



Strauss Manor Monthly Newsletter March 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



Although clovers are most often found in nature with three leaves, rare four-leaf clovers do exist. Finding one is thought to bring someone extreme luck.

It is believed that each leaf of a four-leaf clover represents something different: first is hope, the second is faith, the third is love, and the fourth is happiness.



*Celebration will be held
on Friday, March 15th,
@ 11:30am*



St Patrick's Day is celebrated annually on March 17th. A dish of corned beef and cabbage, while delicious, is more American than Irish.

The dish is a variation of a traditional Irish meal that included bacon. But because early Irish-Americans were poor, beef was a cheaper alternative, and cabbage happened to be a springtime vegetable.

Many St. Patrick's Day celebrants enjoy corned beef and cabbage, and we know how much our residents enjoy this tradition every year!



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).

March Calendar of Events

Monday March 4th Emblem Hospice Positive Quotes for Daily Living @ 9:00am

Monday March 4th Resident Sing A Long @ 4:00pm

Monday March 4th Desert Melodies Music Rehearsal @ 6:30pm

Tuesday March 5th CareMore Touch Nurse Practitioner from 8:30am-11:00am

Tuesday March 5th Book Club Bible Study w/Higher Ground Ministries from @ 6:30pm-8:00pm

Wednesday March 6th Ash Wednesday

Wednesday March 6th Cigna Game Day @ 2:00pm

Thursday March 7th Desert Melodies Music Rehearsal @ 6:00pm

Friday March 8th Empire High School Advanced Guitar Students Music Concert @ 10:00am

Friday March 8th FREE Shopping Day from 2:00pm-4:00pm in the MPR

Monday March 11th Food Boxes

Monday March 11th Avon @ 9:00am

Monday March 11th Emblem Hospice Positive Quotes for Daily Living @ 9:00am

Monday March 11th Cigna Bingo @ 2:00pm

Monday March 11th Resident Sing A Long @ 4:00pm

Tuesday March 12th Book Club Bible Study w/Higher Ground Ministries from @ 6:30pm-8:00pm

Friday March 15th Resident Birthdays and St. Patrick's Day Pot Luck @ 11:30am

Friday March 15th Southern Arizona Old Times Fiddlers @ 1:00pm

Friday March 15th Fire Drill @ 3:00pm

Monday March 18th Emblem Hospice Positive Quotes for Daily Living @ 9:00am

Monday March 18th Resident Sing A Long @ 4:00pm

Tuesday March 19th CareMore Touch Nurse Practitioner from 8:30am-11:00am

Tuesday March 19th Music Symphony on Screen @ 6:00pm

Wednesday March 20th First Day Of Spring

Wednesday March 20th Board Meeting @ 8:30am/Board Liaisons Nicky & Vicky from 11:00am-12:00pm

Thursday March 21st Music Praise & worship w/Higher Ground Ministries from @ 6:30pm-8:00pm

Monday March 25th Emblem Hospice Positive Quotes for Daily Living @ 9:00am

Monday March 25th Resident Sing A Long @ 4:00pm

Tuesday March 26th Caring Senior Services High Tea @ 2:00pm

Tuesday March 26th Book Club Bible Study w/Higher Ground Ministries from @ 6:30pm-8:00pm

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

1st 2nd & 4th Tuesday The Book Club Bible Study @ 6:30pm

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

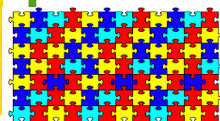
Fridays Origami Art Class @ 10:00am

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)

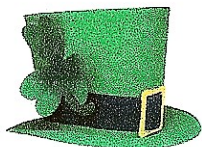


MARCH 2019

B'NAI B'RITH

GERD & INGE STRAUSS MANOR

WELLNESS CENTER



TROY J PEARSON—Wellness Director



NUTRITION EDUCATION for OLDER ADULTS

WHAT?: Session 3: *COLORFUL & CLASSIC FAVORITES* - Adding fruits and vegetables to classic meals.

WHEN?: THURSDAY, MARCH 14TH FROM 9:30-10:30am

WHAT?: Session 4: *EAT SMART, SPEND LESS* - Grocery cost savings tips and how to enjoy healthy foods on a budget.

WHEN?: THURSDAY, MARCH 21ST FROM 9:30-10:30am

WHAT?: SESSION 5: *EATING HEALTHY ON A BUDGET* - A workshop for seniors with tips on grocery shopping on a budget and making low-cost meals.

HEALTHY FOOD SAMPLING PROVIDED!

