	<p>29</p>  <p>3:00pm Sewing Class</p>	<p>30</p>  <p>2:00pm Poker</p> 	<p>31 9:00am The Book Club</p>  <p>4:00pm-6:00pm Knitting/ Crochet</p>	<p>Thyroid Disease Awareness Month</p> 	<p>January is Cervical Cancer Awareness Month</p> 