

# Interfaith Towers Community News

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## August 2011

### MANAGER'S CORNER

August is upon us! Enjoy these dog days of summer; before you know it we'll be knee deep in snow!

We have received several complaints recently regarding noise. Please be considerate of your neighbors and keep your TV, conversations and noise-producing activity at a minimum during the quiet hours. Quiet hours should be observed between 9 p.m and 9 a.m. If you have visitors during the quiet hours, please relay this information to them as well. I know I can count on your cooperation in ensuring that you and your neighbors can peacefully enjoy your home.

Enjoy the month of August and as always, keep in touch.

Mary and your staff here at Interfaith Towers

### Banish Summer Boredom

Long summer days with not much on a to-do list can make many seniors stir crazy. If this is the case for you, seize the day and create your own schedule, then stick to it. Think of the things you enjoy doing, then pen your wish list of activities in a daily planner. An example day might be waking up and planning to read the newspaper for an hour after breakfast. Then spend an hour socializing, bird watching or people watching! Slate the next hour as a time for writing—whether poetry, letters to loved ones or personal journaling. Get a friend to craft a similar schedule so your days intersect ... and don't forget about exercise and community activities. Regular schedules keep our minds focused and give us something to look forward to. So, what are you doing today?

### Staff

- Mary Scilleppi**  
Property Manager
- Linda Gorzka**  
Administrative Assistant
- Anita Tomaszewski**  
Resident Advisor
- Penny Napolitano**  
Bookkeeper
- Terry VanVlack**  
Superintendent
- Roy Charter**  
Custodian

### Important Numbers

- Office ..... (845) 452-1172
- Office FAX ..... (845) 452-0106
- Emergency Pager . (845) 431-6636

### Pathstone Senior Employment Program Staff

- Anna Smith - Café/Store
- Joyce Williams - Café/Store
- Helen Douglas - Computer Lab

### Office Hours

Monday-Friday ..... 8 a.m.-4 p.m.

### A Figure of Speech

*Phrase:* Spill the beans.

*Meaning:* To reveal a secret or confess to something.

*Origin:* In ancient Greece, voters cast their ballots by placing black and white beans into jars. If the beans were spilled, results would be known before the election was over.



### Bumper Sticker Snicker

You can't have everything ... where would you put it?

### Word to the Wise

"Even if you're on the right track, you'll get run over if you just sit there." —Will Rogers



## Trivia Whiz

### Campus Characteristics

Determining where to attend college is a big decision that can take months, sometimes years, for students to make. As colleges across the country welcome new classes of freshmen to campus this month, learn a few facts that distinguish these schools from the rest:

*Oldest.* Harvard University is the oldest institution of higher learning in the United States. Established in 1636, the college has been sending scholarly graduates out into the world for more than three centuries.

*Priciest.* According to *Forbes.com*, the most expensive price tag for a college education comes from Sarah Lawrence College in Bronxville, N.Y., where students pay a hefty sum of \$57,556 for tuition, fees and room and board for one year.



### HAPPY BIRTHDAY!

Aug. 11	Carol Carlton
Aug. 11	Jo Ann Pellegrino
Aug. 12	Delois Johnson
Aug. 12	Mary Urquhart
Aug. 14	Michael DeMartino
Aug. 15	Robert Parker
Aug. 21	Andrell Nelson
Aug. 24	Roshan Porbundrvalla
Aug. 27	Julien Louis-Ferdniand
Aug. 31	Mary Anderson
Aug. 31	Joyce McKenna

*Wishing you a very happy birthday and blessings throughout the year!*



### Monthly Breakfast

**Friday, Aug. 26, 8-9:15 a.m.**  
**Omelets, Hash Browns, English Muffins,  
Pastries, Fresh Fruit, Coffee, Tea and  
Orange Juice**

*Purchase your ticket in the office—\$3  
for residents and guests alike. Join us  
for breakfast and invite a friend!*

### Resident Advisor's Column

Hope you are all enjoying this warm weather!

Just a reminder of some transportation services offered.