WHEN?: THURSDAY, MARCH 28TH FROM 9:30-10:00am

WHERE?: ALL SESSIONS ARE HELD IN THE MULTI-PURPOSE ROOM



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Nutritional Sciences

MARCH 2019 WELLNESS CENTER CALENDAR

TUESDAY, MARCH 5TH

12:00-12:30PM—SHOULDER MOBILITY

2:00-2:30PM—HIP MOBILITY

THURSDAY, MARCH 7TH

12:00-12:30PM—TAI-CHI CLASS

2:00-3:00PM—AEROBICS CLASS

TUESDAY, MARCH 12TH

12:00-12:30PM—GENTLE UPPER-BODY STRETCH

2:00-2:30PM—GENTLE LOWER-BODY STRETCH

THURSDAY, MARCH 14TH

12:00-12:30PM—SIT & BE FIT

2:00-3:00PM—EAT SMART, LIVE STRONG LESSON #3

TUESDAY, MARCH 19TH

12:00-12:30PM—RESISTANCE CHAIR

2:00-2:30PM—ACTIVE CHAIR WORKOUT

THURSDAY, MARCH 21ST

12:00-12:30PM—BREATH & TAI CHI CLASS

2:00-3:00PM—EAT SMART, LIVE STRONG LESSON #4

TUESDAY, MARCH 26TH

12:00-12:30PM—CHAIR YOGA

2:00-3:00PM—HIGH TEA

THURSDAY, MARCH 28TH

12:00-12:30PM—CHAIR DANCE

2:00-2:30PM—EAT SMART, LIVE STRONG LESSON #5



See what's
coming up in

March



**WORLD
WILDLIFE DAY**
3 MARCH



MARCH IS

Women's
HISTORY MONTH



17

St. Patrick's Day

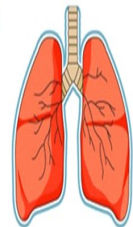


March



21 MARCH

WORLD
DOWN
SYNDROME
DAY



24 MARCH
WORLD
TUBERCULOSIS
DAY

March is National Nutrition Month



March
**COLON CANCER
AWARENESS MONTH**
✓Preventable ✓Treatable ✓Beatable
#SharedCares

March
is
Endometriosis
AWARENESS MONTH



Happy
SPRING



Word Search



See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2013

- | | | | |
|------------|-------------|-----------|----------------|
| 1. HOLIDAY | 5. GREEN | 9. CLOVER | 13. LEPRECHAUN |
| 2. SAINT | 6. SHAMROCK | 10. LUCK | 14. RAINBOW |
| 3. PATRICK | 7. FOUR | 11. POT | 15. MARCH |
| 4. IRISH | 8. LEAF | 12. GOLD | 16. SEVENTEEN |

You did it!
Congratulations



**Congratulations to Jose Servin who won the
A.H.M.A
(Affordable Housing Management Association)
Maintenance Technician of the Year
award for the
Pacific Southwest Region.
Great Job Jose, you are...
terrifically tireless, exceptionally
excellent, abundantly appreciated and...
so glad you're part of our team!
~Strauss Manor Staff~**

Congratulations!

The strength of the team is each individual member.
The strength of each member is the team!

~Phil Jackson~



I want to express my deep appreciation for the help and support that every one of you provided today with our residents' breakfast.

Staff: Theresa, Alex, Jose, and Salvador.

Resident volunteers: Maria Hernandez, Carolyn Graf, Nancy Harmes, Manuela Clarke and Tom Wilson.

Community volunteers/presenters: Adriana Pfund and Veronica Gibes.

IHOP



For providing us our pancake Breakfast.

I am so grateful to all of you for taking the time to help put this event together.



Valentine's Day Party 2019

We celebrated February Birthdays and Holidays. We had the pleasure of sharing our meal with our vendors who work so hard along with our staff.

Everyone had a great time. Congratulations to Teresa Crocco who won the raffle prize:) Also, Happy Birthday to Theresa & Jose and to our resident Susan Dann:)



Service Coordinator's Page

I would like to wish everyone a

Happy St. Patrick's Day & Happy Spring!

There are a few presentations scheduled in our calendar.

Make sure you check the dates and time of the events you wish to attend.

Stop by my Office to complete the Arizona 140ET Form for the \$25 Tax Credit if you haven't already.

If you prefer to complete it yourself, please come by to pick up the form.

Our Pantries will ALWAYS be open for an emergency during business hours. Please let me know. All donations will be kept confidential.

Please visit our Facebook page (B'nai B'rith Strauss Manor) and our website (straussmanor.org)

where I posts all our events, newsletters, etc., so please check it out and link it to your page if you have one. You do not need a Facebook account in order to view our page. Also tell your friends and family so they can keep up with the happenings at Strauss Manor.

We will be celebrating St Patrick's Day and resident birthdays on Friday, March 15th @ 11:30am with our traditional corn beef and cabbage meal.

I will be passing out a ticket when you come in to the MPR.

There will be a door prize for the resident that has the lucky ticket number.

Thank you to our Board of Directors for providing our resident events funding and to Care-More for providing our monthly resident birthday cakes.



I look forward to seeing everyone at all of our events!
Thank you all and have an awesome month!
Luz Gallego- Service Coordinator

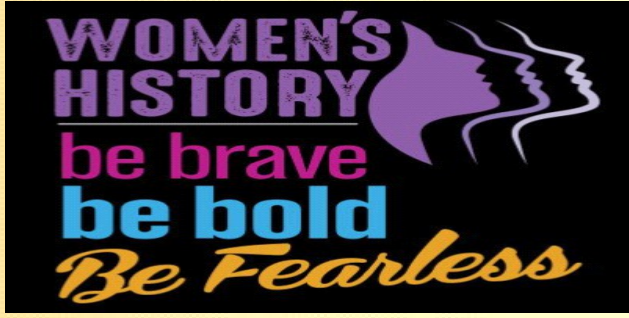




Jessica Breen'
Director of Orchestra
and Guitar from
Empire High
School and her
advanced
Guitar Students
will be performing on
Friday,
March 8th
@ 10:00am



High Tea
Tuesday,
March 26th
@ 2:00pm



WOMEN'S HISTORY MONTH
The theme for 2019 is **"Visionary Women: Champions of Peace & Nonviolence."**
This year we honor women who have led efforts to end war, violence, and injustice and pioneered the use of nonviolence to change society. These Honorees embraced the fact that the means determine the ends and so developed nonviolent methods to ensure just and peaceful results.

FREE Shopping Day
on Friday, March 8th in the large
multi purpose room
from 2:00pm-4:00pm.
Bring your own grocery bags.

Manager's Corner



Fire Drill
Friday,
March 15th
@ 3:00pm

Please do not ask Jose or Sal to complete work orders. All work orders must be logged through the office. Please call or come in person to the office regarding any work orders (we cannot take them as we are walking through the building).

Please report all maintenance items immediately, do not wait until inspection.

Thank you,
Theresa & Alex



Resident Activities March 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|---|
|  |  |  |  |  |  | |
| <p>3</p>  | <p>4 9:00am</p>  <p>2:00pm Bingo 4:00pm Resident Sing-a-long 6:30pm Desert Melodies Rehearsal</p> | <p>5 8:30am-11:00am. Care More Touch Nurse Practitioner</p> <p>6:30pm The Book Club Bible Study</p> | <p>6</p>  <p>2:00pm CIGNA Game Day 2:00pm Poker</p>  | <p>7 9:00am The Book Club Bible Study</p>  <p>4:00pm-6:00pm Knitting/ Crochet</p> <p>6:00pm Desert Melodies Rehearsal</p> | <p>8 10:00am Empire High School Advanced Guitar Students Music Concert 2:00pm-4:00pm. FREE Shopping Day In the MPR 3:00pm Art Class</p> | <p>9 3:00pm Computer Class</p>   <p>7:00pm</p> |
| <p>10</p>  | <p>11 Food Box </p> <p>AVON</p> <p>9:00am</p>  <p>2:00pm CIGNA Bingo 4:00pm Resident Sing-a-long</p> | <p>12</p> <p>6:30pm The Book Club Bible Study</p> | <p>13</p>  <p>2:00pm Poker</p>  | <p>14 9:00am The Book Club Bible Study</p>  <p>4:00pm-6:00pm Knitting/ Crochet</p> | <p>15 10:30am Origami Art Class 11:30am Resident Birthday Party Pot Luck 1:00pm Southern AZ Old Times Fiddlers 3:00pm FIRE DRILL</p> | <p>16</p>  <p>7:00pm</p> |
| <p>17</p>  <p>HAPPY <i>St. Patrick's</i> DAY</p> | <p>18 9:00am</p>  <p>2:00pm Bingo 4:00pm Resident Sing-a-long</p> | <p>19 8:30am-11:00am. Care More Touch Nurse Practitioner</p>  <p>3:00pm Sewing Class 6:00pm Music Symphony On Screen</p> | <p>20 8:30am Board Meeting Board Liaisons Nicky & Vicky</p>  <p>2:00pm Poker</p>  | <p>21 9:00am The Book Club Bible Study</p> <p>4:00pm-6:00pm Knitting/ Crochet</p> <p>6:30pm Higher Ground Ministries Praise & Worship</p> | <p>22 10:30am Origami Art Class</p>  <p>3:00pm Art Class</p>  | <p>23 3:00pm Computer Class</p>   <p>7:00pm</p> |
| <p>24</p>  <p>Spring</p>  | <p>25 9:00am</p>  <p>2:00pm Bingo 4:00pm Resident Sing-a-long</p> | <p>26</p>  <p>2:00pm High Tea 6:30pm The Book Club Bible Study</p> | <p>27</p>  <p>2:00pm Poker</p>  | <p>28 9:00am The Book Club Bible Study</p>  <p>4:00pm-6:00pm Knitting/ Crochet</p> | <p>29 10:30am Origami Art Class</p>  <p>3:00pm Art Class</p>  | <p>30</p>  <p>7:00pm</p> |