Friends of Seniors - for nonemergency medical appointments available throughout Dutchess County from 5AM - 5PM; reservations required one week in advance at (845) 485-1277;

Dial-A-Ride: (845) 452-7433;

Loop Bus System: (845) 473-0813 or (845) 485-4690.

Till next month—stay well.

~ Anita Tomaszewski



### Daily Lunch Program

D.C. Office for the Aging offers home-delivered meals at noon, Monday through Thursday, in the community room for a suggested donation of \$3. Sign-up sheets are posted on our main lobby bulletin boards. Sign up by 10 a.m. on the previous day to enjoy a great meal at a great price!

# Welcome Home

Aug. 1~ Leila Moody ~ 11K

*We wish you years of happiness and many blessings in your new home!*



## Monthly Bingo

**Monday, Aug. 8, at 2:30 p.m.**

**Wednesday, Aug. 31, at 2:30 p.m.**

Come enjoy an afternoon of BINGO!

Cards cost \$1 each.



## MANAGER'S COFFEE

**Our monthly Manager's Coffee is scheduled on**

**Friday, Aug. 5, at 2 p.m.**

**We hope to see you there!**

## Positive Thought

"That's my gift. I let that negativity roll off me like water off a duck's back. If it's not positive, I didn't hear it. If you can overcome that, fights are easy." — George Foreman



## Chinese Food Bingo!

Please join us for  
**Chinese Food Bingo!**

Wednesday, Aug. 10  
1 p.m.

in the Community Room  
Come enjoy a wonderful Chinese  
food

luncheon followed by several games  
of Bingo for great prizes!

Tickets cost \$3/Residents and  
\$6/Guests.

Purchase your tickets in advance in  
the office.

## Motivational Tip: Clutter Cutter

Been meaning to tackle that  
growing stack of magazines and junk  
mail? Pull the pile out of hiding and  
throw it in an obvious place, such as  
the middle of your living room floor.  
Then you'll be highly motivated to  
sort it out.



## Wit & Wisdom

"When you're hot,  
you're hot; when  
you're not,  
you're not."  
—Flip Wilson

"A woman is like a tea  
bag. You can't tell  
how strong she is until  
you put her in  
hot water."  
—Eleanor Roosevelt

"If you saw a heat  
wave, would you  
wave back?"  
—Steven Wright



"When you can't  
make them see the  
light, make them feel  
the heat."  
—Ronald Reagan

"If you can't stand the  
heat, don't go to  
Cancun in the  
summer."  
—Ben Stein

"One cool judgment  
is worth a thousand  
hasty counsels. The  
thing to do is to supply  
light and not heat."  
—Woodrow Wilson

"That's hot."  
—Paris Hilton

# August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	1 SEP 9 a.m.	2	3	4 11TH Floor Vents 1 p.m.  Schwan's 12:30 p.m.	5 SEP 9 a.m.  Manager's Coffee 2 p.m.	6
14  Eucharistic Service 11:30 a.m.	8 SEP 9 a.m.  BINGO 2:30 p.m.	9  Alamo Blood Pressure Clinic 9 a.m. Community Room	10  CHINESE FOOD BINGO  1 p.m.	11  4TH Floor Recon 7 a.m.  AARP 1 p.m.	12  	13  Wranglers 1-4 p.m.
21  Eucharistic Service 11:30 a.m.	15 SEP 9 a.m.	16  6TH Floor Inspections 1:30-3 p.m.	17	18  10TH Floor Vents 1 p.m.  Schwan's 12:30 p.m.	19 SEP 9 a.m.  EXTERMINATOR 9 a.m.	20
28  Eucharistic Service 11:30 a.m.	22 SEP 9 a.m.  PODIATRIST 4 P.M.	23  5TH Floor Inspections 1:30-3 p.m.	24  CITY OF POUGHKEEPSIE RECREATION BINGO 2 p.m.	25  3RD Floor Recon 7 a.m.	26  Breakfast 8-9:15 a.m.	27
28  Eucharistic Service 11:30 a.m.	29 SEP 9 a.m.	30	31  BINGO 2:30 pm	 <h2 style="font-family: cursive;">Celebrate Summer!</h2>		

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